

LOVE THYSELF

How to Develop a Good Self-image

1. LOVE THY NEIGHBOR AS THYSELF.
 1. (Mat 22:39 KJV) And the second is like unto it, Thou shalt love thy neighbour as thyself.
 2. (Mark 12:31 KJV) And the second is like, namely this, Thou shalt love thy neighbour as thyself. There is none other commandment greater than these.
 3. (Rom 13:9 KJV) For this, Thou shalt not commit adultery, Thou shalt not kill, Thou shalt not steal, Thou shalt not bear false witness, Thou shalt not covet; and if there be any other commandment, it is briefly comprehended in this saying, namely, Thou shalt love thy neighbour as thyself.
 4. (Gal 5:14 KJV) For all the law is fulfilled in one word, even in this; Thou shalt love thy neighbour as thyself.
 5. (James 2:8 KJV) If ye fulfil the royal law according to the scripture, Thou shalt love thy neighbour as thyself, ye do well:

2. WHAT DO YOU THINK OF YOURSELF?
 1. *What is your concept of yourself?*
 2. *How do you value yourself?*
 3. *Do you love yourself?*
 4. *Do you like yourself?*
 5. *We need to see ourselves as God sees us.*
 1. He sees us as someone of worth.
 2. He sees us as someone who is worth sending His son Jesus to die for.

3. DEFINITIONS.
 1. *Self-image and self-concept.* How you described yourself in terms of your character traits, strengths, thoughts, attitudes, and feelings.
 2. *Self-esteem.* Your personal evaluation of your worth, competence, and significance.
 1. If you don't like yourself, you probably don't think others like you.
 2. If you hate yourself, you probably can't love others properly.

4. WHAT ABOUT SELF-LOVE?
 1. *Some Christians are critical of self-esteem, self-love, and self-image.*
 2. *David Carlson's definition of self-love.*
 1. Accepting myself as a child of God who is lovable, valuable, and capable.
 2. Being willing to give up considering myself the center of the world.
 3. Recognizing my need of God's forgiveness and redemption.
 3. *Robert Schuller's definition of self-esteem.*
 1. Comes when a person realizes that Christ, who died an atoning death for me, comes to live in me through the Holy Spirit.
 2. Self-esteem can be seen as the sense of value that comes to me when I

have been restored to a relationship with God as the Heavenly Father, and I have the assurance that I am worth a lot. Christ died on the cross for me. If he thinks that much of me, I had better start thinking something good about myself.

5. **THREE ESSENTIAL COMPONENTS OF A HEALTHY SELF-IMAGE.**

1. ***A sense of belongingness--of being loved.***
2. ***A sense of worth and value--inner belief and feeling.***
 1. I count.
 2. I am of value.
 3. I have something to offer.
3. ***A sense of being competent.***

6. **THE EFFECTS OF INFERIORITY AND LOW SELF-ESTEEM.**

1. ***People with feelings of inferiority may:***
 1. Feel isolated and unlovable.
 2. Feel too weak to overcome their deficiencies and lack the drive or motivation to defend themselves.
 3. Be angry, but afraid of angering others or drawing attention to themselves.
 4. Have difficulty getting along with others.
 5. Be submissive, dependent, and so sensitive that their feelings are hurt easily.
 6. Be less inclined to disclose themselves to others for fear of rejection.
2. ***Lowered self-esteem and inferiority also may contribute to:***
 1. A lack of inner peace and security.
 2. Low self-confidence.
 3. Social withdrawal.
 4. Jealousy and criticism of others.
 5. Interpersonal conflict.
 6. Self-criticism, self-hatred, and self-rejection.
 7. Depression.
 8. A drive to gain power, superiority, or control over others.
 9. A tendency to be complaining, argumentative, intolerant, hypersensitive, and unforgiving.
 10. An inability to accept compliments or expressions of love.
 11. An inclination to be a poor listener or a poor loser.

7. **WHAT DOES THE BIBLE TEACH?**

1. ***Human Worth.***
 1. We are valuable in God=s sight.
 2. We were created in the likeness of God with intellectual abilities, the capacity to communicate, the freedom to make choices, a knowledge of

right and wrong, and the responsibility to administer and rule over the rest of creation.

3. He has sent angels to guard us, the Holy Spirit to guide us, and the Scriptures to teach us that we are the salt of the earth and the light of the world.

2. ***The Biblical Teaching about Pride.***

1. Christians who emphasize human depravity argue that self-esteem is a form of pride.
2. Pride is characterized by an exaggerated desire to win the notice or praise of others. It is an arrogant, haughty estimation of oneself in relation to others. It involves the taking of a superior position that largely disregards the concerns, opinions, and desires of other people.
3. Humility is characterized by accurate self-appraisal, responsiveness to the opinions of others, and a willingness to give praise to others before claiming it for one's self.
4. The humble person accepts his or her imperfections, sins, and failures, but also acknowledges the gifts, abilities, and achievements that have come from God.
 1. Humility is not a self-negation or rejection of God-given strengths and abilities.
 2. Humility involves a grateful dependence on God and a realistic appraisal of both our strengths and weaknesses.

3. ***The Biblical Teaching about Self-Love.***

1. Self-love is not equated with an attitude of superiority, stubborn self-will, or self-centered pride.
2. Self-love is not an erotic or ecstatic self-adoration.
3. Self-love means to see ourselves as sinners who have been saved by grace, people who are created, valued, and loved by God, gifted members of the body of Christ.
4. We can love ourselves because God loves us, and we do not deny the abilities and opportunities that God has given.

4. ***Misconceptions.***

1. Self-worth is not the same as self-worship.
2. Self-love is not the same as selfishness.
3. Self-affirmation is different from self-conceit (we can be aware of ourselves without being absorbed in ourselves).
4. Self-denial is not the same as self-denigration.
5. Putting off the sinful nature is not the same as putting yourself down.
6. Humility is not the same as humiliation.
7. Being unworthy is not the same as being worthless.

5. ***We have a positive self-esteem, not because of human works and human nature but because of God's grace and divine redemption.***

