

Topic: Self-esteem & Self-love
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Self-Esteem

I. What is self-esteem?

Definition: /noun/ confidence in one's own worth or abilities; self-respect. Self-esteem is basically what you think about yourself.

Proverbs 23:7 KJV

⁷ For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee.

II. What affects your self-esteem?

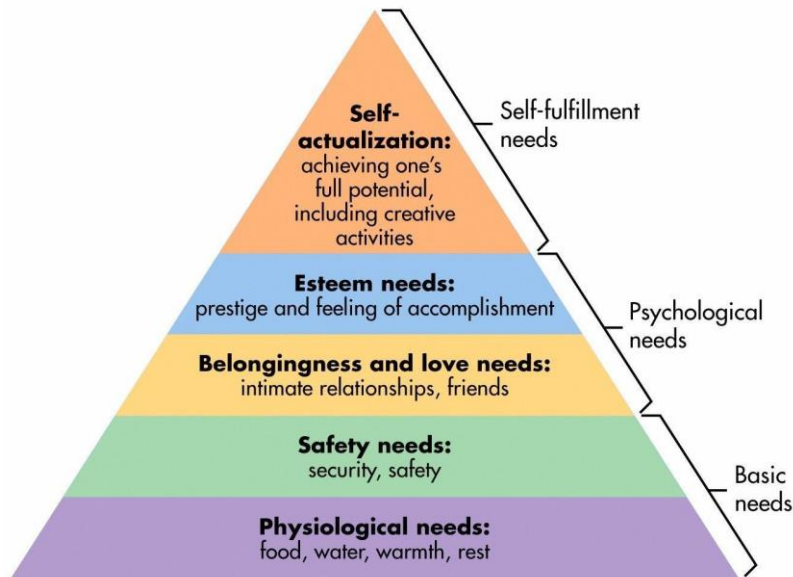


Figure 1. Maslow's Hierarchy of Needs

- ❑ This diagram shows how everyone starts on the bottom tier. To move up to the next tier, our needs must be met in the tier that we are currently in. If there is a deficiency somewhere, it will affect our wellbeing.
- ❑ Our basic needs for food, water, and safety must be met first to move up to the next tier. Once your physiological and safety needs are met, you then feel the need for love and a sense of belonging. Then comes our self-esteem.

Self-esteem usually starts from when you are a child. Your parents are a huge factor in your self-esteem. If your parents criticize you often, disrespect you, provoke you to anger, or make you feel unwanted these may cause you to have low self-esteem.

Colossians 3:21 KJV

²¹ Fathers provoke not your children to anger, lest they be discouraged.

Ephesians 6:4 KJV

⁴ And, ye fathers, provoke not your children to wrath: but bring them up in the nurture and admonition of the Lord.

How can a parent provoke a child to wrath?

- ❑ Setting unrealistic expectations or goals
- ❑ Give you too much freedom & now you are mad when told to do something
- ❑ Being too strict & you are not given a chance to show you are responsible
- ❑ Neglect your basic needs



- Physically abuse you

No matter what, we still must honor our fathers and mothers.

Other ways your self-esteem is affected:

- Having a disability
- Social media
- Puberty (body going through hormonal changes)

III. Types of Self-Esteem

- Inflated self-esteem:

Characteristics: thinking you're better than everyone else; feeling a sense of entitlement and no one can tell you anything; thinking you have to be #1; get jealous; blame others and don't take accountability for their mistakes; you blurt out what comes to your mind.

Proverbs 11:22 KJV

²² As a jewel of gold in a swine's snout, so is a fair woman which is without discretion.

No matter how pretty you are, you must face your demons in this truth.

- High self-esteem

Characteristics: valuing oneself; not comparing yourself to others; don't seek to be validated; know the difference between confidence and arrogance; not afraid of feedback; not people pleasers; can be assertive; not a slave to perfection; don't fear failure; form secure relationships.

- Low self-esteem:

Characteristics: opposite of high self-esteem; extremely sensitive to criticism; easily irritable; constantly comparing themselves to others; deal with envy and indecisiveness; have a hard time when someone gives them a compliment.

IV. Why is self-esteem important?

Self-esteem is important because it affects your relationships in general. It affects how you treat one another. We cannot love or forgive anyone else if we do not love and forgive ourselves. Studies have shown that people with low self-esteem are more likely to commit crimes.

“Comparison is the thief of joy.” - Theodore Roosevelt

People tend to look for the flaws in others that maybe they have in themselves.



