

God has so much for us to experience in this life. He has provided a way in every situation that we may find ourselves in. So many times, we get harmed by circumstances and if not handled correctly, we can bleed to death (emotionally, mentally, spiritually). We need to find what God says, apply it and stop the bleeding.

...Self-Esteem and Self-Image

- **When God made you, he equipped you with talents and abilities that are uniquely yours.**
- **It's up to you to discover those talents / use them, but the world will encourage you to do otherwise.**

Because you're an imperfect human being, you may become wrapped up in meeting society's expectations that you fail to focus on God's expectations. We need to seek God's guidance as you focus your energies on becoming the best "you" that you can possibly be. And when it comes to matters of self-esteem and self-image, seek approval not from your peers, but from your God.

The Following Common-Sense, Biblically-Based Tips Can Help You Build the Kind of Self-Image—And the Kind of Life—That Both You/ God Can Be Proud Of:

- **Do the Right Thing: Rom 14:12, "So then each of us shall give account of himself to God"**
- **Watch What You Think: -Phil 4, "Finally, brethren, whatever things are true, whatever things are noble,**
- **Spend Time w- Boosters, Not Critics: Psa 1:1-3**
- **Don't Be a Perfectionist: Ecc 11:4, 6, "When the clouds are full of water, it rains..."**
- **Find Something That You're Passionate About: Become so busy following your passion that you forget to worry about your self-esteem. -Col 3:23, "23 whatever you do, do it heartily, as to the Lord and not to men, 24 knowing that from the Lord you will receive the reward of the inheritance; for you serve the Lord Christ"-**

- **If You're Addicted to Something Unhealthy, stop; If you can't stop, get help: addictions create havoc, disorder, grief in your life and enables low self-esteem. -Exodus 20:3, 3, "You shall have no other gods before Me"-**

- **Find a Purpose for Your Life that is Larger Than You Are: When you're dedicated to something or someone besides yourself, you blossom. -Eph 6:7, "5 Bondservants, be obedient to those who are your masters according to the flesh, with fear and trembling, in sincerity of heart, as to Christ; Work Ethic: You're Not Working for People 6 not with eye service, as men-pleasers, but as bondservants of Christ, doing the will of God from the heart, 7 with goodwill doing service, as to the Lord, and not to men,"**

- **Don't Worry About Self-Esteem: Instead, be concerned about living a life that is pleasing to God.**
 - **Learn to think optimistically**
 - **Find a worthy purpose**
 - **Find people to love and serve**

When You Do, Your Self-Esteem Will Take Care of Itself. -Phil 2:4, "Let each of you look out not only for his own interests, but also for the interests of others."-

This is why I remind you to keep using the gift God gave you when I laid my hands on you. Now let it grow, as a small flame grows into a fire. 2 TIM 1:6 NCV

For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them. EPH 2:10 NKJV

You made my whole being; you formed me in my mother's body. I praise you because you made me in an amazing and wonderful way. What you have done is wonderful. I know this very well. You saw my bones being formed as I took shape in my mother's body. When I was put together there, you saw my body as it was formed. All the days planned for me were written in your book before I was one day old. PSA 139:13-16 NCV

God did not give us a spirit that makes us afraid but a spirit of power and love and self-control. 2 TIM 1:7 NCV

Believe in yourself. Have faith in your abilities. Without a humble but reasonable confidence in your own powers, you can't be successful or happy. NORMAN VINCENT PEALE

Being loved by Him whose opinion matters most gives us the security to risk loving, too—even loving ourselves. GLORIA GAITHER

As you and I lay up for ourselves living, lasting treasures in Heaven, we come to the awesome conclusion that we ourselves are His treasure! ANNE GRAHAM LOTZ

You are valuable just because you exist. Not because of what you do or what you have done, but simply because you are. MAX LUCADO

Perhaps I am stronger than I think. THOMAS MERTON

Down store isle -sign damaged goods – reduced price (value)

Can dented. label torn...discolored – ½ price

Satan is accuser of bro

He loves to place labels on you

You may have lost but you're not a loser

You may have failed but you're not a failure

Not born to right family. Right area...era.

I didn't come Thru my family.

I came from God

With a Divine Purpose

Negative Always Shouts!!!!