

How Can We Improve Our Self-Esteem?

Self-esteem is a vital component in Christians growing in the grace and knowledge of Jesus Christ (2 Pet. 3:18). Here are some things to remember that can help us improve our self-esteem.

Remember that we are created in God's image (Gen. 1:26). God has given us humans something that nothing else of His creation has – spiritual qualities, mental and moral attributes, and self-consciousness. Because of this, we should always remember that we are of great worth to God. We should be like the lad who proclaimed of himself, “God don't make no junk!”

Remember that nothing can cause God to lose His love for us (Rom. 8:38-39). God loves each one of us as if there were only one of us. As someone once noted, “If God had a refrigerator, our picture would be on it.” Let us constantly be reminded that God loves each of us immensely and considers us special.

Remember that all past sin is forgiven through Jesus (Rev. 1:5). If we have been baptized and are walking in the light (Rom. 6:3-6; 1 John 1:7), all past sins are no more in God's eyes. Nothing can happen in our lives that would cause God to say, “I don't want to forgive them.” God always considers us salvageable.

Remember the importance of proper thinking (Phil. 4:8; Prov. 23:7). It is true – we become what we think about. If we think we are worthless, we will find worthless things to fill our lives with. But the opposite is true, as well. There truly is power in positive thinking! Optimism is the route to proper mental health.

Remember the importance of associating with those who lift you up (1 Thess. 5:11). Fellow Christians who are concerned for us will encourage, uplift, and support us. Spend much time with them and feed off of their joy and zeal. Enthusiasm is infectious.

Remember that with Christ, you can do anything (Phil. 4:13). Jesus is the One who can give us the opportunity and power to succeed. Trust fully in Him and His will for your life. Faithfully follow Him.

There is no doubt that poor self-esteem is a major hindrance to spiritual growth. On the other hand, a proper self-esteem promotes spiritual growth. And the neat thing about this is that spiritual growth then enhances greater self-esteem (which paves the way to even more spiritual growth).

- Edd Sterchi, Campbellsville, KY (*BulletinDigest.com*) -

O for a faith that will not shrink
Though pressed by many a foe,
That will not tremble on the brink
Of any earthly woe.

- Bathurst -

Spiritual fitness comes from "working out" your faith.

News & Notes

SYMPATHY: To the family of Donna Sage at her recent passing. There will be a memorial service for her here at the building next Sunday, Aug. 20th at 3:00 p.m. Donna was a member here for several years.

TO HAVE SURGERY: Rose Higginbotham is scheduled to have knee surgery tomorrow. Remember Rose in prayer. Her address is: 14 Greenwood Drive, Fairmont, WV 26554.

MEALS NEEDED: For Ernie & Bill Robinson through August while Bill recuperates from his recent surgery and for Keith McClung while Elaine is away taking care of family matters about her Dad. Sign-up sheets on the desk in the foyer.

CARE & SHARE BEARS: Each Tuesday at 9:00 a.m. All ladies are invited to participate in making small stuffed bears for the hospital.

SING & PIE FLING: Next Friday, Aug. 18th, 7:00 p.m. at WV School of Preaching in Moundsville. Andy Robison, Song Leader. Singing, fellowship, and desserts following. RSVP by Wednesday, Aug. 16th at 304-845-8001.

CORN ROAST: Next Saturday, Aug. 19th, 2:00 p.m. at the Delong's. All are invited. In case of rain, we will gather at the Fellowship Building.

LIBRARY LOST: Word has been received that Steve Stevens, preacher at the Hundred, WV Church of Christ lost his entire library due to over five feet of water from flooding in the Hundred area. Many of the books were treasured volumes given to him by his father.

PANTRY: Baked beans.

REMEMBER WITH PRAYER & CARDS: Cindy Moore (Pat Allison's cousin), 2760 Craig Circle, Fullerton, CA 92835 [Cindy is recovering from stem cell treatment]. Ruth Wright (Sharon Williams' sister), 1211 Mound St., Salem, OH 44460. Margie Chisler (Peggy Williams' sister), 1596 Daybrook Road, Fairview, WV 26570.

SICK & SHUT-IN: Fred Larrimore, Bill Robinson, Blondenia Orr, Betty Henthorne, Doris Dunham, Lewis Call (Cindy Miskimen's dad), Tom Wells (ex-husband of Claudette Miller). **LIFELINE, WINTERSVILLE, OH:** Jim Smith. **FOX NURSING HOME:** Mary Nelson. **CROSSROADS:** Sarah Miller, Jim Mick. **CALCUTTA HEALTH CARE:** Ella Beagle. **IN FLORIDA:** Ilene Rayl.

Who Is Your Real Friend?

Would a doctor be your friend if he knew of a deadly disease within your body and did not tell you?

Would your banker be your friend if he allowed you to invest in a failing enterprise and did not warn you?

Would a lawyer be your friend if he knew of a flaw in a title, but permitted you to buy the property?

Would a preacher be your friend if he knew of an error in your life or religion and did not bring it to your attention?

He is your friend who warns you concerning bodily ills, poor investments, and faulty titles. He is also your friend who tells you of any religious errors, and how to correct them!

“Let him know, that he which converteth the sinner from the error or his way shall save a soul from death, and shall hide a multitude of sins.” (James 5:20).

“Faithful are the wounds of a friend; but the kisses of an enemy are deceitful” (Prov. 27:6).

- The Beacon, Bellview Church of Christ, Pensacola, FL