



Study S: Self-Esteem vs. God-Esteem

“And he died for all, that those who live should no longer live for themselves but for him who died for them and was raised again.”

2 Cor. 5:15

Why: Reasons for the study

- Our society believes that the key to being a whole, fulfilled and successful person is to have a positive self-esteem.
- Many Christian books and counseling approaches are built on this unbiblical premise.
- Many who begin CTO discipleship have been well-schooled in the pursuit of self-esteem.
- This study seeks to biblically place the focus on God rather than on ourselves and how we feel about ourselves.
- Even if a person has a biblical grasp on this study’s concepts, there may be scriptures and ideas to share with others who struggle in this area.

What: Principles to grasp

- The biblical view of self-esteem is radically different from the world’s view.
- The Bible never mentions self-esteem! Therefore, it is not a need or a biblical goal.
- The danger in building self esteem is either feeling superior to God and/ or others or feeling inferior to others.
- The understanding of how God views you and understanding your identity in Christ should put the focus on God and not yourself.
- The Apostle Paul shows us that as Christians we should view ourselves as “servants of Christ” and “stewards of the gospel.” (Phil. 1:1; 2 Cor. 4:1-5)

How: Path to a changed life

- To view themselves as God views them – nothing more and nothing less
- To repent of comparing themselves with others
- To repent of competing with others
- To repent of “rating” and judging others: superior or inferior

Helpful ideas:

- Realize if your disciple views self-esteem as a major issue, often its importance diminishes as he progressively learns to focus on God and others.

Tools and additional resources:

- *God’s Call to a True Identity in Christ*, available through CTO, is a great follow-up set of studies designed to discover the idols and the false identities that may be controlling one’s life and how to live dependently on God.
- *The Biblical View of Self-Esteem, Self-Love, Self-Image*, by Jay E. Adams