

Understanding Self Worth

Many people have become confused and think that Christian faith requires them to belittle themselves. In their desire to avoid being arrogant or prideful they err too far in the opposite direction. There are also those who are arrogant in their desire to avoid being a “wimp.”

Jesus said: “Love the Lord your God with all your heart, mind and strength and love your neighbor.....”

More than Yourself	As Yourself	Less than Yourself
Self LESS	Self Care	Self ISH
BELIEF: I don’t matter	You and I matter	You don’t matter
OUTWARD ATTITUDE: Fade into the Woodwork	“Up front”	“Strut”
INWARD ATTITUDE: I’m nobody	I am a child of the King	I’m Somebody
False Humility Self-demeaning	True humility confidence	False Pride Arrogance
BEHAVIOR: Passive	Assertive	Aggressive
TOXIC FAITH	HEALTHY FAITH	TOXIC FAITH

Neither Extreme is Good!!!

Do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves. Let each of you look not to your own interests. Phil. 2:3-4

Paul was encouraging the Philippians (and us) not to be worried about the impression we make that we overlook the needs of the whole body and lose our unity. He is NOT TELLING US TO DEMEAN OURSELVES.

A True estimation of our worth is the basis for our behavior and is one way we glorify Our Father in this Life.

I am confident of this, that the One who began a good work among you will bring it to completion by the day of Jesus Christ. Phil. 1:6