



# Self-Esteem: The Cross and Christian Confidence

*Joanna McGrath, Alister McGrath*

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All too often, pastors or professional counselors try to "rescue" people from a low self-esteem using approaches that either dilute the reality of sin or distort the biblical demand for humility. Where does the balance fall, especially as you consider that God's Word commands us not to think more highly of ourselves than we ought? How do we properly recognize our self-worth without falling into self-worship?

It is in God's Word that we find the true worth of human beings. This book, now updated and in its second edition, develops a genuinely scriptural approach to the question of self-esteem, showing that Christian confidence rests totally upon the work of Christ. A proper understanding of how Christ's death on the cross dealt with sin and enables our salvation gives believers a healthy view of contentment, humility, and affirmation. His redemption allows us to "attach" to God and live out our status as His adopted children--a truth that has implications for the entire body of Christ.

The authors, one a theologian and one a psychologist, speak from their individual disciplines to honestly confront some of the tensions between the Gospel and most secular psychotherapies. But they clearly demonstrate that while modern psychology has some validity, it is the Christian view of human nature that ultimately yields proper perspective on who we are in Christ.

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