

Table 6

Traditional High Self-Esteem	Biblical Self-Esteem
Viewing yourself positively by thinking highly of yourself.	Viewing yourself as God views you and thinking rightly about yourself. <i>“Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment” (Romans 12:3).</i>
Thinking you have the power inside yourself to be all you can be.	Realizing you need God’s power to be all you can be. <i>“His divine power has given us everything we need for life and godliness” (2 Peter 1:3).</i>
Can lead to pride and an independence from God.	Recognizes that God’s strength is made perfect in your weaknesses. <i>“My grace is sufficient for you, for my power is made perfect in weakness” (2 Corinthians 12:9).</i>