

Encounter Church
Sunday April 07, 2024

Becoming a Healthy You (Overcoming Low Self-Esteem) Satan's Deadliest Weapon

I heard a story years ago about a ticket agent who worked for United Airlines. On this occasion, weather had caused one of their flights to be canceled, and this one agent was having to rebook a long line of inconvenienced travelers.

There was one angry passenger who pushed his way to the front of the line. He slapped his ticket down on the counter and he said, "I HAVE to be on this flight and it has to be FIRST CLASS."

The agent said, "I'm sorry sir. I'll be happy to help you, but I've got to help these other people first, and then I'll get to you."

But this passenger had a rather high opinion of himself, and so he said very loudly, "Do you have any idea who I am?"

Without hesitating, the agent grabbed her P.A. microphone, and she said, "May I have your attention please? We have a passenger here at the gate who does not know who he is. If anyone can help him find his identity, please come to gate 17."

And, unfortunately, we've all known people like that. People who have an extremely high opinion of themselves. People filled with pride and arrogance.

So, which is worse? To have too high an opinion of yourself or to have too low an opinion? And, the truth is, they're both wrong.

What we need instead is to have a healthy view of ourselves.

The Bible certainly has a lot to say about pride and about the sin of having too high an opinion of yourself.

Romans 12:3- "Because of the privilege and authority God has given me, I give each of you this warning: Don't think you are better than you really are. Be honest in your evaluation of yourselves, measuring yourselves by the faith God has given us."

But I think there are more Christians who struggle with the opposite problem – Christians who don't think highly enough of themselves.

And I think it's one of Satan's deadliest weapons! Low Self-Esteem!

Something I've struggled with all my life!

Self-esteem- my perception of my worth! Self worth is the opinion you have about yourself and the value you place on yourself!

Self-esteem is how we value and perceive ourselves. It's based on our opinions and beliefs about ourselves.

Self-esteem is the result of a well-established thought patterns!

Low self-esteem is simply the inability to feel good about yourself.

It's characterized by feelings of inadequacy, worthlessness and a lack of self-confidence.

People with low self-esteem feel inferior. They wonder why other people have so much more talent and ability than they do.

They feel unattractive. They dislike everything about themselves and they wish – they constantly wish — they could be somebody else.

A person who has problems with self-image will often feel the following:

- *God doesn't really care about me.
- *I am an unlovable, worthless person.
- *Nobody will ever love me.
- *I'll never be able to change.
- *I've been a failure all my life. I guess I'll always be a failure.
- *If people really knew me, they wouldn't like me.
- *My mother never loved me, so why should anyone else?

(Story of questioning my own self worth as a Pastor).

Low self-esteem can affect so many areas of our lives.

1. Low Self-esteem paralyzes your potential.

One of the best examples of this is a man in the Bible named Gideon.

Judges 6:12- "And the Angel of the Lord appeared to him, and said to him, "The Lord is with you, you mighty man of valor!"

Judges 6:15- "So he said to Him, "O my Lord, how can I save Israel? Indeed my clan is the weakest in Manasseh, and I am the least in my father's house."

What Gideon needed to do was think about himself what God thought about him!

Gideon needed to live in his God-Given identity!

2. Low Self-esteem destroys your dreams.

Acts 2:17- “In the last days, 'God says,' I will pour out my Spirit upon all people. Your sons and daughters will prophesy. Your young men will see visions, and your old men will dream dreams.”

The Holy Spirit helps us to dream bold dreams, to see visions of what God wants to do for us and in us, and especially through us.

But with the wrong kind of vision about yourself, with a low-esteeming picture of yourself as inferior or unable, you will self-destruct and abort the dream God has for your life.

The best picture of this is the Children of Israel in Numbers 13 and 14. God had a vision for His people, a bold, beautiful dream!

God implanted within their hearts and minds the picture of a Promised Land, flowing with milk and honey, a land God promised them they would possess.

God brought them to the edge of the Promised Land, to the bold plan He had for their tribes and families.

MOSES SENDS IN 12 SPIES.

Numbers 13:25-33- “After exploring the land for forty days, the men returned to Moses, Aaron, and the whole community of Israel at Kadesh in the wilderness of Paran. They reported to the whole community what they had seen and showed them the fruit they had taken from the land. This was their report to Moses: “We entered the land you sent us to explore, and it is indeed a bountiful country—a land flowing with milk and honey. Here is the kind of fruit it produces. But the people living there are powerful, and their towns are large and fortified. We even saw giants there, the descendants of Anak! The Amalekites live in the Negev, and the Hittites, Jebusites, and Amorites live in the hill country. The Canaanites live along the coast of the Mediterranean Sea and along the Jordan Valley.” But Caleb tried to quiet the people as they stood before Moses. “Let’s go at once to take the land,” he said. “We can certainly conquer it!”

But the other men who had explored the land with him disagreed. “We can’t go up against them! They are stronger than we are!” So they spread this bad report about the land among the Israelites: “The land we traveled through and explored will devour anyone who goes to live there. All the people we saw were huge. We even saw

giants there, the descendants of Anak. Next to them we felt like grasshoppers, and that's what they thought, too!"

Now you can't have a much lower concept than to see yourself as a grasshopper!

The dream was ready and God was ready, but the people weren't because of their low self-esteem!

"We are as grasshoppers."

They forgot they were the children of God! They forgot WHO they were because they forgot WHOSE they were.

THAT'S WHAT LOW SELF-ESTEEM WILL DO TO YOU!

Numbers 14:24- "But My servant Caleb, because he has a different spirit in him and has followed Me fully, I will bring into the land where he went, and his descendants shall inherit it."

THIS IS WHAT A HEALTHY SELF-ESTEEM WILL DO FOR YOU!

CONCLUSION: What happened to your dream? Where is the vision God put before you? What wrecked it? Your sins, bad habits? I doubt it!

Probably your dream has been delayed or destroyed because Satan tricked you into thinking of yourself as a grasshopper or a worm!

And as a result you never realized your potential as a daughter or son of God!

BUT TODAY IS A NEW DAY FRIEND!

You are valuable because you were created in the image of God!

Genesis 1:26- "Then God said, "Let us make human beings in our image, to be like us. They will reign over the fish in the sea, the birds in the sky, the livestock, all the wild animals on the earth, and the small animals that scurry along the ground."

Psalms 139:14- "I will praise You, for I am fearfully and wonderfully made; Marvelous are Your works, And that my soul knows very well."

What is the Holy Spirit saying to you through this message?