



ABOUT THE BOOK

God created man with great potentials, which sometimes cannot be fully exhausted. Whereas, some could not even realise these potentials because of the way they see themselves.

This book is therefore written to help people overcome low self-esteem and see themselves as God wants them to. The book defines self-esteem, the facts and how to improve low self-esteem.

This book is here to bring you out of low self-esteem and make you see yourself as special as you are made to be. Yes, you are special!



ABOUT THE AUTHOR

Ife Adetona is an anointed preacher of the gospel. He is the President of the Sons and Daughters of Zion [SADOZ] Global Harvest Ministries. SADOZ is an interdenominational and discipleship ministry which has seen thousands of people baptized in the Holy Ghost with the evidence of speaking in tongues and helped people develop a friend to friend relationship with the Person of the Holy Spirit. SADOZ's daily discipleship and devotional manual called Daily Communion reaches and blesses tens of thousands of people daily to the glory of God.

The author is also the president of the Koinonia Bible Institute [KBI], an online training academy of SADOZ which offers over twenty (25) courses that cut across all facets of life. Some of the courses/schools are: School of Ministry, School of Purpose, School of Leadership, School of Business, School of Prayer, School of Deliverance, School of Healing, Masterclass on Sex Education, Masterclass on Courtship, School of Mental Health, School of Sex for the married and more.

Ife Adetona is an author of over 60 books that is imparting the body of Christ maximally. He is the husband of Elizabeth Ife-Adetona and their home is blessed with godly seeds.

Developing Self Esteem

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Unless otherwise indicated, all Scriptural quotations in this book are from the King James Version of the Bible.

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Chapter One

SELF ESTEEM

Self-esteem is all about your believe about YOU.

■ *Ife Adetona*

Self-esteem is all about how you value and perceive yourself. It is all about your belief about YOU. It is one's perception about oneself which can sometimes feel very difficult to change. Generally, there is low self-esteem or negative self-esteem and there is positive or high self-esteem.

Low self-esteem is not as simple as people often see it. It is easy for us to quickly dismiss it and feel that anyone with low self-esteem should be able to adjust. Those perceptions that cause low-self-esteem can actually prove very difficult to address. As you read this book, you are getting helped and delivered in Jesus Name.

A change is coming upon you as you read this book in Jesus Name. You will have a permanent change of mindset!

Everything is about mindset. Like I mentioned in my book, *Healing For DEPRESSION*, our mindset is like *codes or software that are written daily consciously or unconsciously by our interaction with life*. These codes become commands that tell us how we should act per time. If you can work on these codes and edit them, you will start to behave differently. This means, there are set of beliefs in your mind that are responsible for your lack of self-esteem. If that belief can be changed a little, you will behave differently. To prove what I just said, look at these two scenarios.

A slave boy in the palace who moves around with a lowered shoulder was revealed to be the king's son and an heir to the throne. How do you think he would behave afterwards? He will have a positive self-esteem on the spot. Note that the only thing that changed was that he was told that he's not whom he thought he was.

Look at this other situation, if the slave boy was not told that he was an heir but he perceived and believed that he would be a king or become great someday? Nothing may change around him as a result of that belief but the fact that something has changed within him that he would not die a slave would go a long way to affect his self-esteem.

I believe that one of the things that helped me when we started our ministry is the strong belief that we are not meant for the ground but for the top. I knew it. I believed it. That made me to make the irrevocable decision that we will not look up to any man or organization for financial aid. I made that decision when we didn't have any dime in the ministry purse. I made the decision when after our meetings, there is nothing left of the offering we collected except for the record that people gave few hundreds of naira. I decided that we will not honour any man in the ministry because of his financial status.

I knew that we are a global ministry even though everything around us seemed otherwise. Seven years later, we launched 34 hardcopy books in a day to the glory of God. You don't have to wish that someone comes to tell you that you are a king or heir. You can decide to be one if you believe in God and in yourself. I often say loud and clear that **you don't need any man, whom you need is God and the belief in yourself.**

A woman with Brain loss

Due to the rough background that a woman had with abuse and sexual assaults, she developed a low self-esteem. She grew to become a coward and felt everyone treated her like garbage. One day, she had an accident, hit her head on the floor and went into coma. At the time, science was not yet as advanced as it is now and so her case was considered rare because she's unlikely to ever remember her past. When she woke from coma, she was exposed to research materials about her condition.

She decided to read more about it and soon, she became versatile and knowledgeable about her condition. She quickly became an expert. Researchers were flocking around her to examine and hear from her. She was invited for TV shows and events. She soon became a centre of attraction. She felt love and honour from people everywhere. She developed a positive self-esteem. She was bold, outspoken and was no coward.

Her new attitude especially her self-esteem came as a rude shock to her friends and relatives who once knew her to be a coward and a lady with a low self-esteem. What changed? Her perception about herself. If you begin to perceive or think about yourself differently, your attitude will change and you will be proud of yourself.

