



## Self-esteem and Self-Concept

### Description

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### Self-esteem and Self-Concept

Self-esteem and self-concept are two important aspects of our lives. They are closely related and can have a significant impact on our mental health and overall wellbeing. Self-esteem is our opinion of ourselves, while self-concept is our understanding of who we are. Both are important for our mental health and can be improved through positive thinking and self-care.

The Bible speaks of self-esteem and self-concept in many ways. In Proverbs 16:9, it says, “The heart of man plans his way, but the Lord establishes his steps.” This verse reminds us that God is in control of our lives and that we should trust in Him. In Philippians 4:13, it says, “I can do all things through him who strengthens me.” This verse reminds us that we can do anything with God’s help.

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In addition to these verses, there are many other passages in the Bible that speak to the importance of self-esteem and self-concept. In Matthew 22:37-39, Jesus says, “You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And a second is like it: You shall love your neighbor as yourself.” This passage reminds us that we should love ourselves as much as we love others.

Self-esteem and self-concept can be improved through positive thinking and self-care. Positive thinking involves focusing on the good in our lives and being grateful for what we have. Self-care involves taking care of our physical, mental, and emotional health. This can include getting enough sleep, eating healthy, exercising, and spending time with friends and family.

It is also important to practice self-compassion. Self-compassion involves being kind and understanding to ourselves, even when we make mistakes. We should remember that we are all human and that we all make mistakes. We should also remember that we are all worthy of love and respect, no matter what.

Finally, it is important to remember that our self-esteem and self-concept come from God. In Psalm 139:14, it says, “I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.” This verse reminds us that we are all made in God’s image and that we should be proud of who we are.

**Salvation Prayers** : Dear Lord Jesus, I come to you today acknowledging my need for salvation. I confess that I have sinned and fallen short of your glory. But I believe that you died for my sins and rose again. I ask that you come into my heart and be my Lord. I commit to following you and living for you every day. Thank you for your love and for the gift of eternal life. In your name I pray, Amen. [Amen](#) If you prayed the above prayers kindly click here to get more information [https://www.xgospel.net/harvest\\_form/form/?page=0&salvation=true](https://www.xgospel.net/harvest_form/form/?page=0&salvation=true)

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Example: Joy, Love, 1 John 1:3

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**Quiz**

1. What does the Bible say about self-esteem and self-concept?

A. It says that we should love ourselves as much as we love others.

B. It says that we should focus on the good in our lives.

C. It says that we should be proud of who we are.

D. All of the above

2. What is self-care?

A. Taking care of our physical, mental, and emotional health.

B. Focusing on the good in our lives.

C. Being kind and understanding to ourselves.

D. All of the above

3. What is self-compassion?

A. Taking care of our physical, mental, and emotional health.

B. Focusing on the good in our lives.

C. Being kind and understanding to ourselves.

D. All of the above

4. What does Proverbs 16:9 say?

A. The heart of man plans his way, but the Lord establishes his steps.

B. I can do all things through him who strengthens me.

C. You shall love the Lord your God with all your heart and with all your soul and with all your mind.

D. I praise you, for I am fearfully and wonderfully made.

5. What does Matthew 22:37-39 say?

A. The heart of man plans his way, but the Lord establishes his steps.

B. I can do all things through him who strengthens me.

C. You shall love the Lord your God with all your heart and with all your soul and with all your mind.

D. I praise you, for I am fearfully and wonderfully made.

**Rededication Prayers** : Dear Lord Jesus, I come to you today with a heart of repentance. I confess that I have strayed from your path and have not been living according to your will. But I am here to rededicate myself to you and to make a commitment to follow you with all my heart. I ask for your forgiveness and for the strength and guidance to walk in your ways. I thank you for your love, grace, and mercy. I give you my all, my heart, my mind, my soul, and my strength, I trust in you and I pray this in Jesus' name, Amen. [Amen](#)

If you prayed the above prayers kindly click here to get more information

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### Discussion Questions

1. How can we improve our self-esteem and self-concept?

2. What are some practical ways to practice self-compassion?

3. How can we use the Bible to help us with our self-esteem and self-concept?
4. What are some of the benefits of positive thinking?
5. How can we use self-care to improve our mental health?

## **FAQs**

**Q:** What is self-esteem?

**A:** Self-esteem is our opinion of ourselves. It is important for our mental health and can be improved through positive thinking and self-care.

**Q:** What is self-concept?

**A:** Self-concept is our understanding of who we are. It is important for our mental health and can be improved through positive thinking and self-care.

**Q:** What does the Bible say about self-esteem and self-concept?

**A:** The Bible speaks of self-esteem and self-concept in many ways. In Proverbs 16:9, it says, "The heart of man plans his way, but the Lord establishes his steps." In Philippians 4:13, it says, "I can do all things through him who strengthens me." In Matthew 22:37-39, Jesus says, "You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And a second is like it: You shall love your neighbor as yourself."

**Q:** How can we improve our self-esteem and self-concept?

**A:** Self-esteem and self-concept can be improved through positive thinking and self-care. Positive thinking involves focusing on the good in our lives and being grateful for what we have. Self-care involves taking care of our physical, mental, and emotional health. This can include getting enough sleep, eating healthy, exercising, and spending time with friends and family. It is also important to practice self-compassion, which involves being kind and understanding to ourselves, even when we make mistakes.

### Quiz Answers

1. D. All of the above
2. D. All of the above
3. C. Being kind and understanding to ourselves.
4. A. The heart of man plans his way, but the Lord establishes his steps.
5. C. You shall love the Lord your God with all your heart and with all your soul and with all your mind.

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