

Low Self-Esteem

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“Low self-esteem” as a major problem. Discuss the implications of this flow.”

Regardless to what anyone thinks about us, feels about us or says about us, the bottom line is what do we think about ourselves? Proverbs 23:7 tells us; “As a man (woman or child) thinks in his heart, so is he.” The question is: what are we thinking?

It is imperative that we think good thoughts about ourselves. If we don't think well or exceptionally well of ourselves, no one else will wither. Others treat us like we treat us or worse. It is a wonderful idea to wake up every morning affirming who we positively are. Because, if we don't know who we are, others will be happy to tell us who we are based on their negative thoughts about themselves.

I have a family member who is an aspiring comedian. Their whole life is consumed in making fun of other people (like they are perfect). This person often tries their un-kind, un-loving, un-appreciative, mean, vicious humor on me and most other people. He does this when other people are around. This person forever needs an audience. They are addicted to laughter at another's expense. How sad for them. The other family members do not want to be around that person. The family member definitely is toxic in his thoughts, words and actions.

The family member's negative words can only effect people with perhaps low self-esteem. They are like bullies from my childhood and parts of my adult life. When we with our positive thoughts, disarm the bully, he loses what little power he thought he had over us. I've even seen a bully cry when he found out he no longer had power over me and others around him. It was a pathetic sight to see. I thank God, I know who I am and whose I am.

No other person cannot make me feel or look bad because: “Greater is she that is within me, than he that is in the world.”