I believe that your self-esteem is taking a boost already.

Defining Self-Esteem

I define lack of self-esteem as not believing in yourself enough. I also define it as overgeneralizing a failure. The failure that hunts you could be

the one you have had in the past, or a failure you have with an ongoing or recent project. It could even be a failure in the midst of a major success. I know those who get disturbed if they have 80% success instead of 100%. People could emphasize that part and give you negative comments. If you go ahead to overgeneralize it by labelling yourself a failure, it will puncture your self-esteem.

You have a low self-esteem if you always take positive compliment or outcome as a surprise. If most times you do a thing well or you are applauded by doing a thing right, you become shocked or surprised. You are likely to have an issue with your self-esteem. This could be the case in a specific area of your life or generally. If it is in a particular area, then it is an issue of low self-esteem in that area but when it is general or in most areas then, you have a general issue with self-esteem.

Positive results should bring joy and satisfaction but when it often comes as a very big deal, you have a self-esteem issue.

Low self-esteem has a lot to do with how you value yourself. It also affects if you are unable to make decisions and assert yourself. **Assertiveness is making a decision based on principle and insisting on it without having a change of mind.** You lack assertiveness when you wish to say “NO” to a thing because you know that is the right thing to say but you couldn’t take your stand and you turned around to say “YES”.

Self-esteem has to do with whether you recognize your strength and your positive attributes. A person with a low self-esteem is focused on

their weaknesses, limitations and negative side and would not recognize their strengths. There is no one without a negative side or limitation; people with a positive self-esteem only choose to focus their attention on their area of strength.

Self-esteem deals with whether you feel enthusiastic to try new or difficult things. It deals with whether you believe in yourself enough to try new things or push further after a challenge.

Self-esteem addresses if you are kind to yourself.

It addresses if you can move past mistakes without blaming yourself unfairly. If you can move on with life without keep blaming yourself.

Self-esteem affects if you can take a time you need for yourself.

Self-esteem determines whether you believe in that you are good enough or not.

Self-esteem determines if you believe that you deserve happiness. *I don't think many women believe that they deserve happiness particularly in marriage. If they do, they will not marry whom they marry or encourage their daughters to settle with just anyone stating "no home is perfect".*

What I think people think about "me" VS what I think about "me"

Someone said to himself, "self-esteem is about learning what self-esteem is in the first place, unlearning what he had learnt about himself and went to a self-school to learn about "me".

Self-esteem is all about what you perceive yourself to be. I think this is one of the major areas where people miss it. Self-esteem is not actually what people think of you or what you think people think of you. **It is all about what “I” think about “me”.** If you have 1 million naira in your account and walk out of your street with palm slippers, a short and a white shirt, you will walk around with your shoulder high, feeling good about yourself, regardless of what people may think or say about you. But if you have no dime in your account and walk out in the same attire, your shoulders would be lowered just by the thought that you feel everyone is looking at you like a pauper. You will even mishear what they say and think they are insulting you.

You may say that the difference between the two people is that one actually has money and one doesn't have it. But the difference is about their mindset and how they see themselves and not necessarily about what they have or what they did not have. If the person that has nothing believes that he would someday be able to give out a million naira as a gift, he would walk better and speak confidently than the person who has the money.

I had an ugly episode in one of those days when we were trusting God to have a child. I went to an office complex where I was well known and respected. I had not been there in a while. Somehow, I couldn't take myself off that feeling that everyone thinks and knows that I don't have a child and they were probably all seeing it written over me. I was feeling awkward. I wanted to hurry in and hurry out. One of them who was an elderly man was speaking to me and asking about my welfare. He said something which I didn't hear very well. I felt he asked “how's your

child”. I answered him almost shivering that there was none yet. Alas, he didn’t even know that I was married!

I don’t know how to describe such episode to you unless you have been through such. It’s like failing an exam and feeling that everyone knows that you failed or that everyone wanted to ask about your result. And when someone finally asks, you feel the shame all over you.

I soon discovered that majority of those in that office complex didn’t know that I was married and those that knew didn’t even give a damn whether I have children or not. They were too busy with their own lives to think about mine. If there was anyone who thinks so much about me, they are in the minority. Many don’t really care about your problem. They are dealing with a lot in their private lives. Know this and know peace of mind.

“My self-esteem starts and ends with me.” Can you say this to yourself seven times? *“It is what I say I am that I am”*. There was a joke that I read on the internet. The boy said: *“my teacher asked me to write about myself and he scored me 2/10. Does she know me more than I know myself? Is she me? Am I she? How can she mark me wrong?”* Don’t get used to marking yourself wrong. Give yourself the full mark. Soon, people will get used to marking you well.

