

# Self-Esteem



## SABBATH AFTERNOON

**Read for This Week's Study:** *Ps. 100:3, Acts 17:24–28, Rom. 12:3, Matt. 22:39, 2 Samuel 9, Luke 15, Eph. 4:23–32.*

**Memory Text:** “But you are a chosen people, a royal priesthood, a holy nation, a people belonging to God, that you may declare the praises of him who called you out of darkness into his wonderful light” (1 Peter 2:9, NIV).

**D**iminished self-esteem is a modern plague. It often is brought to the counseling or pastoral offices either by itself or in association with such full-blown problems as substance-related abuse, depression, or eating disorders.

In everyday existence, low self-esteem never may reach clinical proportions, but it almost invariably hurts relationships and impairs performance in most areas of life.

Perhaps the main reason people suffer more than ever from this problem is the media, which often portrays its celebrities as larger than life, leaving others to feel their own inadequacy in contrast to the icons paraded before them.

The idea of self-esteem as presented in the Bible has a different perspective. Conventional psychology sees self-esteem as the evaluation someone makes of their own attributes and characteristics based on their observation of themselves and on the input of others. The Bible offers at least two additional components: What humans are by origin (*Gen. 1:26, 27*) and what God thinks of and grants to each person (*John 3:16*). When we add these components, so much regarding self-esteem can change.

*\*Study this week's lesson to prepare for Sabbath, February 26.*

## Origins

Two prevailing views of human origins exist, each mutually exclusive of the other. One portrays humans as products of pure chance, the result of a cosmic accident in which our existence wasn't planned. We just happened to come into existence. Though this view always has existed among some people, in recent centuries—particularly after the false theories of Charles Darwin became popular—the idea of humanity existing purely by accident has deceived millions. Thus, many have come to believe that life is inherently without purpose or that any purpose it might have individuals must try to make for themselves. For millennia most people thought that they had originated from God or from gods; today, many think that they came from the apes.

In contrast, there's the view taught in the Bible.

**Read** Genesis 1:26, 27; Psalm 8:5; 100:3; and Acts 17:24–28. **How radically different is what's presented in these texts from the view of our origins as expressed previously? How should each view impact our own sense of self-worth and self-esteem?**

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Not only did God purposely create us, He created us in His image. He also created other wonderful, life-bearing plants and animals, but in their beauty and perfection they do not bear resemblance to their Maker as do humans. Furthermore, humanity is placed above all of them with dominion and authority.

In contrast to the atheist belief in no transcendent purpose for our human biology and psychology, the Bible teaches us that God chose to share “His image” with the human family. Obviously, much of that image has been marred and lost by generations of sin, yet the imprint continues in each person, and that lost image can be restored progressively by the transforming power of the Spirit working in those who are surrendered to Christ.

**Not only did God create us, He redeemed us, as well. In fact, Ellen White said that Christ would have died for even one person. What does that tell us about our inherent worth, regardless of what the world might think of us? Why is it so important to keep before us our worth in the eyes of God?**

## *The Lesson in Brief*

► **Key Text:** *Romans 12:3*

► **The Student Will:**

**Know:** Describe a healthy self-esteem, using a Christian perspective of God's value for us.

**Feel:** Acknowledge the importance of valuing ourselves and others as God values us.

**Do:** Come to a realistic evaluation of who we are and the importance of our place in the body of Christ.

► **Learning Outline:**

**I. Know: In God's Image**

- A** What did God do to demonstrate His value for us?
- B** What is the difference between building up someone's ego and showing proper esteem and value for them?
- C** Why is it important to continually seek to be remade in Christ's image, rather than remain satisfied with our status quo?

**II. Feel: Bought by His Blood**

- A** How does God view us?
- B** How should we value ourselves as we see ourselves through God's eyes?
- C** How should the way God values us inform and shape the way we treat others?

**III. Do: Cherish Christ's Body**

- A** How can we realistically evaluate and place a proper worth on the gifts God has given us?
- B** How can we fulfill the role He wants us to play in the church?
- C** What can we do to respect and cherish each member's contributions to Christ's body?

