**Prescriptions for the Soul – Self-esteem/self-worth**

Here are a number of Bible verses that deal with self-esteem/self-worth. Each one is preceded by a very short explanation of the main point in the verse. Take 2 in the morning and 2 at night until your symptoms clear up.

* Read them
* Think them through and pray about them
* Apply them to your life
* Memorize the best ones

When you have time, look them up and read the chapter they came from to get even more context.

*For Christians, our primary identity is in Jesus, so our self-worth comes from how he loves and takes care of us.*

Romans 6:5-6  For if we have been united with him in a death like his, we will certainly also be united with him in a resurrection like his. 6For we know that our old self was crucified with him so that the body ruled by sin might be done away with, that we should no longer be slaves to sin.

*We must have some value to God because he fills us with his love.*

[Romans 5:5](https://www.biblegateway.com/passage/?search=Romans+5:5&version=NIV) And hope does not put us to shame, because God’s love has been poured out into our hearts through the Holy Spirit, who has been given to us Being loved by God.

*Being loved builds our self-esteem. Being loved by God builds us up so much more.*

[2 Thessalonians 3:5](https://www.biblegateway.com/passage/?search=2%20Thessalonians+3:5&version=NIV) May the Lord direct your hearts into God’s love and Christ’s perseverance.

*When we make the things of this world less important, it’s a good start towards connecting with God.*

[Luke 9:25](https://www.biblegateway.com/passage/?search=Luke+9:25&version=NIV) What good is it for someone to gain the whole world, and yet lose or forfeit their very self?

*If past mistakes are hurting your self-esteem, get washed clean by Jesus!*

# Ephesians 4:22-24 You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; 23to be made new in the attitude of your minds; 24and to put on the new self, created to be like God in true righteousness and holiness.

# *Many people don’t realize that they are the most valuable thing to God.*

[Matthew 6:26](https://www.biblegateway.com/passage/?search=Matthew+6:26&version=NIV) Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?

*Believers don’t just identify with God, we become his children.*

[1 John 3:1](https://www.biblegateway.com/passage/?search=1+John+3%3A1&version=NIV)  See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!

*The beauty and ongoing forgiveness of being God’s children is at the center of our self-worth and our humility.*

[John 1:12](https://www.biblegateway.com/passage/?search=John+1:12&version=NIV) Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God—

*God sees his children as stars. He gives us his favor.*

[Philippians 2:15](https://www.biblegateway.com/passage/?search=Philippians+2:15&version=NIV) so that you may become blameless and pure, “children of God without fault in a warped and crooked generation.” Then you will shine among them like stars in the sky

*Abba means Daddy! With God as your Dad, it clears up your self-esteem.*

[Romans 8:15](https://www.biblegateway.com/passage/?search=Romans+8:15&version=NIV) The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, *“Abba,* Father.”

*God causes us to live lives of value.*

[Proverbs 31:10](https://www.biblegateway.com/passage/?search=Proverbs+31:10&version=NIV) A wife of noble character who can find? She is worth far more than rubies.

*When you’re feeling down, remember. God already knows, and you’re still valuable.*

# Matthew 10:30-31  And even the very hairs of your head are all numbered. 31So don’t be afraid; you are worth more than many sparrows.

# *Again, worldly things are a poor way to measure your life. They are garbage, get Jesus.*

[Philippians 3:8](https://www.biblegateway.com/passage/?search=Philippians+3:8&version=NIV) What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, that I may gain Christ.

*Perhaps only God can see how beautiful you can be.*

# 1 Peter 3:3-4  Your beauty should not come from outward adornment, such as elaborate hairstyles and the wearing of gold jewelry or fine clothes. 4Rather, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God’s sight.

# *Again, more than sheep or birds or all creation, God values you.*

# Matthew 12:11-12A  He said to them, “If any of you has a sheep and it falls into a pit on the Sabbath, will you not take hold of it and lift it out? 12How much more valuable is a person than a sheep!

*Stop focusing on yourself, and do something for someone else. You’ll feel better.*

[Philippians 2:3](https://www.biblegateway.com/passage/?search=Philippians+2:3&version=NIV) Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves,

*God allows for being fit. But being spiritually fit is even better.*

[1 Timothy 4:8](https://www.biblegateway.com/passage/?search=1%20Timothy+4:8&version=NIV) For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

*Once you realize that God loves you, and He’s with you, then you can handle this world.*

[Romans 8:37](https://www.biblegateway.com/passage/?search=Romans+8:37&version=NIV) No, in all these things we are more than conquerors through him who loved us.

*Once you know God’s love, it’s time to love others. Not an easy thing – but it feels good to try.*

[Ephesians 5:2](https://www.biblegateway.com/passage/?search=Ephesians+5:2&version=NIV) and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

*God is the author of sacrificial love. He wrote the book.*

[1 John 4:10](https://www.biblegateway.com/passage/?search=1%20John+4:10&version=NIV) This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins.

*Loving others is good for the soul. But be careful, you might get loved back!*

[1 John 4:11](https://www.biblegateway.com/passage/?search=1%20John+4:11&version=NIV) Dear friends, since God so loved us, we also ought to love one another.

*In the end, our sense of self-worth comes from loving and being loved by God.*

[1 John 4:19](https://www.biblegateway.com/passage/?search=1%20John+4:19&version=NIV) We love because he first loved us.