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## Viewpoints

*Observing events in our modern world from the viewpoint of our ascended Savior.*

### Better Than Self-Esteem ~ October 30, 2014

*You can't see your true self by looking in the mirror. Thank God!*

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Is social media, like Facebook, making your self-esteem suffer?

Peggy Oliviera is a life coach who warns that social media can trigger a loss of self-esteem. She writes: "Comparison is something most of us get caught up in from time to time. We tend to compare our biggest vulnerabilities and the things we like least about ourselves. Have you ever noticed that? It's really never a good thing. This quote by Steve Furtick says it all: *'The reason we struggle with insecurity is because we compare our behind the scenes with everyone else's highlight reel.'*"

But actually, there's more to be said. People have struggled with low self-esteem ever since Adam and Eve fell into sin, became self-conscious, and scrambled to find clothing. Their rebellion plunged humanity into the never-ending quest to find self-esteem. And just when we think we might have pinned it down, a situation can arise that leads us into comparing ourselves to others, and our view of self crashes.

To remedy problems with self-esteem, Oliviera recommends that "we put together our own highlight reel." She writes, "Let's focus on our courageous, inspirational...strengths, passions, and innate knowing of who we are!" Oliviera's coaching intends to end the comparison, yes, but it also runs right into the trap of focusing on "who we are." If there's any difference, focusing on "who we are" is but a hair's breadth away from focusing on "how we look." Either way, we end up looking to self to find the fix, when self is the problem in the first place!

Jesus Christ is the ultimate life coach. Through the Bible he reveals to us what we're really like by nature: sinful and separated from heaven. But then he soothes our soul ache by turning our focus away from "how we look" to fixing our eyes on himself. (After all, he is our perfect substitute and Savior who's covered us with his holiness.) And this is when an amazing thing happens: we see our true self being reflected in Jesus our Savior. The splendor, perfection, holiness and power that we see mirrored back to us in Christ is who we are. To paraphrase the famous words of the Apostle Paul: "Your life is hidden with Christ in God, for Christ is your life" (Colossians 3:3).

As God leads you to focus on Christ, and to believe about yourself the reflection that's revealed to you, you're set free from self-esteem. You've been graced with Christ-esteem. And seeing someone's "highlight reel" on Facebook will no longer trigger wrong thinking.

You also might like the sermon that compliments this Viewpoint: ["Belonging to Christ's Kingdom" delivered on October 26th. It's available in audio or video format by clicking here.](#)

Source Material (Links may become inactive over time.)

[Falling Into the Comparison Trap: Is it Happening to You?](#) @HuffingtonPost.com

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*Blessings to you and your loved ones, Pastor Mike Nitz*

