

Growth: Self-Esteem

by

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How To Improve Our Self-Image

- Consider who we are
 - Created by God
 - In His image (Gen. 1:26, 27)
 - To have dominion (Gen. 1:28)
 - Been born into His family (Titus 3:5)
 - Loved as children (1 Jno. 3:1)

How To Improve Our Self-Image

- Consider what we have
 - Forgiveness (1 Jno. 1:9-2:2)
 - Help
 - Holy Spirit (Rom. 8:12-14; Eph. 3:16)
 - God's family (Heb. 10:24)
 - God's assurance (Heb. 13:5, 6)

How To Improve Our Self-Image

- 📌 Consider what we can become
 - 📌 Mature in doctrine (Eph. 4:14)
 - 📌 Mature in decision making (Heb. 5:11-14)
 - 📌 Like Christ (Rom. 8:29; Gal. 2:20)

How? Practical Things

- 📌 Identify your strengths and weaknesses
- 📌 Set realistic goals
- 📌 Become a “positive thinker”
- 📌 Don't allow your past failures to walk with you and discourage you.