

# **REAL-ESTEEM**

Your children need you more than you know!

**BECOMING THE PARENT YOUR CHILD NEEDS!**

**PATRICK AND SHARLENA TABOR**

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We would like to dedicate this book to God who helped us to mature and grow throughout the years. It is because of him that we have **REAL-ESTEEM!**





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## INTRODUCTION

When I look at the culture today, I often wonder what is going on in the minds of our youth. In this country, we are able to obtain wealth and material possessions very readily. We have more opportunities to learn and attain vast amounts of knowledge from books, television and the Internet. We also have the luxury of enjoying entertainment and fun activities during any normal week.

So, why are parents struggling to raise good kids? Why are depression and divorce rates so high? What does it take these days to have a peaceful and fulfilling life? The solutions to these questions are revealed in the following chapters about Real-Esteem.

Our belief system is developed from our childhood. I believe that our self-esteem is built on one of two values:

1. *Confidence in yourself*
2. *Confidence in God*

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If your self-esteem is built on yourself, then all of your hopes and dreams are based solely on your capabilities and attributes. However, if your self-esteem is built on God and his principles, then you will see greater and more productive possibilities, because now you are not accomplishing your goals alone.

*Psalms 139:13-16 God created our inmost being; you knit me together in my mother's womb. I praise you because I am beautifully and wonderfully made, your works are wonderful. I know that full well. My frame was not hidden from you. When I was made in the secret place \**

As you read this book, we hope that this information would open your heart to building proper self-esteem. We chose to use the bible as our reference to counter the beliefs that keep us in bondage with false advertising and opinions that can damage our hopes and dreams.

## **INTRODUCTION**

### *Real-Esteem Life Statements*

*I know who I am and I know why I am here. I am confident in my purpose and I am happy and content with my life.*

*God created me, and I am not an accident. If God accepted me, then I should accept myself, because he is the one who created me.*



## chapter I

### Who Told You That?

One of the problems I have found while working with our teen youth group is the variety of negative emotions about oneself. I love to ask the questions, “Who told you that you were ugly, skinny, fat, or stupid?” There is usually a silence, but eventually, some are able to pinpoint an individual that influenced them in their past.

In *Genesis 3:10*, Adam heard God in the garden and was afraid because he was naked. God’s response was, “Who told you that you were naked?”, “Have you eaten of the tree that I commanded you not to eat from?” This is today’s telltale sign that someone is dealing with low self-esteem.

The idea that something is physically wrong with us is a deep-rooted and painful belief

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developed by our peers or family. This belief system will affect most of the decisions that we will make for the rest of our lives, if not counteracted with positive concepts of oneself. Our goal is to help children to know that they are beautifully and wonderfully made by God. What we sometimes consider a flaw is usually based on opinions, marketing pitches, or society's acceptance.

***Quick Note***

“The idea that something is physically wrong with us is a deep-rooted and painful belief that was developed from our peers or family.”

We strive to help children see the good qualities in themselves and to work on anything that may need improvement, such as, attitude or judgment of others. A child needs simple reinforcement to feel esteemed and valued by those around them. Unfortunately,

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this is often approached with the wrong attitude by peers or family members. This disrupts the child's healthy view of him or herself. For example, when you tease a child about their appearance or weight, it is possible to create a belief that they need to change to become acceptable.

*Johnny is afraid to go to his family reunion this year, because he despises being called skinny or being told that he needs to put some meat on his bones.*

This makes him feel self-conscious about his physical appearance. This is even more damaging coming from parents or siblings, because it's heard more often and voiced by someone whom we care about dearly.

In young boys, this often develops into a mission to become more muscular and athletic to fit the description given by those closest to them. Once an individual locates the affected areas, they will be able to focus on the truth

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about themselves according to what God says about them.

Contrary to popular belief, children grow up looking for an identity to call their own, but the only issue with this is that society spends all of its time trying to develop our children into the models they see every day. Unfortunately, this is usually not a father or mother figure. Instead, it's some famous movie star, recording artist, or a popular football or basketball player.

This leads to excessive whining from our children. They want the next MP3 player, latest video game, or the \$150.00 shoes that their friends are wearing at school. Then they use these items to display their identity, only to realize later, that this did not bring the satisfaction they had expected. This process leads to a temporary high and a momentary applause from their friends. In turn, they seek out the next big thing that's going to get them

## **Who Told You That?**

more attention. Imagine for a moment what a child will become if they believe that material possessions will equal true happiness.

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### **THE TRUTH ABOUT YOU!**

#### ***Psalms 139:13-16***

*For You formed my inward parts; You covered me in my mother's womb.*

*I will praise You, for I am fearfully and wonderfully made; Marvelous are Your works, And that my soul knows very well.*

*My frame was not hidden from You, When I was made in secret, And skillfully wrought in the lowest parts of the earth.*

*Your eyes saw my substance, being yet unformed. And in Your book they all were written, The days fashioned for me, When as yet there were none of them.*

#### ***Luke 12:15***

*And he went on to say to them all, "Watch out and guard yourselves from every kind of greed; because your true life is not made up of the things you own, no matter how rich you may be."*