► **Summary:** A Christian sense of self-esteem develops out of the recognition that we are each formed in the image of God and, with our consent, are continually being transformed into the likeness of Christ as important members of His body.

## Self-perceptions

What I see in myself is one important component of self-esteem. However, it is an incomplete and often faulty picture. Subjectivity can lead to misinterpretation when assessing people, including ourselves.

One of the gravest biblical warnings is against passing judgment on someone else: “For at whatever point you judge the other, you are condemning yourself” (*Rom. 2:1, NIV; see also Luke 6:41, 42*). Distortion seems universal, and people are subject to commit mistakes when judging others. The same happens with self. There is a great deal of error when one judges oneself in terms of ability, looks, character, power, etc. There always are going to be people smarter, better looking, and more gifted than you; at the same time, there always will be people who will look at you and feel themselves to be inferior.

**Read** prayerfully and carefully Matthew 22:39. What is implied in this text regarding how we should view ourselves?

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This text implies that a reasonable amount of love should go to oneself (though this is not the main focus of the text). There should be a healthy pride in things well done, in well-accomplished tasks, and in the good traits and characteristics one may possess. There is an expected attitude of self-protection and caring for oneself. The problem comes when someone does not give credit to God, the Creator of all good things in us.

**How** are we to understand Romans 12:3 in light of what we’ve looked at so far?

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There is a desirable middle area between extremely low self-esteem and arrogance. And Paul warns against the latter. At the same time, Romans 12:4–8 explains that the body of Christ needs the input of each member, according to the individual gifts given by grace. There is nothing wrong in acknowledging each gift, using them to strengthen Christ’s church, and thanking God for them.

**Make a mental list of the good personal attributes, characteristics, and abilities that God has given you. How can you use them and at the same time remain humble? How can looking daily at the Cross help keep us in our place?**

## Learning Cycle

### ► **STEP 1—Motivate**

**Key Concept for Spiritual Growth:** The only means by which human beings can come to a true estimate of their worth is by looking at themselves through the eyes of God. God has placed a high price on us: the blood of His Son.

**Just for Teachers:** Our self-worth is deeply impacted by those closest to us. The following story and subsequent sharing time is designed to consider the impact that those closest to us can have on our self-image.

For elite athletes, there is no pressure cooker quite like the Olympic games. Athletes change their diets, sleep patterns, training regimen, and anything else necessary to win gold on a world stage. The pressure to perform well is already immense, but add to that the fact that participants carry with them the hopes and dreams of the nations they represent, and the result is a recipe for major stress.

One very decorated Olympic diver came up with a novel way to handle the stress of the moment. Unlike a team sport, diving is a very solitary endeavor, so he devised a strategy for calming his nerves. As he stood atop the diving platform, right before he launched into the air, he repeated the following: “Even if I blow this dive, my mother will still love me.”

Did he want to win? Sure. Did he sometimes lose? Absolutely. Win or lose, he had one thing on which he could count: the unconditional love of his mother. His mother’s love had fortified him against the inevitable challenges of competing on the world’s biggest stage. That diver, by the way, is considered to be one of the greatest ever to stand on a diving platform.

**Consider This:** If our sense of self is impacted for good or ill by those closest to us, what does that tell us about the place that God should occupy in our lives?

### ► **STEP 2—Explore**

#### **Bible Commentary**

**I. Crowned With Honor** (Read *Genesis 1:26, 27* and *Psalms 8:5* with your class.)

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## What Others See

In so many societies, a person's worth is determined by his or her talents, gifts, appearance, and so forth. We do look at outward appearance (*1 Sam. 16:7*); after all, that's all we can see. Thus, our concept of self often is shaped by the reaction others display, based on their outward observation of us. If everyone tells you that you are pretty, you will be more likely to view yourself as pretty.

But there always is much more to each of us than meets the eye. Individuals experiencing poor self-esteem need to think in terms of personal traits or attributes that are of true value and not necessarily what the world values, because so often what the world values is of no value to God.

**What** are the things that your society and culture place so much value on? How important do you think those things are to God?