Many Christians today don’t know Abraham as Abram or that Sarah used to be Sarai. Abram and his wife were barren with no child. That was affecting their self-esteem. Their slaves were getting married and having children every year. At a point, they had over 318 males (not counting

the female births) given birth to in their staff quarters. Whenever they are going out or addressing their staff, they must have felt that the only thing their staff members could see or think of them is their barrenness. It affected Abram so much that he psychologically adopted one of his slaves as a son and heir.

To help their self-image, God did not immediately give them a child. Many of us look up to God and tell Him to just take away the problem or grant that request and we would be fine. But the truth is, after God grants that request, you will still have another need and another need and another need. Will you always get depressed or have a poor self-esteem each time you don't have your heart desires? If you have all the money you need, your poor self-esteem will not disappear into thin air, it will show up in another area of your need.

To Abram and Sarai, God changed their names. It was like God telling them, start calling yourselves "Daddy Twins" and "Mummy Twins". It takes a lot of courage to announce such change of name at the age of 99 with no child to prove it. It was until Abraham and Sarah got used to their new names and developed a positive esteem that they had children.

By choosing to change their names first, I believe you have agreed with me that self-esteem is all about what you think and say about you. It's all about that inner fight within you. If you can really reset your mind, you will win.

Neither shall thy name any more be called Abram, but thy name shall be Abraham; for a father of many nations have I made thee. Genesis 17:5

And God said unto Abraham, as for Sarai thy wife, thou shalt not call her name Sarai, but Sarah [shall] her name [be.] Genesis 17:15.

What Can Cause Low Self-Esteem

- Being bullied or abused

One of the things that cause low self-esteem in people is if they are often or even occasionally bullied or abused. This could be verbal abuse, emotional abuse or otherwise.

- Prejudice, discrimination or stigma

This is another factor that leads to low self-esteem. These things could even be things you have experienced in the past or what you are facing currently.

- Job or academic related problems

Problems that are job related may make you to begin to think that you are good for nothing. In the case of students, it could be problems related to their academic studies.

- Ongoing stress

We dealt with various kinds of stress earlier.

- Appearances or body image

I used to tell people to embrace their body image or outlook first. Then, if they wish to do anything about it as long as it is safe, they should go ahead. My slogan is: *if anyone is fatter than me, he is too fat, if anyone is thinner than me, he is too thin, if anyone is darker than me, he's too dark,*

if anyone is fairer than me, he's too fair. If he is shorter than me, he is too short and if he is taller than me, he is too tall. You are just the perfect image of God. You need to accept your body image first before you can do anything healthy about it.

Wikipedia actually defined body image as *a person's thoughts, feelings and perception of the aesthetic or sexual attractiveness of their own body.* Take note of the word "personal thought, feelings and perception" not another person's thought, feelings and perception.

Other factors that can lead to a low self-esteem include: financial related issues, physical or mental health problems, marriage-related problems, factors related to your background or upbringing.

These and more are the things that can cause elongated or lingering low self-esteem.

Chapter Two

FACTS ABOUT POOR SELF ESTEEM

Self-esteem is all about what “I” think about “me”

■ *Ife Adetona*

This chapter is both revealing and liberating. Before you finish reading, you will be convinced that you have no reason to look down on yourself anymore.

1. People with low self-esteem find it difficult to look inward and improve. I have interacted with several people in this category. They don't improve! They feel bad at the slightest correction. They regret making mistakes. They cry. They feel they should have done better. They wonder why they are not getting it right. They conclude that they are good for nothing. They believe something is fundamentally wrong about themselves. They pass comments on themselves like: *maybe I am not likeable. I am of no good. I am failure and so on.*

They do all these instead of sitting down to **analyze** what has happened, **isolate** the reasons they fail or couldn't meet up and **seek** appropriate help for improvement. When this happens, you will find it difficult to really know what the problem is or solve it let alone, improve on yourself. You end up not looking inward. **Many people in this category will even blame the people that are correcting them or claim that it is their ill-luck or other factors beyond their control.**

2. Many things you see or hear are mere echoes of your inner voice.

Oh, they think that I am bad. Oh, they said that I don't do it well. They believe I am good for nothing. If you are with a poor self-esteem, many things you hear from people are actually inner condemnation of yourself. When people make innocent faces or body languages, you quickly conclude that they are targeting you. Someone may pass a pleasant comment on your friend and you will quickly conclude that it was in an effort to spite you. This is the situation lack of self-esteem puts you. You feel offended and feel bad at all times. The problem is not with the person but with you. **80% of the discouragement we have comes from within. The little words people say that you capitalize upon is only an echo of the 80% that is within you all along.**

How to overcome this is to do something with those thoughts of yours. You have to attack it.

3. People who don't believe in you are actually fewer than those that believe in you.

This is probably one fact that you don't know which makes you act the way you act, think the way you think and feel the way you feel. You probably once did some things that you didn't expect people to appreciate but a lot of people ended up praising you for it. I remember making a post then I deleted a section of it which I feel people may not appreciate. My wife saw it in my draft and told me that I should go ahead to release it. According to her, people would love it. I didn't even mention it to her that I deleted it because I felt people won't like it. It turned out that she was right.

