

### Self Esteem (3)

How can I feel good about myself again?

Scripture: “. . . and have put on the new man who is renewed in knowledge according to the image of Him who created him” (Colossians 3:10, NKJV).

Though we are made in God’s image, our self esteem is diminished by our sin. Being against God’s nature, sin mars the divine image we bear.

Fortunately for us, God provided a remedy for our sin: forgiveness through Christ.

When we put our trust in Jesus and obey His gospel, our “old man” is “crucified with Him, that the body of sin might be done away, that we should no longer be slaves of sin” (Romans 6:6). Paul made the same point in fewer words in Colossians 2:9 – we “put off the old man with his deeds.” The result, as found in the next verse, is that the obedient believer “is renewed in knowledge according to the image of Him who created him.”

Being forgiven and having God’s image renewed boosts our self-esteem! The world, including some religious people, would like to hold back forgiven people. For example, Simon the Pharisee (Luke 7) thought Jesus erred in allowing a woman He had forgiven to touch Him. Simon would neither forgive her nor acknowledge Jesus’ forgiveness. Jesus asked him, “Do you see this woman?” (v. 44). Yes, Simon saw her with his eyes, but all he saw was a sinner to despise. He would have continued to make her feel inferior, unworthy, and hopeless – all of which would have kept her self esteem low.

Jesus, on the other hand, accepted and blessed her. “Go in peace” (v. 50). Literally, He said to “go into peace,” that is, into a state of peace (calm, serenity) – peace with God, and peace with herself. How long had it been since this woman, known in her community as a notorious sinner, had enjoyed peace with herself, much less with God? Imagine the boost such peace would give to her self esteem! Jesus can and will forgive you and renew you in His image. You can then be at peace with God and with yourself, and your self esteem will soar!