

BIBLE TALK



Mike King-Minister

Question: If a person becomes what they think, how can I build my child's self-esteem?

Answer: "For as he thinks in his heart so is he" ((Prov. 23:7). Regardless of age, our thoughts largely control the person. The Bible frequently speaks of the need for improving self-image or attitude. Consider the following:

- * *Provide a secure environment.* This involves hugging, patting and giving loving assurance. Verbal expression of affection is not enough.
- * *Try to understand them.* Know them well enough to see the world through their eyes; think with their mind and feel with their feelings so your child can not say, "But, you don't understand!"
- * *Be patient.* We are able to endure troubles only when patient, even if prolonged. This will prevent blow ups, rudeness, or harshness.
- * *Have faith in them.* Our faith in them is a testimony to a great extent of our faith in God, or an indictment, whichever applies. Their faith is created out of borrowed materials, from our faith which comes from the Word (Rom. 10:17).
- * *Be open and transparent.* An honest atmosphere is developed when parents are truthful and open with their children. This provides security and pre-empts the development of suspicions.
- * *Praise and compliment them.* Try to keep criticism to a minimum, even when deserved. Children will live up or down to what we think of them; strive to express acceptance. Is some makeup work needed?
- * *Avoid labeling.* Avoid labels such as: stupid, dumb, etc., when we lose patience for they will not be forgotten! Replace such words with positive labels.

For inquiries or free Bible study by mail, contact:



New Albany Church of Christ

P.O. Box 148, 511 Hwy 15 S ~ New Albany, MS 38652
nacoc.org ~ 662-534-4649 ~ bibletalk.mlk@gmail.com

