

Christ Esteem: The Christian's Self-confidence

Steps to having it by Joseph A. Williams Spring 2007

What is self-confidence? What does self-confidence look like in people?

How does understanding God's love impact our self-confidence?

Self-Confidence A.K.A. Self-Esteem defined.....

It is how you feel about yourself. If you mostly like yourself and feel that you are a good person, your self-esteem is high. If you mostly feel bad about yourself, your self-esteem is low.

1. For a Christian self-confidence is who we are in Christ. The Holy Spirit is our Christ-esteem or Christ-confidence.

Acts 2:38, Peter replied, "Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit. (NIV)

2 Corinthians 1:21-22, Now it is God who makes both us and you stand firm in Christ. He anointed us, 22 set his seal of ownership on us, and put his Spirit in our hearts as a deposit, guaranteeing what is to come. (NIV)

What is the Holy Spirit? God living inside of us. Our good conscious. A special power that we can use only to do good that comes directly from God. Some characteristics of the Holy Spirit are: discernment, wisdom, knowledge, common sense, dependance on God, love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Some of the things it does are: Illuminates, convicts, teaches, guides, assures, intercedes, directs, and warns.

2. Learn to live with who you are.

Like everyone you have things you like and don't like about yourself. None of us human beings are perfect. You have it much better than you realize. The grass is not greener in someone else's life.

Phil 4:11 I am not saying this because I am in need, for I have learned to be content whatever the circumstances. (NIV)

3. Maintain a healthy lifestyle. Exercise, rest, study God's word, pray, work, play, learn new things, think positively, and eat right. But don't overdue any one thing.

1Cor 6:19-20, 19 Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; 20 you were bought at a price. Therefore honor God with your body. (NIV)

Philip. 1:6, being confident of this, that he who began a good work in you will carry it on to

completion until the day of Christ Jesus. (NIV)

Phil 4:8 Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable— if anything is excellent or praiseworthy-- think about such things. (NIV)

Phil 4:5, Let your moderation be known unto all men. The Lord is at hand. (KJV)

4. Live the same outside as inside. Get real and stay real. Don't be a hypocrite. Inventory your mind often. If it is wrong according to God's word it is wrong and don't do it. Just because the world says that smoking weed is ok does not mean it is ok. It is against the law and it is more harmful to the body than cigarettes. I call it the Pot Smoking Club(PSC) mentality and it is harmful. When you do hypocritical things you make yourself feel low. Stop yourself now and get real.

Romans 12:2, Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is-- his good, pleasing and perfect will. (NIV)

5. Believe in yourself and what God can do through you. I'm constantly in prayer and allowing the Spirit to give me guidance during counseling sessions and other life situations. I can tell being in prayer and allowing the Holy Spirit to work makes me very effective. Recognize negative feelings and deal with them daily, don't ignore and stuff your feelings.

Phil 4:13, I can do everything through him who gives me strength. (NIV)

2Cor 10:5, We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. (NIV)

6. Communicate. Talk with others about how you feel and find out how others feel. You may find out that you are not the only one who feels a certain way or who has done a certain sin. When you communicate you build better friendships, reduce conflict, and learn about others. Also be aware of your body language when you are communicating. Your body language is communicating something, is it what you really want to communicate about your confidence?

James 5:16, Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective. (NIV)

7. Make good choices. React calmly and rationally to all situations. Try to be calm as a cucumber. Sometimes you need to sleep on an idea before you carry it out. When you face choices your self-esteem is at risk. Will you regret and be sorry about your decision the next day? Or will you look in the mirror and say well done or good job?

1 Tim 5:22, Do not be hasty to share in the sins of others. Keep yourself pure. (NIV)

Prov 19:2, It is not good to be hasty and miss the way. (NIV)

Eccl 5:2, Do not be quick with your mouth, do not be hasty in your heart to utter anything before God. God is in heaven and you are on earth, so let your words be few. (NIV)

Steps to making good choices.

- a. Understand the choice you are about to make. Ask others about the choice. Get advice. Pray about it and ask for God's peace to help you pick the right choice.
- b. Brainstorm ideas for making your choice.
- c. Test your brainstormed ideas with worst and best case scenarios.
- d. Pick a solution.
- e. Act on your choice.

8. Be trustworthy and responsible. When you are responsible people come to you and trust you to do what you say you are going to do.

Galatians 5:22-23, But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law. (NIV)

Romans 15:13, May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. (NIV)

9. Stay busy doing things you enjoy. Have hobbies. Learn to entertain yourself. Don't expect others to entertain you. Develop your own style and be happy about it. Secular wisdom says that "*An idle mind is the devils workshop.*"

10. Don't think of yourself more highly than you ought. This temporarily increases your self-esteem until others start pulling away from you because we all know that most people do not like a conceited person.

Romans 12:3, For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the measure of faith God has given you. (NIV)

1 Tim 3:6, and pride comes before a fall. (Satan's downfall is an example.) (TLB)
Review these steps and scriptures often to increase your Christ-esteem.