E.g. Let us say I have stretch marks. I am going to look for another sister that has stretch marks to make me feel better. We are not to be like that.

There is always going to be prettier, skinnier, or smarter than you. That is okay. If you find yourself comparing, STOP YOURSELF.

Colorism

I. What is colorism?

Definition. /noun/ discrimination or prejudice against individuals with a dark skin tone, typically among people of the same ethnic or racial group.

Colorism has deep roots back to slavery. Both our southern kingdom and northern kingdom sisters go through.

Back in slavery, the slave owners divided the slaves based on their skin color (dark vs. light).

The light skinned slave worked inside the slave owners' house. The dark-skinned slave had to work under harsher conditions outside. Over time, we got conditioned to think that light skin was better or that finer hair texture was better. The scriptures say to envy not the oppressor and choose none of his ways (see Proverbs 3:31 KJV).

The most High (TMH) is the author of beauty. Christ has wooly hair (see Revelation 1:14, 15 KJV). Solomon had dark skin like the tents of Kedar (see Song of Solomon 1:5 KJV).

Psalm 83:3 KJV

³ They have taken crafty counsel against thy people and consulted against thy hidden ones. We must be mindful of the things we feed our souls and what we watch because they will translate you.

Jeremiah 12:9 KJV

⁹ Mine heritage is unto me as a speckled bird, the bird's round about are against her; come ye, assemble all the beasts of the field, come to devour.

TMH says Israel is like a speckled bird. That means we come in all shapes and sizes. Beauty is in the eye of the beholder meaning that certain traits that one sees as beautiful may not be as beautiful in the eyes of someone else.

Leadership is trying to get us to love ourselves. Less is best. Brothers are not interested in weaves, fake lashes, or cakey makeup. You must ask yourself, who are you doing this for? Are you trying to compete with other sisters, seeking attention from the world? Over the top looks



are not necessary. If you do not feel secure on the inside, it will not matter how much you add to the exterior.

Envy & Jealousy

Sirach 26:6 KJV

⁶ But a grief of heart and sorrow is a woman that is jealous over another woman, and a scourge of the tongue which communicateth with all.

DEFINITION OF SCOURGE:

1. Whip; especially: one used to inflict pain or punishment
 2. An instrument of punishment or criticism
 3. A cause of wide or great affliction
-

When envy and jealousy are involved sisters are going to try to break your confidence, harm you physically, spread rumors because they are hurting inside. They want to spread their pain. It happens in Israel also, but it is more subtle. Make sure to examine yourself.

Galatians 5:21 KJV

²¹ Envyings, murders, drunkenness, revellings, and such like: of the which I tell you before, as I have also told you in time past, that they which do such things shall not inherit the kingdom of God.

1 John 3:15 KJV

¹⁵ Whosoever hateth his brother is a murderer: and ye know that no murderer hath eternal life abiding in him.

At the end of the day, you are not getting the kingdom if you hate your sisters. We must break these generational curses. Knowledge is power. It is time for you to break the cycle.

Sis Amina: When I first came into the truth, I struggled with self-love. I had to find things to build myself up spiritually and physically.

It amazes me that women look at the sky and think “Wow-God is so amazing,” but then look in the mirror and think “ugh”. As if He did not make both! - Unknown

Sis Azarayah: TMH made no mistakes when he made us. You may not have the perfect body now but in the kingdom, we are all going to have bodies like palaces. Continue to endure! Love yourself. Learn how to treat your brothers and sisters.

Video: The Truth About Gabrielle Union's Mean-Girl Past | Oprah's Next Chapter | Oprah Winfrey Network [https://www.youtube.com/watch?v=ox09zb3pXo&feature=emb_logo]

Haughty Spirit

Isaiah 3:16,17 KJV

¹⁶ Moreover the LORD saith, Because the daughters of Zion are haughty, and walk with stretched forth necks and wanton eyes, walking and mincing as they go, and making a tinkling with their feet: ¹⁷ Therefore the Lord will smite with a scab the crown of the head of the daughters of Zion, and the LORD will discover their secret parts.

Haughty definition. arrogantly superior and disdainful; snobbish; stuck up.

Be mindful of wanton eyes. The Lord can take your beauty away. You think you are above keeping the commandments because you are so pretty? The Lord can easily remove that beauty from you. It can be your hair. TMH can make you get into a car accident God forbid. Be mindful of that haughty spirit.



