

The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly. -John 10:10 ESV

Impact of Having Low Self-worth

We all experience things that attack our sense of self-worth from an early age. We probably didn't even realize it was happening. We just knew it felt bad. When your self-worth is attacked, a lot of negative feelings about who you are, are planted in your heart. These feelings grow into distorted opinions of ourselves.

*The biggest thing we lose is our ability to see ourselves as God does. **God loves us.** There is **nothing** we can do to separate us from His love. When we lose our ability to see this, we are less likely to experience and recognize His goodness in our lives.*

When we are children and our brains are still developing, we lack the skills to understand what is truth and what isn't. When the adults in our lives tell us negative things about ourselves, *we believe them* because they are our authority. Today, we see many adults who dislike themselves or feel worthless because of the shame they suffered in childhood. We might tell people we like ourselves, but our **behavior** and **choices** don't support that.

When we don't like who we are, we look to others to **define us** and **make us feel better** about ourselves. We become willing to do almost anything for acceptance. This sets us up to allow someone to abuse us. The desperation for acceptance makes us more willing to change who we are rather than risk losing a relationship we have, even if it is abusive.

We all make mistakes. There is no shame in that. We can learn from them. If you stay on the same path because deep down you don't believe you have value or are worthy of love, then you will continue to have the same negative results.

God and your Worth

The second half of John 10:10 tells us that God came so that we might have abundant life. He didn't say that He came so we could simply survive. He wants us to live life to its fullest. While this doesn't mean we will have a life without problems, it is a promise that with God, we can experience His goodness. This means understanding our value and worth and never accepting someone undermining or destroying it.

God was excited about creating you and rejoices in the things He has for you to do. You can read about it in the very beginning of Genesis. Every time He created something new, He said, "It is good." The same goes for when He created you. When you go from hearing that God loves you to actually believing it, nothing can stop you.

God's love is so great. Even when we can't see it, feel it, or believe it, He loves us! The Bible, which is God's word, tells us that nothing can separate us from His love in Romans 8:38.

"Self-esteem isn't a luxury, it's a requirement."