

Self-Esteem Pt. 5

Ten Benefits of Having High Self Esteem

1. You deal with trials well because you are less likely to give in to despair or defeat.
2. You are a more relaxed, confident, and humble person because you aren't constantly trying to prove yourself to people.
3. You are more ambitious in all areas of life because you believe you can achieve your goals.
4. You will treat others with more respect and love because you do not perceive them as threats that could hurt you. When you treat others with respect, they will treat you in the same manner.
5. You will feel better in general. You will wake up feeling confident and expectant of good things for the new day.
6. You will worry less since you are confident in your ability to deal with adversity.
7. When you feel confident in yourself, you are willing to take more risks because you know that you can deal with whatever comes your way. People who are willing to take more risks end up being more successful in life.
8. You will enjoy a fuller social life. When you feel good about yourself, you don't hesitate to talk to new people. Each new person you talk to is a potential new friend, business partner, customer, or romantic interest.
9. You will be better at using criticism to improve yourself. Because your self-image is strong, being criticized is no longer an emotionally crippling event. You can objectively listen to the criticism and decide if there is any truth to it or not. If there is, you can use that truth to improve yourself.
10. You will be physically healthier.

Five Wrong Ways to Build Our Self-Esteem

1. Trying to get our sense of worth and value from the _____ around us by being a _____.
2. _____ ourselves with the people around us in an attempt to feel good about who we are because we are perceiving ourselves to be _____ than they are.
3. _____ about and _____ others in order to build ourselves up as we _____ them down.
4. Ignoring, justifying, excusing, or blaming others for our _____ and _____ as we attempt to remove the cause of our _____.
5. Becoming a positive _____ and _____ ourselves how _____ we are.

Five Right Ways to Build Our Self-Esteem

1. _____ our life for sin and _____ all known sin to God.
2. _____ out to God and ask Him to replace our sense of _____ with His _____.
3. _____ those around us because when we make others feel good about themselves _____ makes us feel good about ourselves.
4. Honor, worship, _____, and thank God for everything, working hard to eliminate all _____, and He will _____ you.
5. Train yourself to be a positive _____ about God's _____ for you as you often meditate on the _____.

John 1:12, 24; 2 Corinthians 5:21; Colossians 1:13-14, 21-22; Titus 3:4-7; Romans 8:15-16; 1 John 4:9-10, 3:1-2; Romans 8:1-2; 1 Corinthians 6:19; Ephesians 1:3, 7-8, 2:4-6; Galatians 3:26; Philippians 3:20-21; Matthew 10:29-31; Psalm 139:17-18.