

Encounter Church
Sunday April 14, 2024

Becoming a Healthy You (Overcoming low self-esteem) Satan's Deadliest Weapon (Part 2)

I don't think I can teach that class, I'm not smart enough!

I'll make a mistake in something I do or say!

I've never done that before, I don't think I can!

I don't think I can commit or make time for that!

All of these are excuses and show a low-self-esteem!

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

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

Proverbs 23:7- "For as he thinks in his heart, so is he..."

DID YOU KNOW YOU HAVE AN OPINION OF YOURSELF!

Real self-esteem is the value you place upon yourself as a person!

It's how you feel about yourself in the chambers of your mind!

It's how you feel when you are alone in a crowd.

Low Self-esteem comes from negative conclusions we draw about ourselves.

"Self-esteem is the capacity to experience maximal self-love and joy whether or not you are successful at any point in your life." Dr. David Burns

THE SECOND PART OF THE GREAT COMMANDMENT.

Matthew 22:39- " But there is a second to set alongside it: 'Love others as well as you love yourself.'"

Many Christians have such a low self-esteem that they adopted as their theme song a line from a hymn which says, "Would He devote that sacred head for such a worm as I."

“It’s a challenge for children of God to develop a healthy self-esteem when many of our songs remind us of how inferior we are.” -unknown

SIGNS OF LOW SELF-ESTEEM

1. **A negative vocabulary.**
2. **A lack of inner peace and comfort.**
3. **Failure to be involved with others-a loner.**
4. **Constant self-criticism and rejection of self.**
5. **Being overly critical of others.**
6. **Always giving a negative reaction to compliments.**
7. **Always complaining and arguing.**
8. **Afraid of others seeing you as you really are.**
9. **Building defenses around our weaknesses.**
10. **A drive to control others.**

Low self-esteem can affect so many areas of your life. Last week we mentioned two.

1. It paralyzes our potential. 2. It destroys our dreams.
3. **Low Self-esteem hinders authentic relationships.**

First and most important is your relationship with God!

If you see yourself as inferior or worthless you will think that God really must not love or care for you!

Therefore although He cares for others and blesses them and gives them lots of things, He really isn’t concerned about you! **They’re okay but you’re not!!!!**

Luke 15:28-31- “The older son became angry and refused to go in and celebrate. So his father came out and pleaded with him, ‘Come and enjoy the feast with us!’

“The son said, ‘Father, listen! How many years have I worked like a slave for you, performing every duty you’ve asked as a faithful son? And I’ve never once disobeyed you. But you’ve never thrown a party for me because of my faithfulness. Never once have you even given me a goat that I could feast on and celebrate with my friends as this son of yours is doing now. Look at him! He comes back after wasting your wealth on prostitutes and reckless living, and here you are throwing a great feast to celebrate— for him!’ “The father said, ‘My son, you are always with me by my side. Everything I have is yours to enjoy.’”

- A. The older son’s point of view: I’ve slaved for you and you’ve never given me anything!
- B. The Father’s point of view: You’re always by my side and everything I have is yours!!!

Once you become critical of the design, it isn't long until you become resentful toward the Designer!

This is how your concept of God becomes contaminated and your perception of how He feels about you gets all mixed up and hinders authentic relationship with God your Father!

Numbers 14:1-3- "Then the whole community began weeping aloud, and they cried all night. Their voices rose in a great chorus of protest against Moses and Aaron. "If only we had died in Egypt, or even here in the wilderness!" they complained. "Why is the Lord taking us to this country only to have us die in battle? Our wives and our little ones will be carried off as plunder! Wouldn't it be better for us to return to Egypt?" Then they plotted among themselves, "Let's choose a new leader and go back to Egypt!"

Low self-esteem hinders an authentic relationship with God your Father!

Low self-esteem hinders healthy relationships with other people.

Satan uses your nagging sense of inferiority and inadequacy to isolate you!

The common way to deal with inferiority is to pull within yourself, to have as little contact with others as you can!

When you devalue yourself, you become overly absorbed in you and with yourself and you don't have anything left over to give others!

2 Corinthians 6:11-13- "My friends at Corinth, our hearts are wide open to you and we speak freely, holding nothing back from you. If there is a block in our relationship, it is not with us, for we carry you in our hearts with great love, yet you still withhold your affections from us. So I speak to you as our children. Make room in your hearts for us as we have done for you."

Paul is begging them for authentic relationships. But they at this point had refused to open their hearts to Paul.

Those who struggle with low self-esteem will never fully open their hearts to the relationships around them.

All spiritual growth comes through CONNECTION!

I WANT TO SHOUT IT OUT! **You and I were created for relationships!!!!**

WHO ARE THE HARDEST PEOPLE TO GET ALONG WITH!

THOSE WHO DON'T LIKE THEMSELVES!

Because they don't like themselves they don't really like others. You see other people as you are and not as they are!

Low self-esteem wrecks interpersonal relationships!

HERE IT IS:

If you have low self-esteem, you ask another human being to do for you what no other person can do- to make you feel adequate and able-when you are already convinced that you are inadequate and unable!

That's too heavy of a demand on a husband, wife, daughter, son, friend, pastor or church!

John 4:10-16- “Jesus replied, “If you only knew the gift God has for you and who you are speaking to, you would ask me, and I would give you living water.”

“But sir, you don't have a rope or a bucket,” she said, “and this well is very deep. Where would you get this living water? And besides, do you think you're greater than our ancestor Jacob, who gave us this well? How can you offer better water than he and his sons and his animals enjoyed?” Jesus replied, “Anyone who drinks this water will soon become thirsty again. But those who drink the water I give will never be thirsty again. It becomes a fresh, bubbling spring within them, giving them eternal life.”

“Please, sir,” the woman said, “give me this water! Then I'll never be thirsty again, and I won't have to come here to get water.” “Go and get your husband,” Jesus told her.”

It's obvious this woman didn't value herself, giving herself to so many men.

Could it be, she was looking for value from them!

Jesus tells her, ***“I'm the only one who can meet your deepest need. I'll give you living water in which you'll never thirst again.”***

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