

### 3. Stop comparing yourself with other people

You are a unique person and God has created you just as you are, so accept that He knew what He was doing. God enjoys you in your uniqueness so have the same attitude towards yourself.

### 4. Become an ambassador of good words, guard your tongue and watch what you say about yourself

*"Death and life are in the power of the tongue, and those who love it will eat its fruit."* (Proverbs 18:21)

Do not label yourself negatively. You tend to become the label you give yourself. Stop advertising your mistakes and limitations. Watch your words - they are spiritual forces which contain life and death.

### 5. Cultivate godly friendships and associate with people who build you up and contribute to your faith

*"Do not be misled: bad company corrupts good character."* (1 Corinthians 15:33)

A major factor in developing a good self image is our willingness to end wrong relationships and spend time with people who love God. This does not mean not having any non Christian friends. It does mean building relationships with other Christians who can help to encourage and bless you.

*"He who walks with wise men will be wise, but the companion of fools will be destroyed."* (Proverbs 13:20)

### 6. Walk uprightly before God and live a life of honesty, integrity and holiness

*"He whose walk is upright fears the Lord, but he whose ways are devious despises Him."* (Proverbs 14:2)

Don't involve yourself in activities forbidden in the Bible. Don't participate in anything that could become addictive or a destructive habit.

Do what is right and pleasing before God and live honestly and openly before people. Be known as a man or woman of integrity.

***"For as he thinks in his heart,  
so is he"***

Proverbs 23:7

### 7. Stay positive in your thought life and protect yourself from all negative and destructive influences

*"Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy, meditate on these things."* (Philippians 4:8)

Guard what you watch, read and listen to. You are in control of your own environment, TV, radio, records, videos, books, magazines etc. If you really want a godly, healthy self-image there are some things that you must avoid.

Everything that goes into your mind either builds you up or tears you down. Our thoughts either build our self-esteem or undermine our sense of self-worth.



**Charlton & Blackheath Christian Fellowship  
meets every Sunday at 10.30am  
in the Boys' Brigade Hall, Reynolds Place, SE3 8SX**

Further information

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## Charlton & Blackheath Christian Fellowship



# LOW SELF IMAGE?



Releasing people . . .  
*to be the people God created them to be*

## What is self image?

Self image is simply how we think of ourselves, our worth, our competence, our importance, and our feelings and attitudes towards ourselves.

Our self image can be positive or negative. Many people have a poor self image. They may think of themselves as useless or ugly; unsuccessful or unloved; worthless or rejected.

Such a self image can lead to people being in bondage. They never attempt much because they feel unable to accomplish much. Freedom means not being in bondage and having a strong self image which is in accordance with God's Word. Many people need to be set free in this area; from despair to joy; from the problems of their circumstances to the peace of resting in the Lord; from rejection to acceptance; from their past to the present; from failure to success.

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The Good News is that God does not make failures! He created us to be successful. It is not in His nature to make failures because He never fails. It is one of Satan's great weapons of deception to make Children of God feel inferior and inadequate, to have a poor self image.

We see the world through our self image.

People with poor self image don't like themselves; they might even feel self-disgust or self-hatred.

*For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them*  
Ephesians 2:10

## Check list



- *Do you accept yourself as you are?*
- *How do you handle criticism? Do you take it personally or seek to learn from it?*
- *How comfortable are you when other people praise our compliment you?*
- *Do you talk to yourself, or talk about yourself, with respect or ridicule?*
- *Do you replay or rehash past failures?*
- *Do you replay or reinforce past victories and successes?*
- *Do you see yourself as a winner or a loser in life?*

## Common symptoms of

## LOW SELF IMAGE?

1. Extreme sensitivity to the opinions of other people.
2. Self-consciousness about appearance, performance or status.
3. A competitive view of others, seeing them as competition to beat, not friends to enjoy.
4. A striving to become something or somebody instead of relaxing and enjoying who they are as a unique creation of God.
5. Inability to accept praise or compliments from other people.

6. A habit of using negative labels in referring to themselves - "little old me", "poor old me", "I'm useless" etc.
7. They resent the success and even the number of friends others have.
8. They gossip, and often keep rumours alive, with ugly and often untrue comments. They have not learned that when they are throwing dirt, they are not doing a thing but losing ground.

What you believe, think and see yourself to be, will determine the quality of your life. Proverbs 23:7 "*For as he thinks in his heart, so is he.*"

Seeing ourselves as God sees us, confirmed in His Word, is they way to deal with a low self image.

## Building a positive self image

**1. See yourself according to God's opinion of you**  
*"Therefore if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new."*  
(2 Corinthians 5:17)

Read, meditate, study and believe the new creation truths of the New Testament epistles. Mark the positive, faith-building scriptures in your bible, such as "in Him", "in Christ" and "in whom". There are 150 of them.

**2. Cut yourself off from memories of past failures, past mistakes, past sins and past negative experiences**  
*"This one thing I do, forgetting those things which are behind. ."*  
(Philippians 3:13)

If we dwell on our shortcomings and failures, we unconsciously contribute to the destruction of our self image and self acceptance.

Feelings of unresolved guilt can gradually create a sense of failure, frustration, inadequacy, self-condemnation and disappointment.

If this is the case, claim the cleansing power of forgiveness which Jesus paid for by shedding His blood.