I believe there are several things you have refused to do just because of this very feeling that people may not appreciate it. It has happened to me as well. Some of them I did eventually and some I didn't do. Overtime, I have realized that it is just best to go ahead anyway and do it. After a long contemplation on some things, I conclude by telling myself: "*I will just do this for me*". Even if no one loves it, it is okay to do it for ME. At times, I ask myself: "will it help one person? One person is not a bad start". I even tell myself even if this didn't work out well, I will improve on it. I just love taking steps forward. **It helps to always talk to yourself.**

4. Positive Self-esteem starts with the word "try". Find a reason to give a trial. Just try. Try because you just want to have fun. Try because there is a room for you to turn back if you don't do well. Try just to take a step forward. The slogan of Nike is "Just Do It".

5. It is OKAY to ask for help.

Ask people for help. Deliberately ask for encouragement. Get a cheerleader either a friend, relative, your partner or just an admirer. Ask for meaningful and sincere evaluation on areas of improvement. Listen to messages or books that help, encourage and cheer you.

6. Prayer works. The Bible says that you can ask anything in prayer. If He gives you His son, there is nothing He won't give you. If He promises to give wisdom to those that asks, He will give self-esteem too. In fact, He said He has prepared for you, a sound and fearless mind. So, you can claim positive self-esteem and it would be yours.

7. Get frank assessment: all you need is not just good or sweet words, if you are sincere about improving yourself, you will love candid opinion and criticism. You will not always get a constructive criticism; you will get true criticism that may be harsh as well. Just remove the person who says it or how it was said and run off with the correction. It is all to your benefit.

No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it. Hebrews 12:11.

7. The Holy Spirit Helps a lot. For me, I wouldn't be able to do much if not for the help of the Holy Spirit. I was a stutterer. I am not a quiet person as many people think, stuttering shut my lips and I grew up with that culture. It is the Holy Spirit that helps me. He gives me words and advice. He is my number one cheerleader. You should develop a communal relationship with Him. My first book is titled *The Communion of the Holy Spirit*.

8. Everybody has fears. Ask any bold public speaker. When they started out, they were very timid. The timidity however reduced with time. Up to this moment, no matter their experience, they still have that jolt of fear and feelings within themselves. That is why some of them live on alcohol and drugs. For believers, they constantly ask for the help of the Holy Spirit. Even though I have written up to 60 books, it feels as though I can't write the next one right. So, I always call to the Holy Spirit for help.

Everyone has low self-esteem in many or at least one area of their lives.

That fear and insecurity is on the heart of everyone. **The only difference between you and others is that while they try to make an attempt at it, you refuse to take steps.** Somebody said that she loves the way I lecture and that she wishes to be like me. Whenever I hear such compliments, all the fears I had before taking the courage by the help of the Holy Spirit to go into the studio comes to my memory. At that point, I wish I could show such persons my fears so that they would know that I am not an angel. I only take steps. **You are not all bad and you are not all good. It all depends on where you put the weight.**

NOTE

I keep on telling you to make an attempt at those things you fear or lack self-esteem. I do not mean that you should just do anything and everything that comes your way. Most importantly, don't do what you are not sent by God. **You should not focus on areas you are not good at, at the expense of doing things you are good at doing.** If you must do those things you are not so good at, start by learning and take baby steps.

9. Self-Development- it is golden to always work at improving yourself and learning new things. David Oyedepo Junior said *confidence is a function of what you know and who you know.*

SCRIPTURAL PASSAGES ON SELF-ESTEEM

With him [is] an arm of flesh; but with us [is] the LORD our God to help us, and to fight our battles. And the people rested themselves upon the words of Hezekiah king of Judah. 2 Chronicles 32:8

That statement came in the face of an imminent defeat. Everything was against the army of Judah but the king urged the people to put a weight on the bright side. Others may have connection or money but you have God. They may depend on alcohol to gain confidence but you have something much better. That is why you must always depend on Him.

Proverbs 3:25-26:

Be not afraid of sudden fear, neither of the desolation of the wicked, when it cometh. For the LORD shall be thy confidence, and shall keep thy foot from being taken.

Psalms 139:13-14

For thou hast possessed my reins: thou hast covered me in my mother's womb. I will praise thee; for I am fearfully [and] wonderfully made:

You are good enough. You are fearfully and wonderfully made.

Jeremiah 17:7

Blessed [is] the man that trusteth in the LORD, and whose hope the LORD is.

Philippians 4:13 NLT

For I can do everything with the help of Christ who gives me the strength I need.

Isaiah 40:31

But they that wait upon the LORD shall renew [their] strength; they shall mount up with wings as eagles; they shall run, and not be weary; [and] they shall walk, and not faint.

