Contemporary Comments

Self-Esteem | February 26, 2011 | Order Info

Scripture: Psalm 100:3; Acts 17:24-28; Romans 12:3; Matthew 22:39; 2 Samuel 9; Luke 15; Ephesians 4:23-32

If someone with a television microphone came up to you on the street and asked, “On a scale of one-10 with one being very low self-esteem and 10 being very high self-esteem, what number on the scale would you indicate best represents your sense of self-worth at this moment?” How would you answer? Would you give the same answer to a best friend? Why or why not?

Maybe you wish you were taller or shorter. If you had just been in a store trying on clothes would that have impacted your answer? What if someone you live with or work for said something that hurt your feelings a few hours ago would that make a difference in how you reply.

Meet Nick Vujicic. Nick was born with no arms or legs. According to Nick’s biography, “Throughout his childhood, Nick dealt not only with the typical challenges of school and adolescence such as bullying and self-esteem issues. He also struggled with depression and loneliness. He constantly questioned why he was different than all the other kids surrounding him; why he was the one born without arms and legs. He wondered what the purpose behind his life was, or if he even had a purpose.”

Nick gives credit to his faith in God and his family and friends who have encouraged him throughout his life. Today God uses Nick to touch lives and bring the hope of Jesus Christ to people across the globe. Nick wholeheartedly believes that there is a purpose in each of the struggles we each encounter in our lives, and that our attitude towards those struggles, along with our faith and trust in the Lord can be the keys to overcoming the challenges we face.

Low self-esteem, feelings of inadequacy and inferiority when comparing our looks, gifts and talents to those of others are all traps the devil uses to take our eyes off the One who gave His life for us. The influence others have on our self-esteem is something we need to evaluate also. It just might be that if we are with others who constantly put themselves down or criticize others that we need to look at the damage their influence is having on us.

In our Bible study this week we are reminded that the way we view ourselves is much different than how God views each one of us. According to Psalm 8:5, we are made “a little lower than the angels” and are crowned “with glory and honor”. (NKJV) Our identity needs to be hidden in Christ.

There is always going to be someone smarter, better looking and more gifted. God chose to create us in His image for a reason. When we put ourselves down, we are actually being critical of God’s creation. No matter what anyone else thinks of us, we are of infinite value to our Creator.

Knowing what the Bible teaches about the importance of valuing ourselves in light of the death of God’s only Son for each of us, what number on the self-esteem scale would you indicate that best represents your sense of self-worth now?

~ck

1. Life Without Limbs

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