

## Healing from the Impact of Low Self-Esteem

My low self-esteem journey began around the young age of 5 years old. When I messed up, or misbehaved, I interpreted from the messages I received from my mother that I was a problem, an inconvenience, a mystifying trouble she didn't know what to do about or "fix."

As a result, I absorbed that message and saw no value in myself. The reason was the grown-up in my life, who I loved and wanted to please, was unhappy with me and sounded hopeless about how I was or any possibility of me changing. Therefore, I didn't see a road ahead for my improvement.

**I saw how I was as defining who I was.** I thought my value was set by *their* estimation, and the label, in my young mind, was "worthless."

In youth we are a sponge, trying to figure out how the world works, what makes those around us happy and sad. Trying to "break the code" of how to feel good inside of ourselves based on all the outer messages we receive. Very often we are too young yet to decide what we think about ourselves.

**Our past will dictate our future, either positively or negatively, when we let it.** (For either our benefit or our detriment.)

If there is something rooted in our past that is creating an obstacle in our present we are responsible for rooting it out in order to move forward in a healthy way. Conversely, if there is a positive quality rooted in our past, then we are encouraged to strive toward cultivating it to continue moving forward in strength.

The past beliefs that we assimilated from childhood experiences, gained from others' view of us, or friends' opinions of our behavior *do not* have to continue to color how we view ourselves and what we think of ourselves.

Looking at a few scriptures can start us on a path forward for how to rightly view ourselves beyond the labels that have been given to us, or our accepted beliefs that have been passed down to us that we haven't closely examined.

- **How You Are Created**

**Genesis 1:27**: "So God created mankind in his own image, *in the image of God* he created them; male and female he created them." (emphasis mine)

**Psalms 139:13-14**: "I praise you, for *I am fearfully and wonderfully made*; marvelous are your works, and that my soul knows very well." (emphasis mine)

**Ephesians 2:10**: "For we are *his workmanship*, created in Christ Jesus for good works..." (emphasis mine.)

- **Your Value**

**Isaiah 43:1**: "Do not be afraid, for *I have ransomed you*. I have called you by name; *you are mine*". (emphasis mine.)

**Matthew 10:29-31**: "...you are of *more value* than many sparrows". (emphasis mine)

**Romans 8:1-17a** - "The Spirit himself testifies with our spirit that we are God's children. Now if we are children, then *we are heirs*—heirs of God and co-heirs with Christ..." (emphasis mine.)

- **Your Identity**

**2 Corinthians 5:17**: "Anyone who belongs to Christ is a *new person*. The past is forgotten, and everything is new". (emphasis mine.)

**1 John 3:1** - "See what great love the Father has lavished on us, that we should be called *children of God*! And that is what we are!" (emphasis mine.)

**1 Samuel 16:7**: "...man looks on the outward appearance, but the Lord looks on the heart".

*[Scripture references from Google search/ Biblegateway.]*

You have a choice.

Here is a hard question: **In whom will you put your value, identity, and trust?**

Your family, friends, co-workers, neighbors, random people on social media?

Or in God?

I have discovered that **ongoing low-self esteem exists when I've given others the power over me to determine my value and identity.** When I've allowed them to define who and what I am.

However, when we choose to accept the identity that God has already given us: one of value, "Beloved" status in Christ, cherished daughter or son of God, and more; well then everything changes! Then we're able to walk in God-confidence. We're able to trust that His definition of us is the correct and unchanging one.

We can say:

I'm no longer trying to hit a "moving target" of acceptance from others in my life.

I'm no longer insecure about my status with friends and acquaintances.

I'm no longer burdened and drained by wondering what others think of me and my choices.

I'm no longer defined by the world's standards, labels, or requirements.

**The goal becomes pleasing God over pleasing people:** One authority to focus on, one "target" to please, one environment of pre-existing and loving acceptance.

Next Steps:

I invite you to review the above scriptures, choose one from the list that you will focus on this month and try to memorize it. (Or choose one of your own!) Let God's words of your value seep into your heart, mind, and spirit.

God's Words are the most effective focuser of our worth and powerfully begins the self-esteem healing!