2 Chronicles 32:8

With him [is] an arm of flesh; but with us [is] the LORD our God to help us, and to fight our battles. And the people rested themselves upon the words of Hezekiah king of Judah.

Chapter Three

IMPROVING YOUR SELF-ESTEEM

Self-awareness is the road to self-esteem.

■ *Ife Adetona*

Before we begin to look at what you can do to improve your self-esteem, the first thing you must note is that you have every right under heaven to feel good about yourself and about life. It is until then, that you can improve or effect changes.

1. Be kind to yourself. *Self-awareness is the road to self-esteem.* Try to study or know yourself. You should know your values and the things you like to do. Being kind to yourself is doing those things that gives you joy and that you enjoy doing. This is one thing that has really helped me through the highs and lows of life. No matter the mood I am, I love to work. I love to touch lives. If I am hungry, that is what I want to do. If I feel sad, that is what I want to do. I love it and I do it more. Impacting knowledge to me is what water is to a fish.

2. You have a right to feelings. Don't beat yourself for having emotions like every other human being. What you should do is to tailor that emotion into right feelings. I talk about resisting negative emotions in my book *Defeating Negative Emotions*.

3. Consider what self-esteem means to you. Just by the few pages you have read in this book, I am confident that your self-esteem and self-worth have received a huge boost. Many people have a wrong

understanding of self-esteem. They base it on things that doesn't hold real value to them. For instance, I cannot be "money-shamed". I have been in that situation few times that someone tried to mock my financial status but the feelings didn't last long on me because my value is not attached to it. At that time, I had up to 1,000 people that were being directly imparted by my ministry and someone money-shamed me.

I remembered where my value is and I got back my self-esteem. I and my wife came to a point where we understood that our real value is not in having children but in touching people's lives positively. With that, we could minister to people's need joyously and celebrate with them when they have new births. It got to a point that members of our ministry were innocently sending the pictures they took with their new born every Sunday to my wife to help them post on her status. Such a thing would appear as mockery to many people but my wife did it joyfully.

4. Challenge every unkind thought about yourself. Low self-esteem is so deadly to the extent that some of the awful things we think about ourselves are things we can't even conceive about a friend. It could help to say to yourself, "*can I tell a friend (mention the name) that he is good for nothing?*" Or "*can I say to friend that he is a failure and nothing seems to work for him in life?*" I am sure that you won't even dare it.

To challenge such thoughts, you can rebuke it in the name of Jesus and remind yourself of other things that you did very well. This helps a lot.

5. Comparison. The Bible rightly says that those that compare themselves with themselves are not wise. These days, the internet can

mislead people a lot. It is what people choose to show you on their social media account that you would see. My wife, being a relationship coach once said: *“most people celebrate their spouse on social media just after they had a fight”*. They probably just resolved the fight. Another person who is having it hard with their spouse will point to such and fall into depression, hoping their home would be like that of the other person. Even you, you only post good things about life and yourself to the world but when the going is rough, did you put it out there? So, when you look at people and judge your life based on the near-perfect picture they paint to the world, you will be subjecting yourself to torture.

6. You are not the only one with an inner fight. Aside from social media image, when you see people stand boldly or achieve some feats, you may be surprised to learn that they were just as fearful as yourself. But they did one thing, they took that bold step and they kept moving. As of date, we run 25 courses in the Koinonia Bible Institute, I am the lecturer of up to 19 of those courses. You would think that if I am to add another course to it tomorrow, it would be a piece of cake. Only if you see the internal struggles I go through before approaching the studio or settle to write each book: *“will it come out well?” Will people appreciate it? What do I know that I want to talk on this subject?* and so on. The only difference there is between you and I is that I take steps regardless of my fears.

I remember when God told me to start a new course to be titled *School of Mental Health*. I literally couldn't imagine what I would be saying or what would be the content of the programme. I said to myself, how much do I know that would form a whole course? I read a number of materials but

yet, I didn't feel confident as I didn't see most of what I read directly helpful. At the end, I told myself- at the worst, we will have two or three lectures after I have exhausted all that I know, we will stop there and declare the school to be free. That way, I wouldn't be indebted to anyone and would have taken a step at the same time. That was my thought until I recorded 10 lectures! People went through the programme and they confessed that they were blessed to the glory of God. This book is a product of that programme.

You are not the only one with those inner fights. Every boxer that goes into the boxing ring has a notion (either little or more) of losing but they still go ahead, regardless of their fears. **Boldness, they say is not the absence of fear but taking steps in spite of the fears.**

7. Look after yourself. There are three major ways to look after yourself: eat well, sleep well and relax. Eating well is not the function of eating expensively. As little as sipping water at regular intervals and eating whatever you want to eat early and not eating at late night can have a lot of impact on your overall mental health and self-esteem.

