

SELF WORTH

What does the Bible say about self-worth?

Question: "What does the Bible say about self-worth?"

Answer: The Bible actually has many passages that tell us what God has to say about our worth and our value in His eyes. [Genesis 1:26-27](#) says we are made in His image, the very image of God. [Psalm 139:13-16](#) says we are fearfully and wonderfully made, and all the days of our lives were written in God's book before we were ever born, confirming God's prior knowledge and plan for our lives. [Ephesians 1:4](#) says God chose His children before the foundations of the earth were ever formed, and in [Ephesians 1:13-14](#) we're told we are God's own possession, chosen for the praise of His glory, and that we have an inheritance in heaven with Him as His children.

But notice the wording in each of the above phrases: "are made," "are fearfully and wonderfully made," "were written," "God chose His children," "we are God's own possession," and "we have an inheritance." These phrases all have one thing in common: they are things done to us or for us by God. These are not things we have done for ourselves, nor have we earned or deserved them. We are, in fact, merely the recipients of "all spiritual blessings in heavenly places in Christ" ([Ephesians 1:3](#)). Therefore, we can conclude that our worth is not really of the "self" at all; rather, it is worth given to us by God. We are of inestimable value to Him because of the price He paid to make us worthy—the death of His Son on the cross.

The Bible tells us that "while we were yet sinners, Christ died for us" ([Romans 5:8](#)). In fact, we "were dead in trespasses and sins" ([Ephesians 2:1](#)). What worth is there in dead things? None. God imputed to us His own righteousness ([2 Corinthians 5:21](#)) not because we were worthy of it, but because we were unworthy, unlovable, and unable to make ourselves worthy in any way. But—and

here's the miracle—He actually loved us in spite of our condition ([John 3:16](#)), and because He did, we now have infinite worth.

[John 1:12](#) tells us that to those who received Christ and believed in His name, God gave the right to become His children. [First John 1:9](#) tells us that if we confess our sins, He is faithful to forgive our sins and cleanse us from all unrighteousness. If we focus on how much God loves us and the price He paid to redeem us, we'll come to see ourselves as God sees us, and that will help us understand just how much we're really worth as children of the most high God.

Our self-worth is too often based on what other people tell us about ourselves. The one, true authority on our self-worth is Jesus Christ, and since He gave His own life up for us by dying on a cross, that should tell us just how valuable we really are.

SELF WORTH

How should a Christian view self-esteem?

Question: "How should a Christian view self-esteem?"

Answer: Many define self-esteem as “feelings of worth based on their skills, accomplishments, status, financial resources, or appearance.” This kind of self-esteem can lead a person to feel independent and prideful and to indulge in self-worship, which dulls our desire for God. [James 4:6](#) tells us that “God opposes the proud but gives grace to the humble.” If we only trust in our earthly resources, we will inevitably be left with a sense of worth based on pride. Jesus told us, “You also, when you have done everything you were told to do, should say, ‘We are unworthy servants; we have only done our duty’” ([Luke 17:10](#)).

This does not mean that Christians should have low self-esteem. It only means that our sense of being a good person should not depend on what we do, but rather on who we are in Christ. We need to humble ourselves before Him, and He will honor us. [Psalm 16:2](#) reminds us, “I said to the Lord, ‘You are my Lord; apart from you I have no good thing.’” Christians attain self-worth and esteem by having a right relationship with God. We can know we are valuable because of the high price God paid for us through the blood of His Son, Jesus Christ.

In one sense, low self-esteem is the opposite of pride. In another sense, low-self-esteem is a form of pride. Some people have low self-esteem because they want people to feel sorry for them, to pay attention to them, to comfort them. Low self-esteem can be a declaration of “look at me” just as much as pride. It simply takes a different route to get to the same destination, that is, self-absorption, self-obsession, and selfishness. Instead, we are to be selfless, to die to self, and to deflect any attention given to us to the great God who created and sustains us.

The Bible tells us that God gave us worth when He purchased us to be His own people ([Ephesians 1:14](#)). Because of this, only He is worthy of honor and praise. When we have healthy self-esteem, we will value ourselves enough to not become involved in sin that enslaves us. Instead, we should conduct ourselves with humility, thinking of others as better than ourselves ([Philippians 2:3](#)). [Romans 12:3](#) warns, “Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the measure of faith God has given you.”