There may be exceptions, but most societies tend to place excessive value on outward, observable features. However, other traits, such as honesty, kindness, temperance, or firm commitment to principles and ideals tend to have less value.

**How** does gender/class/nationality prejudice affect people's self-esteem? What should be the Christian's aim in terms of prejudice and discrimination? *Gal. 3:28*.

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The effects of prejudice are devastating on self-esteem and performance. As Christians, we should be making a concentrated effort to uplift and encourage others, regardless of their background.

In 2 Samuel 9, there is the story of Mephibosheth, who could have been the target of retaliation by David. No wonder he showed fear, fell on his face to the ground, and called himself "a dead dog." He also was crippled. The restoration of the family property, the reassignment of servants, and the honors granted no doubt brought to Mephibosheth an extra measure of self-worth.

The influence that people have on the self-esteem of others is extremely powerful. More than we realize, we have the ability to shape the self-concept of others through words, actions, and even how we look at them.

**How careful, or careless, are you with the way you impact the self-esteem of others? Think about your closest relationships. How can you help build up these people as opposed to tearing them down?**

Learning Cycle CONTINUED

This week's lesson begins with the most self-affirming work done on behalf of humanity. God CHOSE to share His image with His creation. We belong to Him. Psalm 8:5 establishes our place in the pecking order of creation. We are made "a little lower than the angels," and we are crowned "with glory and honor" (NKJV).

The honor granted us by God is no ordinary recognition. The word *honor* rendered in Psalm 8:5 is the word *hadar*, which means to honor, to glorify, and to make splendid. God crowned humanity with splendor at their creation. The word *hadar* is the same word used in the "beauty of holiness" phrase found in Psalm 96:9 and Psalm 110:3. Is there a beauty more exalted than that found in holiness? *Hadar* is used to describe this beauty and the beauty of humanity's creation, a holy act, performed by a Holy God.

**Consider This:** How should the honor and holiness in which we were originally created inspire us to allow God to re-create His image in us?


## II. Image Is Everything (Read Psalm 16:8 with your class.)

The great tennis star Andre Agassi made the slogan "Image is Everything" famous. Of course, Agassi was advertising Canon cameras at the time, but there is a truth in that phrase that goes much deeper than the ad intended. As we know, what we behold changes us.

Ellen G. White wrote the following about how Jesus grew in wisdom and knowledge during His formative years and how we, too, might be formed in God's image:

"Every child may gain knowledge as Jesus did. As we try to become acquainted with our heavenly Father through His word, angels will draw near, our minds will be strengthened, our characters will be elevated and refined. We shall become more like our Saviour. And as we behold the beautiful and grand in nature, our affections go out after God. While the spirit is awed, the soul is invigorated by coming in contact with the Infinite through His works. Communion with God through prayer develops the mental and moral faculties, and the spiritual powers strengthen as we cultivate thoughts upon spiritual things."—*The Desire of Ages*, pp. 70, 71.

**Consider This:** In his formative years, Jesus beheld God in the Old Testament scrolls read to Him by His mother, and He beheld Him in nature and in prayer. (Read Psalm 16:8.) How would our view of ourselves change if we were to set the Lord always before us?

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## What God Sees

**Read** Luke 15. What should that one chapter alone tell us about our worth to God? How should this impact our own sense of self-esteem? What do these parables tell us about what God thinks of us? Why is this so important to know and to keep before us?

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If someone feels tempted to dwell upon being inferior, lost, or outcast, they should remember that something else goes with that condition—a special and intense care from God and His angels. The shepherd cared more for the lost sheep than for the remaining ninety-nine. The woman forgot her other coins and searched carefully until she found the lost one. The father appears to have given more attention to the unreasonable demands of the prodigal son than to his first-born. Shepherd, woman, and father all show a special consideration to the lost individual or thing in the story.

Then, when the lost are found, there is great joy on earth and in heaven. Look at how powerfully these stories reveal to us the love of God for each one of us, regardless of our faults.

This principle can play out in the helping of those in need. So often, in talking with others, if you can give them a nonthreatening, confidential, and accepting environment, that alone can do them so much good. People, especially hurting people, need to know that someone cares for them, especially in their pain.

