

## Lesson 9: The Fallacy of Self-Esteem

### Introduction

#### I. The Fallacy of Self-Esteem

##### A. The teachings of self-esteem in the world:

1. Many of your problems \_\_\_\_\_ a “bad self-image” or “low self-esteem.”
  - For example, look on page 139, II, (*Self-Confrontation Manual*) and notice the reasons why you have a poor self-image or low self-esteem. In all these cases, who is one primarily thinking of?
2. You must learn to love \_\_\_\_\_ before you can love others.
3. You must \_\_\_\_\_ your self-esteem.
  - How does one do that? Page 139, III. (*Self-Confrontation Manual*)
4. Your “perceived” needs must be met so you can help others.
  - Larry Crabb – “Sorting through this ‘stream of unconsciousness,’ a simple organization emerges: people have one basic personal need which requires two kinds of input for its satisfaction. The most basic need is a sense of \_\_\_\_\_, an acceptance of oneself as a whole, real person. The two required inputs are \_\_\_\_\_, (purpose, importance, adequacy for a job, meaningfulness, impact) and \_\_\_\_\_ (love – unconditional and consistently expressed; permanent acceptance).”
5. You must “\_\_\_\_\_” with yourself and your feelings to find fulfillment in living.

**B. The teachings of self-esteem in some churches (P. 139, IV Self Confrontation Manual):**

1. You have to love \_\_\_\_\_ before loving others (uses Matt 22:36-40, but ignores passages like John 15:12-13; 1 John 4:7-8).
2. You are created in God's image, which makes you inherently worthy of God's grace and of infinite value in His sight (ignores Rom 5:8; 1 Cor 1:26-31; Eph 2:1-3).
3. Without good self-esteem you cannot \_\_\_\_\_ problems, \_\_\_\_\_ to others effectively, and grow \_\_\_\_\_ (ignores 2 Cor 3:5-6; Phil 4:13; Jas 4:6).
4. The need for self-worth is the \_\_\_\_\_ of all human needs in the world today (ignores Jer 9:23-24; Luke 17:10).
5. In order to accomplish anything of \_\_\_\_\_, positive thinking about one's self is a necessity (ignores John 15:4-5; Phil 3:7-19).
6. You must learn to \_\_\_\_\_ yourself in order to find peace and fulfillment in life (ignores John 16:33; 1 Cor 1:18-21, 2:14; Col 2:8-14).
7. God wants us all to \_\_\_\_\_ about ourselves (Ps 51, Phil 2 and Jas 4 make it clear that we need to humble ourselves, not exalt ourselves).

**C. Conclusion to the fallacy of self-esteem:**

\_\_\_\_\_ need to feel good about \_\_\_\_\_ and when I do, I'll be better and do better.

## II. The Fruit of Self-Esteem

“Envy, jealousy, covetousness, and greed are sins that reveal a self-focus, that questions God’s work and provision in your life. These sins must be “put off” out of your commitment to live for Jesus Christ.” –*Self-Confrontation Manual, p. 141*

### A. Definitions:

1. \_\_\_\_\_ – a strong desire for more than what God wants you to have.
2. \_\_\_\_\_ – wanting what God has not ordained you to have; usually directed at what belongs to another.
3. \_\_\_\_\_ – resentment, suspicion, or fear that another person is seeking to take away what you perceive to be yours.
4. \_\_\_\_\_ – discontented feeling that arises in the selfish heart in view of what someone else has or has achieved; that passion that sees qualities in others that it covets, resulting in hate/displeasure for their possessor.

### B. Questions to ask yourself to evaluate whether you’re esteeming yourself in a sinful manner:

1. Do you find yourself putting others down in words or thoughts?
2. Do you find yourself thinking about others’ accomplishments or possessions in a demeaning manner?
3. Do you find yourself questioning others’ motives on a consistent basis?
4. Do you assume or accuse others as being selfish with respect to their material possessions?
5. Do you find yourself comparing your material possessions, abilities, spiritual gifts or any other circumstances to others?
6. Do you find yourself desiring or demanding things you don’t have?
7. Do you find yourself brooding about life not being fair?
8. Do you find yourself striving to acquire more than God has planned for you in a way that “it” has gotten in the way of your walk with Christ?
9. Do you find yourself ignoring or avoiding those who are being recognized or honored?
10. Do you find yourself boasting about your own accomplishments to advance your own cause?

**C. What's the way forward when you realize you're exalting self?**

1. Call the \_\_\_\_\_ by its \_\_\_\_\_!
2. Identify its root as an issue of \_\_\_\_\_ self rather than \_\_\_\_\_ God.
3. Put Off & Put On:
  - a. Put off fear of man, put on fear of God.
  - b. Put off esteeming yourself; put on esteeming others as more important.
  - c. Put off worrying about self; put on concern for others.
  - d. Put off complaining, grumbling, coveting, etc.; put on accepting what God has given you and cultivating thankfulness.
  - e. Put off self-centered thinking about your own needs; put on a mind that thinks about others' needs and how you can meet them.
  - f. Put off selfish desires to be successful; put on a desire to be successful for the kingdom.

**D. What does God promise to those who deny themselves? (*Self-Confrontation Manual, p. 138*)**

1. As the Sovereign God of the universe, He has your best interests at heart (Jer 29:11; Matt 6:7-8; Rom 8:28).
2. He will accomplish His purposes in your life (Isa 46:9-11; Rom 8:29; Phil 1:6, 2:13).
3. He will meet every need that you will ever have (Ps 34:10, 15-18; 37:23-25; Matt 6:33-34; Phil 4:19).
4. He will equip you fully for every good work (I Cor 12:7; II Tim 3:16-17; I Pet 4:10-11).
5. He will be with you through every circumstance of your life (Ps 23:1-6, 121:1-8; II Tim 4:18; I John 5:18).

As a result, you will not only have life, but you will have it abundantly (John 10:10).

**Conclusion:**

**Get your mind off yourself and live a life that enjoys pleasing and glorifying God!**