

The Battle for Our Emotions “Inferiority & Low Self Esteem”

PERSONAL APPLICATION

Review the main lesson outline briefly

1. What part of your life do you feel most inferior, if any?
2. Talk through the “Practical checklist” and discuss the ones you battle the most. Share ideas for overcoming!

PRIVATE MEDITATION

Read the Scripture and identify 1 thought to take with you for that day
Write down your daily thought under each day

Monday – 1 Corinthians 15:9-10

Thought:

Tuesday – Matthew 22:36-40

Thought:

Wednesday – Romans 12:1-3

Thought:

Thursday – Ephesians 5:28

Thought:

Friday – Luke 15:25-32

Thought:

Saturday – Psalm 43:1-5

Sunday – “*Depression*”

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The Battle for Our Emotions

How to keep from becoming an emotional wreck!



“Inferiority & Low Self Esteem”

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Inferiority & Low Self Esteem Psalm 139:13-16

THINGS THAT CAN CAUSE THIS PROBLEM

1. Bad theology- thinking I am no good & God does not love me. - Romans 8:38-40
2. Sin & guilt - How could God forgive me? - 1 John 1:9, 1 Corinthians 15:9-10, Romans 8:1
3. Comparison to others - I could never be as good as they are! - 2 Corinthians 10:12, Galatians 6:4
4. Parent child relationship - Being constantly put down by parents. “You never do anything right!” - Ephesians 6:4
5. Unrealistic expectations - It is never good enough! Perfection - the only standard! - 1 Corinthians 10:31
6. Pressure from the world - “Keep up with the Jones.” Materialism! - 1 John 2:15-17

THE KEY TO OVERCOMING:

“*Understanding who I am in God’s eyes!*”
1 Corinthians 15:9-10

SELF IMAGE

The picture I would paint of myself.
Whether I am successful or not materially.
What my talents are. (Good or not good at)
What I look like (good looking or ugly)!

Where do most of these ideas come from?

Comparison with others - (2 Corinthians 10:12)

Conversations of others - (Job’s friends)

Concepts about others - (Psalm 73 - Asaph)

SELF IMAGE – THE BIBLICAL VIEW

God - Originally made that way - Genesis 1:27

Jesus - Being made this way now - Romans 8:28-29

Will be this way in Heaven - 1 John 3:2

SELF ESTEEM

My personal evaluation of my = Worth – Value - Significance – Importance

Am I valuable to God?

1. Created in His image - Genesis 1:27
2. Jesus died for me - John 3:16

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3. The angels guard me - Psalm 91:11-12
4. The Holy Spirit lives in me-1 Corinthians 6:19
5. Heaven is being prepared for me - John 14:2
6. Jesus is coming back for me - John 14:3

SELF LOVE – THE BIBLICAL WAY

(How to love ourselves properly) Matt. 22:36-40, Ephesians 5:28

- Realize I am valuable to God
- Realize I am not the center of my world, God is! – Matt. 6:33; Matt. 22:39
- Realize I need God’s redemption & forgiveness - 1 Corinthians 15:1-7
- Treat myself with respect and dignity for the glory of God! -Philippians 1:20-21, Ephesians 5:28
- Do my best to fulfill God’s plan for my life! - Romans 12:1-3, 4-6; 1 Corinthians 12:18

PRACTICAL CHECKLIST

- Realize I am important to God & He loves me no matter what!
- Put God first in my life!
- Accept God’s forgiveness & forgive myself - let go of guilt!
- Do my best to glorify God in my attitude & actions!
- Find success in God’s plan for my life!

NOTES