

Biblical Self-esteem in Interpersonal Relationships

Preparatory Study 2

Answer the following questions from the Scriptures given, your own or dictionary knowledge, or as your own opinion. Write your answers in the blanks provided.

Part 1 – Current Situation & Biblical Self-esteem

1. How does our self - esteem affect our interpersonal relationships?

2. What do you think Paul tells us about our self - esteem? (Read Romans 12:3.)

3. List some of the effects of poor self - esteem on interpersonal relationships.

Part 2 - Biblical Self-esteem (Cont.)

Write a brief statement explaining how a person's concept of God affects his or her self - esteem. Use these passages to help you with your answer: Isaiah 14:27; Psalm 138:8; Job 23:13 - 14; Jeremiah 29:11; 1 Peter 5:7.

Part 3 - Biblical Self-esteem (Cont.)

1. According to Paul, what is a basic reason for poor self - esteem? (Romans 9:20 - 21)

2. List some facts you believe represent what God thinks of you. Use these passages to help you with your answer: Romans 5:8; Ephesians 1:7; John 1:12; 1 Corinthians 6:19-20; 12:11-12,18.

Part 4 – Biblical Self-Esteem & The Importance of Self-Esteem

1. In what way does irresponsible behavior affect our self - esteem? (Read James 4:17.)

2. What is the difference between self - esteem and self - centeredness?

3. List some reasons that self - esteem is important in interpersonal relationships in the Body of Christ.

Biblical self-esteem in Interpersonal Relationships

Listening Session 2

The following is an outline of the audio presentation. Use the spaces provided and the wide right margin for your own notes. Listen carefully and write out any thoughts that you feel are important for you to record and discuss.

Listen to Audio Session 2 - Part 1

I. Current Situation

A. Proliferation of Materials

1. "Find out who I am!" - too subjective
2. "Develop ego-strength!" - too self-centered

B. Non-Biblical Concepts

1. "Be an independent spirit!"
2. "Demand your rights!"
3. "Ventilate - let it all hang out!"

II. Biblical Self-esteem

A. Is it Biblical? (Romans 12:3)

1. "Sensible appraisal" - Kenneth Wuest
2. "Sane estimate of your capabilities" - J. B. Phillips
3. "Be honest in your estimate of yourselves" - Kenneth Taylor (LS)

B. Effects of Poor Self - esteem

1. Easily threatened
2. Defensive
3. Comparing with others
4. Condemning myself