

Developing Self-Esteem in Our Children

Psalm 139:13-16

³For Thou didst form my inward parts; Thou didst weave me in my mother's womb. ¹⁴I will give thanks to Thee, for I am fearfully and wonderfully made; Wonderful are Thy works, And my soul knows it very well. ¹⁵My frame was not hidden from Thee, When I was made in secret, *And* skillfully wrought in the depths of the earth. ¹⁶Thine eyes have seen my unformed substance; And in Thy book they were all written, The days that were ordained *for me*, When as yet there was not one of them.

Jer. 1:5 "Before I formed you in the womb I knew you, And before you were born I consecrated you; I have appointed you a prophet to the nations."

What do people often base self-esteem on?

Performance, looks, abilities, money, ...

What *should* we base our self-esteem on?

What God thinks of us:

If He designed us to be exactly as we are, then we must be pretty good.

He defined our looks, abilities, parentage, uniqueness, even our problems, traumas, shortcomings

"While there are illegitimate parents, there are no illegitimate children. Many children are unplanned by their parents, but they are not unplanned by God." - Rick Warren

We are exactly and perfectly who God designed us to be.

Why?

How do you have self-esteem *and* humility?

What are symptoms of low self-esteem in a child?

"It's high time we declare an all-out war on the destructive value systems. The destructive value systems of our society are: You must be either beautiful or you must be extremely intelligent. If you're pretty or handsome or if you are highly intelligent, you've got it made in our society. But God help you if you're dumb and

ugly. ... I think it's high time that we declare an all-out war on it. ... I reject the notion that inferiority is inevitable. Although our task is more difficult for some children than for others, there are always ways to teach a child of his genuine significance regardless of the shape of his nose or the size of his ears or the efficiency of his mind. Every child is entitled to hold up his head, not in haughtiness and pride, but in confidence and security. – James Dobson, *Hide or Seek*

What can we do to develop good, appropriate esteem in our children?

What things should we avoid?