

The Biblical View of Self-Esteem, Self-Love, and Self-Image

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Who am I? Why am I here? Where am I going? Familiar questions in our day and age. But has our search for answers led us too far in the wrong direction: away from our true position in Christ and toward a dangerous emphasis on self?

Recent decades have seen the rise of a powerful and influential movement within the church. Identified by labels such as "self-image," "self-esteem," "self-worth," and "self-love," this movement has one common denominator—the emphasis on self. Regardless of religious persuasion, everyone seems to be fighting what they perceive to be a shared enemy: low self-esteem.

Now well-known biblical counselor and noted author Jay Adams brings much-needed clarification to the area of self-esteem and offers the church and every believer a truly biblical view of self.

Jay E. Adams is the director of Advanced Studies at Westminster Theological Seminary in California and the Dean of the Institute of Pastoral Studies at the Christian Counseling and Education Center. Adams is a frequent lecturer at ministerial congresses both here and abroad. He has published over 50 books, among which are *Competent to Counsel*, *The Christian Counselor's Manual*, and *The Biblical View of Self-Esteem, Self-Love, and Self-Image*.

Other Books

Evaluating Models of Christian Counseling, initially developed as a classroom resource, *Evaluating Models of Christian Counseling* serves as a primary example of the complexities involved in integrating psychology, theology, and spirituality into the counseling process. The would-be counselor and the experienced professional are each introduced to a systematic evaluation model for determining how effectively a specific Christian Counseling Program incorporates psychological, spiritual, and theological constructs into their milieu. After presenting a working definition of the counseling process and its relationship to psychology, theology, and spirituality, an application of the evaluation model to four Christian Counseling programs is demonstrated.

Love Is a Choice Workbook: Recovery for Codependent Relationships . Nashville: Thomas Nelson. Ivey, A. E., and L. Simek-Downing, 1980. *Counseling and Psychotherapy: Skills, Theories, and Practice*. Englewood Cliffs, NJ: Prentice-Hall."