

## “What I Really Need is Appreciation”

**The supreme happiness of life is the conviction that we are loved!**

*O Lord, our Lord, how excellent is your name in all the earth!*

*You have set your glory above the heavens.*

*From the lips of children and infants you have ordained praise because of your enemies, to silence the foe and avenger.*

*When I consider your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is man that you are mindful of him, the son of man that you care for him?*

*You made him a little lower than the angels and crowned him with glory and honour.*

*You made him ruler over the works of your hands;*

*you put everything under his feet: all flocks and herds, and the beasts of the field, the birds of the air, and the fish of the sea, all that swim the paths of the seas.*

*O Lord, our Lord, how majestic is your name in all the earth!* - Psalm 8

**Psalm 8 gives us a proper perspective of ourselves:**

- |   |         |
|---|---------|
| 1) We see our weakness and humanity.              | vs. 3-4 |
| 2) We see our God-given positions and privileges. | vs. 5-8 |
| 3) We see God as the One worthy of praise.        | v. 9    |

**Appreciation appreciates when I know that ...**

- 1) I am loved by God.
- 2) I can love myself.
- 3) I can allow others to appreciate me.

**Four Sources of Self-Esteem:**

- 1) Family
- 2) Life Experience

3) Our Own Perception

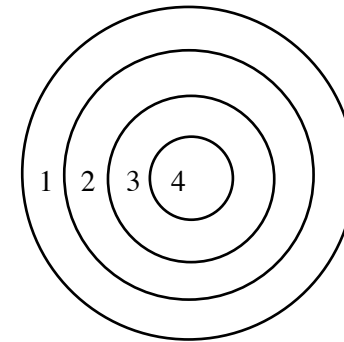
4) God

### A “the Chicken or the Egg” Question

People who feel good about themselves produce good results,

or

People who produce good results feel good about themselves.



1. The image others have of me.
2. The image I want others to have of me.
3. The image I have of myself.
4. Who I really am — who God says I am.

**Ten Ways to Boost Your Self-Esteem:**

1. Learn something new every day.
2. Do something for someone every day.
3. Don't compete with others.
4. Use affirmative language.
5. Remove yourself from people who put/get you down.
6. Do something daily that you do well.
7. Concentrate on things that you like about yourself.
8. Immediately change the things you don't like.
9. Keep a “success” list.
10. Set clear, reachable, daily goals.

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- 1) \_\_\_\_\_
- 2) Life \_\_\_\_\_

3) Our Own \_\_\_\_\_

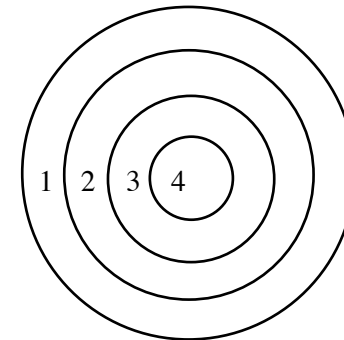
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