***2. Accurate Perceptions that Aren’t Sinful***

Key Biblical teaching: doctrine of justification.

Trust the wisdom of God in the weaknesses you have.

2 Corinthians 3:18

Resist the temptation to compare yourself with others.

2 Corinthians 10:12

Educate your conscience.

1 Corinthians 8:10

***3. Accurate Perceptions that Are Sinful***

Key Biblical teaching: doctrine of sanctification.

**VI. Conclusion**

***Additional Resources:***

Lou Priolo, *Self-Image*

Ed Welch, *When People Are Big and God Is Small*

Lou Priolo, *Pleasing People: How not to be an Approval Junkie*

C.J. Mahaney, *Humility*

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**Fear of Man**

**Class 5: The Bible’s Answer to Self-Esteem**

*“Therefore, I will boast all the more gladly of my weakness, so that the power of Christ may rest upon me. For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.” (2 Corinthians 12:9b-10)*

**I. Introduction**

What’s the role of self-esteem in the life of a Christian?

**II. The Self-Esteem “Solution”**

If you want to be happy, to be well-adjusted, to be successful, you must begin by loving yourself.

The “Jesus version” of self-esteem.

**III. Self-Esteem: A Losing Battle**

1. It’s not Biblical.

Romans 5:6, 8, 10

1. It doesn’t work.
2. You know it’s not true.

**IV. Something Better Than Self-Esteem**

You’re valuable as a canvas on which God can display *his* abilities. Your worth is not intrinsic but derived.

The Bible’s answer to the self-esteem movement is that your life’s purpose is to make much of Christ, to show off his great worth and not your own.

Proverbs 29:25, “Fear of man will prove to be a snare, but whoever trusts in the Lordis kept safe.”

2 Corinthians 12:7-10

“Perfect love casts out fear,” 1 John 4:18**V. Three Types of Self-Image Struggles**

|  |  |  |  |
| --- | --- | --- | --- |
| **Areas where you have low self-image** | Inaccurate perceptions | Accurate and not sinful | Accurate and sinful |
| No one loves me  I’m too short  I’m lazy | X | X | X |

***1. Inaccurate Perceptions***

Key Biblical teaching: doctrine of sin.

“He who trusts in his own heart is a fool, but he who walks wisely will be delivered.” - Proverbs 28:26

Take captive your thoughts and dwell on what the Bible says is true.

Philippians 4:8

2 Corinthians 10:5

Preach to yourself, don’t just listen to yourself.

Psalm 42

Psalm 15