**Edward Church Stop the Bleeding – Self Esteem June 27, 2017 Pt 1**

**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**.**

**Maintaining A Healthy** Self-Image **Is a Matter of Doing** Three **Things:**

**#1.** Obeying **God -produces a** Clear Conscience

**#2. Thinking** Healthy Thoughts **-produces a** Healthy Conscience

**#3. Finding a** Purpose **for Life that** Pleases **Your Creator -Produces a** Powerful Conscience

**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**: If you’re misbehaving, how can you possibly hope to feel good about yourself? -Rom 14:12,** *“So then each of us shall give account of himself to God”*

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

* Watch **What You** Think**: If your inner voice is, in reality, your inner critic, you need to tone down the criticism now. Train yourself to begin thinking thoughts that are more rational, more accepting, and less judgmental. -Phil 4,** *“Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy— meditate on these things”*

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* **Spend** Time **w-** Boosters**, Not** Critics**: Are your friends** putting **you** down **or** lifting **you?**

**-Psa 1:1-3,** *“How well God must like you—you don’t hang out at Sin Saloon, you don’t slink along Dead-End Road, you don’t go to Smart-Mouth College. 2-3 Instead you thrill to GOD’s Word, you chew on Scripture day and night. You’re a tree replanted in Eden, bearing fresh fruit every month, Never dropping a leaf, always in blossom.*

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

* **Don’t Be a** Perfectionist**:** Strive **for Excellence, but Never** Confuse **It W-** Perfection**.**

**-Ecc 11:4, 6,** *“When the clouds are full of water, it rains.When the wind blows down a tree, it lies where it falls. Don’t sit there watching the wind. Do your own work. Don’t stare at the clouds. Get on with it and stick to it until evening without watching the clock. You never know from moment to moment how your work will turn out in the end. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_