Sleeping well allows you to stay up bright and agile. An adult need up to 7 to 9 hours sleep in a day. I usually warn that you should not be given to motivational speeches that encourages that you should sleep for only 3 hours if you want to be successful. While I don't encourage much sleep, I will tell you to get adequate sleep. It helps in your effectiveness in carrying out your tasks. Those that seem to sleep for a short time catch up when they are on a trip. I also want to tell you that you can be working on some projects or goals that require you to spend more time

on the tasks and your sleep for that period would be reduced. You can take a day or more off afterwards or just snap back to your regular sleeping schedule. When I realized that short sleep was taking a toll on my health, I resolved to taking naps during the day. That has been very helpful to me even as I am working on this book.

You should also relax or recreate your body. It is good to take your mind off things that cloud your mind and one way to do that is to exercise and relax. One of the things I do in between work when I am feeling tired is to see comedy skits or read news articles. At times, writing a little article is one way I get away from the stress or pressure that I am getting from a task. You may need to take a walk. Don't lock yourself up in a dark room or secluded place all day long. Withdrawing from people is one of the major signs of a poor self-esteem and serious case of depression. You should walk around and meet with people. I mean it the way I say it. I know people who don't set their foot outside their gate for a whole day let alone meeting and seeing people.

8. Avoid drugs and alcohol. This and other things that I have mentioned thus far are ways to be KIND TO YOURSELF. If you don't do those things, you don't like yourself.

9. Know good things about yourself. There are several good things about you. Look out for those things and meditate on them.

11. Celebrate your success. *Self-esteem is self-care.* It's not bad to take good care of yourself or give yourself a "treat". In whichever way you do it, either big success or small successes, celebrate it. After finishing a

book project, my wife usually treats me to a delicacy. I also sing and dance all alone for 30 minutes to 1 hour in gratitude to God. These things serve as a check for me that resonate with my being that I just achieved a new feat. Praise yourself and take note of things you do well and not just taking note of what others are doing well.

12. Accept Compliments. You could make a note of few compliments you receive from people over good things you do and go back to check them from time to time. One thing that has been of great help or motivation to me is compliment. Just as I am working on this book, I had a major challenge or what you may call a setback. As I was trying to push on, I got testimonies about the School of Mental Health. Another person who is a PhD student told me of how much my books and messages has helped her to be effective in her work life. The KBI registrar communicated the testimonies of our non-Nigerian students to me. All those positive comments lifted my spirit as I continued the work. Those comments are always there but hearing them at that time did more good to me than at other times.

13. Always look for those positive emotions that can stir you on. I remember working tirelessly on some set of books. We were running towards reaching the deadline. My wife hinted that we should ask for the number of pre-order we have received thus far since that was our sales strategy. When I asked, I think it was around two people that have booked. I told my team that those two people are equally important and we must not disappoint them. Then, I started looking at our strategy. We ended up having one of the largest sales. My positive

emotion at that point was my honour. I couldn't afford to disappoint those two people.

Write down the positive comments about you. Go back to your social media posts or birthday posts and read the positive comments about yourself again. It works. You can also pay your cheerleader a visit. You may not necessarily tell them to cheer you on but you know that seeing or talking to such people will help and make you feel energized and encouraged. Your cheerleader could be your spouse or mentor or discipler. However, don't make yourself vulnerable to the opposite sex as a result of looking for a cheerleader.

One of the things I do when working on a book project like this is to put excerpts up on social media. I usually get positive comments and reviews that urge me on. Most times, I announce my next move at a point where I really need a reason to go ahead and I find it from people's comment. This is what is called a support base that cheers you on.

14. Self-motivate. You can take a step further by being your own number one cheerleader. I always look for a reason to be a better fashion of myself. I always look for a reason to feel good about myself and I always find it. I may generate it from my past successes or what people had said about me or just look inward and feel good. Self-motivating will help you from becoming unnecessarily dependent or burdensome on people especially the opposite sex which may take an advantage of you. However, if you need help, do not hesitate to make a move for it. I do go for help too.

15. Know that nobody is all bad and no one is all good. Do you often think that you are all bad and that you are good for nothing? You are not the only one who feels that way. The person you hold in high esteem and wishes to emulate also felt that way at a time before coming to realize the truth. You are not all bad; there are many good things about you. Even those who despise you the most knows that. A tiny stain may be the most obvious on a white handkerchief, but it is still a “white” handkerchief. You can ask people; tell me good things about me. Tell me the traits in me that are rare to find in others. You will realize how good you are.

As a younger pastor few years ago, I was asking myself: *does our ministry make real impacts on lives at all?* I sat in a corner of a room thinking about that while the meeting was going on. Soon, it was testimony time. And I began to hear of the wonderful testimonies and acts of God in people’s lives. I was moved to tears as I glorified God. I said quietly to myself, *as few as we are, God is doing such great things amongst us.*

16. Use your small and little wins as a springboard. If you look back and realize that you have achieved few things though little, let them encourage you for greater moves.

