

How to Raise Your Self-Esteem

Written by Dr. John E. Russell Sr - Last Updated Thursday, 08 December 2016 19:54

Identity crisis, blurring of roles, degeneration of morals and low self-esteem characterize American culture today. Christian leaders sometimes add to the problem rather than help solve it (Hoekema 1976, 26–27).

The self-esteem movement arose in response to human need. Both the humanist and Christian branches recognize the universal need for high self-esteem. Maslow, a humanistic representative, says, "All people in our society (with a few pathological exceptions) have a need or desire for a stable, firmly based, usually high evaluation of themselves, for self-respect, or self-esteem and for the esteem of others... These needs have been relatively stressed by Alfred Adler and his followers, and have been relatively neglected by Freud. More and more today, however, there is appearing widespread appreciation of their central importance, among psychoanalysts as well as among clinical psychologists. Dr. Maslow notes that lack of self-esteem may result in neurosis" (Maslow 1970, 45).

Dr. James Dobson, a Christian representative, says, "Thus, whenever the keys to self-esteem are seemingly out of reach for a large percentage of the people, as in twentieth century America, the widespread "mental illness," neuroticism, hatred, alcoholism, drug abuse, violence, and social disorder will certainly occur. Personal worth is not something human beings are free to take or leave. We must have it and when it is unattainable, everybody suffers" (Dobson 1974, 12–13).

The humanistic approach works in the superstructure of the problem. Therefore, one must go to the root of the problem to raise one's self-esteem properly. One must have an accurate mirror in which to view himself—the Word of God. Then one must be changed for the better.

Compare the approach of Dov Peretz Elkins (Elkins 1977, 13). Elkins, a Jewish humanist, incorporates some Old Testament truths such as God creating humans in his image. However, this does not take into consideration the fall and consequent need for the new birth. Therefore, humanism has no objective basis for improving the self-image that would cause a rise in self-esteem. Humanists are working in the periphery of the problem.

Dr. John E. Russell uses the Bible as the foundation of building self-esteem. This book is powerful in the sense that he teaches the Word of God, which The LORD anoints and .

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This is the Introduction to *How to Raise Your Self-Esteem Using Proven Biblical Principles*, by Dr. John Russell.