

## Overdosed with Self-Esteem

For a couple of generations now, we've overdosed our children with self-esteem. The results of such is now readily apparent:

- Narcissism is rampant.
- Adults believe in "alternative facts" and "my truths" that deny reality. Some even honestly believe that they can determine their own gender as a matter of will.
- Self-promotion seems to be at an all-time high, and many- once out on their own in the real world, crave attention so much that they are willing to do practically anything to "famous"... or to again have the over-abundance of attention that was once heaped upon them.
- Psychologists are inundated with patients who "can't cope" when things don't go their way, or when others won't comply with their self-absorbed assertions and demands, and need "safe spaces."
- "Believe in yourself" and "follow your heart" to "your truth" and choices have become so prevalent that anything else/less is deemed anathema, "hate speech," labeled as "abuse," and equated with "racism" or "bigotry."
- Suicide soars.

Congratulations society, we've produced this mess ourselves by overdosing our children with vitamin "I" and "self-esteem" for a couple of generations... and it's only going to get worse.

Do you remember when King Saul got too big for his britches back in 1Sam.15? You know, when he got scared and impatient, failed to do what God commanded, and then blamed others for his own shortcomings? Sound familiar? Note specifically what God's prophet, Samuel, told him in v.17- how that when he was chosen by God and anointed as king that he was "*little in your (his) own eyes...*" True enough, Saul was humble back then. So much so that when he was chosen to be king, they had to search and found him "*hiding himself by the baggage*," 1Sam.10:22. Then too, the Philistine giant Goliath was also too full of himself and was humbled, 1Sam.17:41-51. In fact, the history of the biblical record is replete with those with too much self-esteem: David in his sins with Bathsheba, 2Sam.6; Nebuchadnezzar taking credit for himself, Dan.4:29-33; Ahab and Jezebel, etc. etc. etc. All had the same problem- *too much of self*, and all suffered the same fate of being summarily *humbled*, some even tragically so.

From all these examples one truth emerges: We can humble ourselves (cf. Jas.4:10), or "life" (cf. Gal.6:7-8, note that "*corruption*" comes from "*the flesh*") or God will humble you, for "*God is opposed to the proud, but gives grace to the humble*," Jas.4:6.

Our "esteem" shouldn't come from self, but from God because: (1) We are made in His image, Gen.1:26-27; (2) He loved/loves us enough to sacrifice and provide for us, John 3:16; Rom.5:8; (3) If we humble ourselves before Him and submit to His will, we could have no greater ally, Rom.8:31; (4) The ultimate victory is "*over*" life, not in it or by it but through Jesus Christ, Rom.8:32-39; 1Cor.15:50-58. Remember, "*He has brought down rulers from their thrones, and has exalted those who were humble*," Luke 1:52. Stay (or become!) humble my friends, and don't get too full of yourself! (Philip C. Strong; Southport Church of Christ; 7202 Madison Ave, Indianapolis, IN 46227; online at [southportcofc.org](http://southportcofc.org))