17. Don’t put too much weight on negatives. This social media age is a scary one. It sometimes gives anyone, including those who are full of hate and ignorance, access to pass comments about you. You write a beautiful piece on the internet and with the many positive comments that comes in; there is one demonic, ignorant and evil person that would make one silly comment. Have you ever wondered why your mind has

refused to focus on all the other good comments but zoomed in to the negative comment? If one person passes negative comments on us, it keeps ringing in our ears whereas; the 100 positive comments are soon washed away. We even refuse to sleep over it. It is even absurd how we ignore all the good comments and go straight to react first, to the negative comment.

You need to start getting used to fixing your mind on positive people and positive comments. I look at politicians, especially the corrupt Nigerian politicians. In spite of the genuine negative judgements the masses often pass on them, they seem to care less. They find solace within the small groups of their praise singers who keep feeding them with lies. They know that it is all lies but they don't care. An alleged corrupt Nigerian politician once said that people should keep casting in all the insults because it is like food to him.

If such people can survive the world even in their wickedness, you should be able to shove those negative comments behind you and find solace in the genuine positive judgements passed on you. **To every mistake you make, there are several good things that you have done right.** Someone said to you that you did so well but missed out on a particular area and you refuse to rest because of that little mistake. Or everyone said you did well except from one person and you couldn't take his face or words off your mind. That is self-torture. Just take note of the correction if it makes sense and move on. One thing I have realized is that **those who dwell too long on their mistakes do not improve on it on time.** It doesn't mean that those who didn't dwell on it so much

adjust quickly but they fare better than those who just brood and bury their heads over negative criticism.

Somehow, I have been able to learn how to disallow negative comments from even getting under my skin. I remember few years ago as a younger minister. I was on a planning committee member of a student camp. The camp was successful. The last night of the camp, I prayed for the campers that desired the baptism of the Holy Ghost with the evidence of speaking in tongues. To the glory of God, 90% of those who desired it were filled that night. In the process of the impartation, I was putting the microphone to the mouth of those who are speaking for the first time so as to encourage others who were awaiting the touch of God.

The campers were full of joy and I expected that all the officials to be full of joy until we had a review meeting that night and one of the elders rubbished what I did. He said he believed some of the campers had received the wrong spirit. He said putting microphone in their mouth was the real problem. Since he is an elder, the meeting ended with the resolution that a meeting should be held the next day before the campers depart and the man should cast out the wrong spirit that he suspected some might have received.

You would expect that I would feel bad or ashamed but the joy of what God had done was too much to give allowance to the effect of the negative comments. My weight was on the positive side. One of the elders approached me after the meeting and encouraged me that I shouldn't feel bad. He patted me and said: *"don't feel bad, you did well"*. His encouragement went a long way to give me the impression that even if no

one talked in my favour at the meeting, they all believed that I didn't do anything wrong except for that man.

You may want to know what I said all through the meeting. In my head and mind were the lives that God touched. I paid no heed to any negative comment. I put all the weight available on the positive comment. There is always that voice of encouragement somewhere either from someone or within your heart even if there is none from anybody, pay attention and put more weight on it.

We slept that night and when the campers woke, they were invited into the hall for the man of God to pray over and cast out the evil spirit. He preached, prayed, laid hands on them but nothing happened. None of them even fell or felt a touch of God's presence. I stood at a distance watching the drama unfolded. I don't know how he dismissed that meeting but he dismissed it somehow and no one said a word about it. Underneath his criticism was jealousy and envy. He wished God would use him supernaturally too.

When people make negative comments I usually feel that the problem is not about me but about them. A Christian brother who was close to me at a time had passed some irrational comments about me and our ministry in the town where he dwelled. Our leaders over there reported his activities to me. I felt that since he is a brother, I could call him and we can talk about it. When I confronted him with the allegations, the first statement he made said it all. He said I should not think that he was envious of me. When he said that I knew what his problem was, it was envy. I didn't think of it until he mentioned it. It was

his subconscious that went ahead of him. The problem was not with me or our ministry, the problem was with him. You can't imagine that I will lose my sleep over such a person.

For every negative comment, there are several positive comments, focus on those. If you do many things well but did one wrongly and you won't sleep just because of that, that's punishing yourself. It is self-torture. Take joy in the good things you did and learn the lessons. Yinka Ayefele sang: *if 80% of people on earth love me, I leave the other 20% to do as they like.*

18. Write a list of what you like about yourself. *The only way out of low self-esteem is self-help.* You have to be deliberate in doing something to change your self-esteem. There will be no automatic prayers or sermons to help you if you don't set down to work with these principles. Somebody said he takes pleasure in reviewing his CV all the time to see what he has achieved and the skills he has added. That makes him feel valuable. He said if anyone doesn't see him as valuable, it is their problem not his. I remembered when my wife published her sixth book. She published four at once. She took to her Facebook page to review her CV and proudly wrote author of "six books". You may not have six books, but you sure have something you can celebrate.

