

LOW SELF ESTEEM

Psalms 139:14

Low self esteem : A confidence and satisfaction in oneself (self respect) . Feeling lack of importance , lack of confidence and feeling badly about oneself .

Someone with low self esteem is likely to avoid social interactions , feeling inadequate in work and struggle to accept criticism . Feeling bad about yourself more than you feel good , lack of self confidence , can't say no to anybody , pretending what they are not , rebellious behavior – against authority , lack of generosity will not share .

1 . Psalms 139:14 **David's Talking**

A . I will praise thee; for I am fearfully *and* wonderfully made: marvellous *are* thy works; and *that* my soul knoweth right well.

B . And I praise you because of the wonderful way you created me. Everything you do is marvelous! Of this I have no doubt.

2 . Exodus 4:10-12 **Moses talking to God**

A . And Moses said unto the LORD, O my Lord, I *am* not eloquent, neither heretofore, nor since thou hast spoken unto thy servant: but I *am* slow of speech, and of a slow tongue. And the LORD said unto him, Who hath made man's mouth? or who maketh the dumb, or deaf, or the seeing, or the blind? have not I the LORD? Now therefore go, and I will be with thy mouth, and teach thee what thou shalt say.

B . Moses replied, "I have never been a good speaker. I wasn't one before you spoke to me, and I'm not one now. I am slow at speaking, and I can never think of what to say." But the LORD answered, "Who makes people able to speak or makes them deaf or unable to speak? Who gives them sight or makes them blind? Don't you know that I am the one who does these things? Now go! When you speak, I will be with you and give you the words to say."

3 . **James 4:6**

A . But he giveth more grace. Wherefore he saith, God resisteth the proud, but giveth grace unto the humble.

B . In fact, God treats us with even greater kindness, just as the Scriptures say, "God opposes everyone who is proud, but he is kind to everyone who is humble."

* **Still talking about low self esteem**

* **Be true to ourselves and admit the problem and then we can move towards the cure**

4 . Matthew 11:28

A . come to unto me , all ye that labour and are heavy laden , and I will give you rest .

B . If you are tired from carrying heavy burdens, come to me and I will give you rest.

5 . Philippians 4:13

A . I can do all things through Christ which strengtheneth me.

B . Christ gives me the strength to face anything.

6 . 1 John 3:1

A . Behold, what manner of love the Father hath bestowed upon us, that we should be called the sons of God: therefore the world knoweth us not, because it knew him not.

B . Think how much the Father loves us. He loves us so much that he lets us be called his children, as we truly are. But since the people of this world did not know who Christ is, they don't know who we are.

7 . 1 Peter 2:9

A . But ye *are* a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should shew forth the praises of him who hath called you out of darkness into his marvellous light:

B . But you are God's chosen and special people. You are a group of royal priests and a holy nation. God has brought you out of darkness into his marvelous light. Now you must tell all the wonderful things that he has done. The Scriptures say,

8 . Philippians 2:3

A . *Let nothing be done* through strife or vainglory; but in lowliness of mind let each esteem other better than themselves.

B . Don't be jealous or proud, but be humble and consider others more important than yourselves.

9 . Zephaniah 3:17

A . The LORD thy God in the midst of thee *is* mighty; he will save, he will rejoice over thee with joy; he will rest in his love, he will joy over thee with singing.

B . The LORD your God wins victory after victory and is always with you. He celebrates and sings because of you, and he will refresh your life with his love."

*** We must know that our Lord wins victory after victory after victory .**

10 . Jeremiah 1:4-8

A . Then the word of the LORD came unto me, saying, Before I formed thee in the belly I knew thee; and before thou camest forth out of the womb I sanctified thee, *and* I ordained thee a prophet unto the nations. Then said I, Ah, Lord GOD! behold, I cannot speak: for I *am* a child. But the LORD said unto me, Say not, I *am* a child: for thou shalt go to all that I shall send thee, and whatsoever I command thee thou shalt speak. Be not afraid of their faces: for I *am* with thee to deliver thee, saith the LORD.

B . The LORD said: Jeremiah, I am your Creator, and before you were born, I chose you to speak for me to the nations." I replied, "I'm not a good speaker, LORD, and I'm too young." Don't say you're too young," the LORD answered. "If I tell you to go and speak to someone, then go! And when I tell you what to say, don't leave out a word! I promise to be with you and keep you safe, so don't be afraid."

11 . Romans 12:3

A . For I say, through the grace given unto me, to every man that is among you, not to think *of himself* more highly than he ought to think; but to think soberly, according as God hath dealt to every man the measure of faith.

B . I realize how kind God has been to me, and so I tell each of you not to think you are better than you really are. Use good sense and measure yourself by the amount of faith that God has given you.

Hope today that we can understand , there is no joy in having low self esteem . With the help of our Lord we can concur anything that is placed before us . All we will need to do is to try Him and see want He respond .

There are five things you must do to become a Christian

Hear the word , **Believe** what you have heard , **Repent** , **Confess** , and be **Baptized**

Shall we stand while we sing the song of Invitation