A Christian has a clear advantage over someone who does not accept or believe in the Lord. God is on call 24 hours a day, 7 days a week, to listen to the depressed, stressed, lonely, and anxious soul. This relationship with God should be sufficient reason to feel special and to gain some relief from low self-esteem.

Of course, the greatest example of our worth in the eyes of God is the Cross. That, more than anything, should show us just how valuable we are to God, regardless of whatever weaknesses and faults we have. The Cross tells us that no matter what others think of us, or what our society thinks of us, we are of infinite value to the Creator of the universe. And, considering how fleeting and transitory and contingent society and its values are, in the end how much should the view of others and of society as a whole really matter to us anyway?

**How can we help others take the message in Luke 15 and apply it to themselves? How can we help others realize that Jesus here is talking about them personally?**



Learning Cycle CONTINUED**III. Healthy Self-Esteem** (*Read Romans 12:3 and Philippians 2:6, 7 with your class.*)

This week's lesson touched briefly on the idea of correctly estimating one's worth. In Romans 12:3 Paul argues for a balanced view of one's self, based on the transformation brought about in life by the sacrifice of one's life to God. People who are being transformed by God exhibit a correct estimate of their worth. The worldly pattern of building one's self-esteem is to get as many toys as you can because a person's life consists in the abundance of the things that he possesses, but Jesus begs to differ with this assessment (*Luke 12:15*).

The danger in estimating our worth above that which God places on us is one of self-conceit. Instead of focusing inordinately on what we possess, or even on our God-given gifts and talents, Paul asks us to think soberly about ourselves, seeing not only the great things about ourselves but also the areas of our lives that need godly molding.

**Consider This:** If estimating our own worth can be fraught with pitfalls, are we really up to evaluating others? Is there ever a time when we are called upon to point out the faults of others, say, when they wrong us? If so, what guidance does the Bible give us? (*See Matthew 18:15–20.*)

▶ **STEP 3—Apply****Thought Questions:**

❶ In John 15:16, Jesus told His disciples that they had not chosen Him; He had chosen them that they should “bear fruit,” and that their fruit should “remain.” In a very real sense, we are a product of their fruit—their faithfulness in sharing the gospel that we continue to spread today. How do you think this “chosen” message impacted the disciples? How do you think they viewed Jesus' words after His ascension?

❷ Like the lost sheep, lost coin, and lost boy, we, too, often get lost, but Jesus comes in search of us. How does Jesus woo you back to Himself? (*Jer. 31:3*).

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## A New Self

**Read** Ephesians 4:23, 24. What does Paul mean by “putting on” the new self? What is the nature of this new self?

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People like to try new looks: changing hairstyle, buying new types of clothes, even getting a face-lift or hair transplant. But these changes will bring only minor variations inside. The basic self will remain unchanged.

Paul talks about a new self, related not to appearance but to attitude and mental nature. He says that we are “created to be like God in true righteousness and holiness” (vs. 24, *NIV*).

**Outline** the attitudes and behaviors coming out of the new self. *Eph. 4:25–32.*

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The new self referred to by Paul exhibits successful fruits (truthfulness, unity, honesty, diligence, wholesome talk, kindness, forgiveness). Notice, too, that all of the new self’s attributes have to do with good character and interpersonal relationships, and these can be tied directly to questions of self-esteem. The adverse behaviors mentioned in Ephesians 4, such as lying, anger, and bitterness, leave the person with a diminished sense of value. In contrast, sharing with those in need and being kind and compassionate are actions that can enhance self-esteem, as they change a person’s focus from self and thus leave the person with a sense of accomplishment.

The Christian community needs people who are interested in building others up rather than destroying them. The concept of self easily can be ruined in no time with rude words of criticism. “Upon every family, upon every individual Christian, is laid the duty of barring the way against corrupt speech. When in the company of those who indulge in foolish talk, it is our duty to change the subject of conversation if possible. By the help of the grace of God we should quietly drop words or introduce a subject that will turn the conversation into a profitable channel.”—Ellen G. White, *Christ’s Object Lessons*, p. 337.

