

Self Esteem vs. Christ Esteem Study Guide

Key Concepts

1. **Self-Esteem vs. Christ Esteem:** Self-esteem is based on our own perceptions and beliefs about ourselves. Christ esteem, on the other hand, is rooted in our identity in Christ as revealed in the Bible.
2. **Biblical Truth Over Personal Belief:** The truth of God's Word should define our self-worth and identity rather than our own or others' opinions.
3. **Power of Meditation and Confession:** Regularly meditating on and confessing biblical truths transforms our mindset and reinforces our Christ-centered identity.
4. **Impact of Words:** The words we speak about ourselves hold the power of life and death; speaking God's Word over ourselves builds faith and aligns our thoughts with His truth.

Biblical References

- **Philippians 4:8:** Think on things that are true, honest, just, pure, lovely, and of good report.
- **Joshua 1:8:** Meditate on God's Word day and night.
- **John 8:31-32:** Knowing the truth will set you free.
- **John 17:17:** God's Word is truth and sanctifies us.

Practical Applications

1. **Daily Meditation:** Spend time each day reading and meditating on Scriptures that affirm your identity in Christ.
2. **Positive Confession:** Regularly speak biblical affirmations over yourself to build Christ esteem and strengthen your faith.
3. **Scripture-Based Self-View:** Replace negative self-talk with what the Bible says about you.
4. **Prayer for Transformation:** Ask God to help you see yourself as He sees you and to forgive you for any beliefs that contradict His Word.

Personal Reflection

1. **Evaluate Self-Perceptions:** Reflect on your current self-esteem and identify any areas where it does not align with biblical truth.
2. **Affirm Biblical Identity:** Write down and frequently recite Scriptures that speak to your identity in Christ.
3. **Seek God's Help:** Pray for a deeper revelation of who you are in Christ and for the Holy Spirit to transform your self-esteem into Christ esteem.
4. **Monitor Your Words:** Pay attention to the words you speak about yourself and ensure they are life-giving and aligned with Scripture.

Scripture Affirmations for Christ Esteem

- **1 Peter 1:23:** I am God's child, born again of the incorruptible seed of the Word of God.
- **Colossians 2:10:** I am complete in Christ.
- **Psalms 17:8:** I am the apple of my Father's eye.
- **Romans 8:1:** I am free from condemnation.
- **2 Corinthians 5:21:** I am the righteousness of God through Jesus Christ.
- **1 Thessalonians 1:4:** I am chosen.
- **Colossians 2:7:** I am firmly rooted, built up, strengthened in the faith, and overflowing with thankfulness.
- **John 13:34-35:** I have love for others.
- **Ephesians 2:20:** I am built on the foundations of the apostles and prophets, with Christ Jesus as the chief cornerstone.
- **2 Peter 1:4:** I am a partaker of His divine nature.
- **Ephesians 2:10:** I am God's workmanship, created in Christ Jesus for good works.
- **Philippians 1:6:** I am being changed into His image.
- **John 17:23:** I am loved.
- **Philippians 4:19:** I have all my needs met by God according to His glorious riches in Christ Jesus.
- **1 Corinthians 2:16:** I have the mind of Christ.
- **John 6:47:** I have everlasting life.
- **Ephesians 1:14:** I have a guaranteed inheritance.
- **John 10:10:** I have abundant life.
- **1 John 5:4:** I have overcome the world.
- **Philippians 4:7:** I have the peace of God which passes understanding.
- **Ephesians 2:18:** I have access to the Father by one Spirit.
- **Acts 1:8, Mark 16:17:** I have received the power of the Holy Spirit to do great works.
- **Philippians 4:13:** I can do all things through Jesus Christ.
- **John 14:12:** Because I believe in Jesus, and He went to the Father, I shall do the works He did and greater.
- **Colossians 2:6:** I walk in Christ Jesus.
- **1 John 4:4:** Greater is He that is in me than he that is in the world.
- **Philippians 3:14:** I press toward the goal for the prize of the high calling of God in Christ Jesus.
- **Romans 8:2:** I live by the law of the Spirit of life in Christ Jesus which has set me free from the law of sin and death.
- **John 10:27:** I hear Jesus' voice and follow Him.
- **1 Peter 2:9:** I show forth His praise.
- **2 Corinthians 2:14:** I always triumph in Christ.
- **Colossians 1:27:** Christ is in me, the hope of glory.
- **Ephesians 1:7:** I am forgiven all my sins and washed in Jesus' blood.
- **2 Corinthians 5:17:** I am a new creature in Christ.
- **1 Corinthians 6:19:** My body is the temple of the Holy Spirit.
- **Colossians 1:13:** I am delivered from the power of darkness and transformed into Jesus' kingdom.

- **Galatians 3:13:** I am redeemed from the curse of the law.
- **Ephesians 6:10:** I am strong in the Lord.
- **Ephesians 1:4:** I am holy and without blame before Him.
- **Ephesians 1:6:** I am accepted in Christ.
- **Deuteronomy 28:1-14:** I am blessed.
- **Romans 1:7:** I am a saint.
- **Colossians 1:12:** I am qualified to share in His inheritance.
- **Revelation 21:7:** I am victorious.
- **1 Corinthians 1:30:** I am in Christ Jesus by His doing.
- **Romans 6:2, 11:** I am dead to sin.
- **Colossians 3:12:** I am elect.
- **Jeremiah 31:3:** I am loved with an everlasting love.
- **1 Corinthians 1:8:** I am established to the end.
- **John 8:31-33:** I am set free.
- **Galatians 2:20:** I am crucified with Christ.
- **Ephesians 2:5:** I am alive with Christ.
- **Colossians 2:12:** I am raised up with Christ and seated in heavenly places.
- **Ephesians 5:1:** I am His faithful follower.
- **Matthew 5:14:** I am the light of the world.
- **Matthew 5:13:** I am salt of the earth.
- **2 Timothy 1:9:** I am called of God.
- **Ephesians 2:13:** I am brought near by the blood of Christ.
- **Romans 8:37:** I am more than a conqueror.
- **2 Corinthians 5:20:** I am an ambassador for Christ.
- **1 Thessalonians 1:4:** I am beloved of God.
- **James 1:18:** I am the first fruits among His creation.
- **Revelation 1:6:** I am a king and a priest unto God.
- **1 John 5:18:** I am born of God and the evil one cannot touch me.
- **Romans 8:17:** I am a joint heir with Christ.
- **2 Corinthians 5:18:** I am reconciled to God.
- **Deuteronomy 28:2:** I am filled with blessings.
- **1 Peter 2:24:** I am healed by the wounds of Jesus.
- **Ephesians 1:13:** I am sealed with the promise of the Holy Spirit.
- **1 John 4:17:** As Jesus is, so am I in this world.
- **Ephesians 2:1:** I am a fellow citizen with the saints of the household of God.

By embracing these truths and regularly reflecting on them, you can transform your self-esteem into Christ esteem, aligning your identity with who you truly are in Christ.