

PARENTING: FROM SURVIVING TO THRIVING

CULTIVATING A LIFE OF SELF-WORTH

SELECTED SCRIPTURES



The Heart of the Matter

Inadequacy and inferiority are among the most painful feelings with which we all struggle from our earliest years onward. The battle for self-worth rages relentlessly within many—perhaps most—children and teenagers. And becoming an adult does not automatically erase this internal battle. Because much of the answer is found in a healthy and nourishing parent-child relationship, we must learn what the Bible says about cultivating a life of self-worth and overcoming this common struggle.



Discovering the Way

1. A Brief Review of the “Bents” (Proverbs 22:6)

God has gifted each individual with good “bents”—unique talents and gifts—that must be affirmed and cultivated. However, each individual also has an evil “bent” that leads to sin.

2. The Value of Building Up One Another (Psalm 139:13–16; Romans 14:19)

Parents, mentors, and leaders must invest time and energy encouraging and affirming others—not criticizing and tearing them down. Cultivating healthy self-worth will grow secure children into wholesome adults.



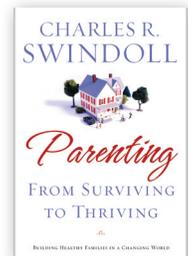
Starting Your Journey

When it comes to cultivating a life of self-worth in our children, there are three practical suggestions worth remembering.

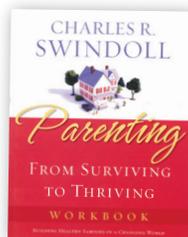
1. Start by being a model of authenticity (Proverbs 4:20–22).
2. Encourage others to be real, regardless (Proverbs 4:23–24).
3. Affirm the value and reward of obedience (Proverbs 4:25–27).



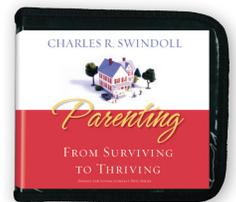
Tools for Digging Deeper



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Parenting: From Surviving to Thriving
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