**Why is it that helping somebody enhances your own self-esteem? Make a list of small things that you can do for your neighbor, partner, or family member. Do them; you may be surprised at how well you feel about yourself.**

Learning Cycle CONTINUED**Application Questions:**

- 1 Think of someone who always builds you up. Spending time with this person always makes you feel better. What specifically does he or she do that uplifts your spirits and strengthens your sense of who you are?
- 2 Isaiah 40:11 paints an awesome picture of God’s care for His “sheep.” What parts of Isaiah’s description of God’s care speak most warmly to you? What does this tell you about your intrinsic worth to God?

**► STEP 4—Create**

This week’s lesson addresses the issue of self-esteem, and it does so at a time when technology is greatly impacting the image we hold of ourselves. The rise of Internet use and social networking Web sites, in particular, are creating what some researchers have dubbed the most narcissistic generation ever. Technology has shrunk our planet, but more and more of us are obsessed with how we appear to people on the other side of the world whom we will never meet in life. Here are some ways that you might apply the truths of this week’s lesson to your life and the lives of those around you:

- 1 Encourage a hyper-connected online friend to go on a one-week media fast with you. Each day, identify one characteristic of God’s love from His Word and discuss its benefits with your friend.
- 2 Of all the animals in the world, God likens humans to sheep. Sheep have no claws, are not known to be aggressive or particularly smart. They can be easily distracted, and they are prone to getting lost. But that’s not all there is to sheep. Do a quick Internet search on the uses of sheep and sheep parts, and you might be surprised at what you find. Sheep are not the wisest animals in the barn, but that doesn’t mean that they are not valuable. The same might be said of us humans. What insights do the sheep give you into your dependence upon, and your relationship with, God?
- 3 Identify a Bible character whose self-esteem got him or her into trouble. Have a class member role-play this person’s story and give the class an opportunity to guess who he or she is.
- 4 If the death of Jesus for fallen humanity establishes just how precious we are, what might we say to Jesus on the day when we see Him? Ask several from your class to share what they plan to say to Jesus when they meet Him in glory.

**Further Study:** “If God cares for a sparrow . . . how will he care for the purchase of the blood of Christ? One soul is worth more than all the world. For one soul Jesus would have passed through the agony of Calvary that that one might be saved in his kingdom. ‘Fear ye not therefore, ye are of more value than many sparrows.’ ”—Ellen G. White, *The Advent Review and Sabbath Herald*, May 3, 1892.

“We lose many and rich blessings because we neglect to seek the Lord with humble hearts. When we come to Him in sincerity of heart, asking Him to reveal our defects, He will show us a true picture of ourselves, reflected in the mirror of His Word. Then, having seen ourselves as God sees us, let us not go away forgetting what manner of men we are. Let us study critically the features of our character that are defective, and seek for grace to make them like the pattern presented in the Word of God.”—Ellen G. White, *The Lake Union Herald*, November 3, 1909.

The two paragraphs above give us additional insight to maintain the balance between inferiority and vanity. Read Romans 12:2, 3 in the light of these texts to gain understanding into attaining a balanced self-concept.

### Discussion Questions:

- ❶ The twentieth century was one of the most violent ever, with mass murder seen on a scale as never before. How could the Darwinian view of human existence, which postulates that all life is a product of random mutation and natural selection, be partially responsible for this total disregard for the sanctity of human life? In other words, if human beings are just advanced apes, products of chance alone, what is the inherent value of an individual life?
- ❷ Tuesday’s lesson looked at how the perceptions of others can impact a person’s self-worth. Though we want to affirm people and help them have a healthy sense of self-worth, we also need to be careful about feeding someone’s ego and pumping them up in ways that could be detrimental to them. How can we strike the right balance here—affirming people without, in the process, damaging them in a different way?
- ❸ Dwell more on the question of what the cross of Christ teaches us about our individual worth. Think about what happened at the cross, who was on it, and what His death meant. How should the Cross help us have a better sense of what our individual worth really is?