Romans 12:3 KJV

³ For I say, through the grace given unto me, to every man that is among you, not to think of himself more highly than he ought to think; but to think soberly, according as God hath dealt to every man the measure of faith.

How to Improve Self-Esteem

1. Study, Pray & Apply (spiritual & mental self-care)
 - a. Study the scriptures and apply what you learned. This will boost your self-esteem. Be beautiful on the inward also, not just the outward.
 - b. Proverbs 31:30 KJV**

³⁰ Favour is deceitful, and beauty is vain: but a woman that feareth the LORD, she shall be praised.
2. Be content
 - a. 1 Peter 2:9 KJV**



⁹ But ye are a chosen generation, a royal priesthood, a holy nation, a peculiar people; that ye should shew forth the praises of him who hath called you out of darkness into his marvellous light:

- b. We are more excellent than our neighbor because we keep the commandments. Is a big behind that people idolize going to help you enter the kingdom? No. Accept the things you can and cannot change. Love what TMH gave you.
3. Whatever you put your mind to, do it with all your heart and soul
 - a. **Ecclesiastes 9:10 KJV**
Whatsoever thy hand findeth to do, do it with thy might; for there is no work, nor device, nor knowledge, nor wisdom, in the grave, whither thou goest.
4. Do not compare yourself to others!
 - a. **I Corinthians 12:12-27 KJV** (Summary)
We are all members of one body under Christ. We must share our gifts. We each have an important role in the body. Do not be that sister who does not help one another out. The only person you should be competing with is yourself.
 - b. When you find yourself comparing yourself to others? Ask yourself what are your strengths? Always try to do better than you did before. You are your own competition, not your sister. Also, take a break from social media.
5. Self-care physically (including diet)
6. Talk to an elder/ counselor who you trust

Self-Care

Sirach 30: 15 KJV

¹⁵ Health and good estate of body are above all gold, and a strong body above infinite wealth.



Self-care goes into your diet and physical health, so let us talk about hygiene.

I. Hygiene

- Brush and floss your teeth 2x a day
- Wash your face (and neck) in the morning and at night. Moisturize.
- Shower/ bathe 1x a day. Wash more if on menstrual.
 - Change your pad every 2-3 hours if menstruating. I do not recommend tampons.
 - If you stain yourself while on your menstrual wash it ASAP with hot water and soap. Hang dry it somewhere discreetly, so there is no smell. Wash with peroxide if blood stain is still fresh/ wet.
- Use gentle, unscented soap on your private areas
- Lotion your entire body
- Keep your nails clean and groomed
- Always wipe from front to back when using the bathroom.
 - Use wet wipes after doing a #2. You risk contamination and infections if you wipe the wrong way.
- Wear deodorant.
- BE INTUNE WITH YOUR BODY! You smell yourself first before anyone else does. You want to look and smell pretty.

II. Be Discreet

- Dispose of sanitary napkins discreetly
 - Wrap it up in toilet paper and throw it in the trash.

- Dress modestly (see I Timothy 2:9 KJV)
 - Always wear a bra and a slip. No see-through clothing.

III. How to Wash from Top-to-Bottom & Front-to-Back



Sis Yocheved: Sweat glands under your arm produce odor that is triggered by your emotions. Even after you take a shower, the sweat and bacteria mix if you have anxiety, or nervous for example. A certain scent gets produced.

Sis Azarayah: Your washcloth is an indicator to how clean you are. Make sure you give it a good rinse at the end.

IV. Carry a Purse

Items to keep in your purse:

- Pads & pantyliners (use unscented)
- Unscented, flushable baby wipes (helps to freshen up)
- Deodorant
- Chapstick
- Lotion

Love your Hair

1 Corinthians 11:15 KJV

¹⁵ But if a woman has long hair, it is a glory to her: for her hair is given her for a covering.

I. Detangling Tools

- Do not rip through knots
- Fingers detangle
- Wide toothed comb



- Detangling products (creams, lotions, etc.)

II. Detangling Tips

- Detangle hair with lots of conditioner
- Detangle with oils because oils give us slip when detangling
- Detangle from the ends of your hair to the roots
- Get trims twice a year
- Do not wear your hair too tight to avoid alopecia
- Less manipulation the more hair retention
- Clogged pores can stunt your hair growth.

Thank you all for tuning in. Lord willing, see you again next week. Have a wonderful day.

Shalom, MHNCB.