

Self Esteem and Self Worth

Sermon outline for 7:45, 10:15 and SNC

Introduction: Is self-esteem a good thing or a bad thing?

A minefield of contradictory approaches

Self esteem consists of global evaluation of one's own worthiness to be loved and accepted which carries with it pleasant or unpleasant feelings.

McGrath & McGrath , Self Esteem

1. A Christian View of Self-Worth

- The Christian understanding of human worth
- The Christian understanding of the human "self"
- God's solution - Redemption

2. Building Our Self-Image

- Secular approaches
 - Client-Centred Psychotherapy
 - Cognitive Behavioural Therapy
- Self-Esteem God's Way
 - Based on Creation
 - Based on Redemption
 - NOT based on my performance or perfection

Our Response