19. Get a support base. I have said this before. I have a support base and the list is large. My wife is my first cheerleader, she believes so much in me, our leaders in the ministry are also my support base. My third support base is my social media followers. I don't know about tomorrow but as of today, my followers on Facebook give me nothing but positive

energy. I don't like keeping negative people around me anyway so, it is likely that I have blocked those who can pollute that support base. I abandoned my first Facebook account for that purpose.

Whenever I want to work on new books or introduce new courses, I usually announce on my Facebook account and I get so many cheers. At least, I get enough support. As I write, I share excerpts with them. Even though all of them would not buy or read the books, I get their support. My WhatsApp status is another place where I get cheering. I enjoy making good use of those media.

There was a time I got hold of a demotivating chat from one of our former leaders polluting the heart of another leader who was trying to restore him. In that chat, he said our ministry doesn't encourage or appreciate her leaders. When I got hold of the chat, I didn't treat it privately; I took it to the larger house. I asked them to confirm to me if the allegations were right. What I got were positive comments and people began to list several things the ministry has done and which the ministry is doing that benefit her members and leaders. Their comments meant a lot to me. They even reminded me of special appreciation events that we held for the leaders. But someone like that entitled brother may not know of them, let alone take advantage of it because he was never serious. His attention was on what to get and not on what to give.

Strategically formulate your own support group and most importantly, get a cheerleader. It could even be one or few persons. Someone somewhere believes in you. It could be your spouse, friend, parent, mentor, spiritual leaders and so on. One of my spiritual daughters once

sent a message to me. She said: *“daddy, tell me something good that will make me happy”*. I told her how precious she is as a Christian lady and I reminded her of the promises of God over her life. She was edified.

20. Don't take too much on. Another way to preserve your self-esteem is setting boundaries on how much you do for other people. As good as it is to help and overstretch yourself for people, remember that it may hamper your overall wellbeing. Saying NO earlier will preserve your honour and avail you the opportunity to distribute your energy evenly. When compared to accepting to do a thing and failing to deliver, you are able to retain your pride.

21. Set yourself a challenge. We are still talking about how to develop a positive self-esteem. Instead of sitting back and berating yourself that you are good for nothing. It may help to set a challenge for yourself. A little challenge for a start. You may take up a book to read, a walk or volunteer to do something you feel passionate about especially when you have nothing to lose. All the 25 courses we run in Koinonia Bible Institute were challenging to me at the point of taking them up but I don't think I felt as incapable with any like I did with the School of Mental Health. It is in a way too different from subjects that I was familiar with. When I tried doing some studies, I realized that mental health is a combination of several fields of study. I settled in to undertake it by telling myself: *“at the most, we will make it a free course for all”*. That way, I believed that I had nothing to lose and I wouldn't be overly apologetic if it doesn't meet people's expectation. The testimonies from our first trial was overwhelming to the glory of God. That was the push that led me on. It ended with a testimony.

The results you achieve from taking up these little challenges serve as a springboard for greater things. If you didn't achieve as much as you wish, be kind on yourself to know that perfection is a function of time. I am glad that I am not perfectionistic. I believe in continuous improvement over a delayed perfection.

Chapter Four

ASSERTIVENESS

You won't understand that these "strong" people have emotions until they breakdown in tears. They may be weeping, suffering loss but they will be taking that stand especially when it is the right stand.

■ *Ife Adetona*

Assertiveness is a major component of positive self-esteem. One of the major challenges about a person with low self-esteem is lack of assertiveness. Since they don't believe in themselves, they find it difficult to be assertive. Assertiveness is the ability to say NO and insisting on it. An assertive person says "NO" or "YES" based on principles and they won't switch lanes or change their minds because of emotions. They don't care about anyone getting hurt if what they take a stand against is right and people respect them for it.

I have interacted with a lot of people based on my position in the ministry. I know people who would change their minds on anything including moral standards if enough pressure is applied because they wouldn't want to appear as a bad person before anyone or hurt anyone's feeling. This category of people is not respected.

HOW TO CULTIVATE ASSERTIVENESS IS TO START

Start with minor issues. Say NO and take a stand on it. For instance, you can say NO to your younger brother who begs for an item or food on the principle that begging is not right. No matter how much he pleads, you should insist. If a friend invites you for a party and you have other

important things to do, learn to say NO. Let them plead, appeal or tag you wrongly but stand your ground.

People that lack assertiveness often wonder how assertive people are able to take a stand unwavering. You don't know what goes on inside them, what you are seeing is their outlook. Deep within them are the same feelings you have. They feel sorry, they feel bad, they feel people may label them as wicked or unfair. They don't want to hurt anyone's feeling or be in the bad book of anyone. The only difference between you and them is that, they quickly remind themselves of the principles, the reason they are taking that stand and they put more weight on it than they do on what people might think.

Everybody has a soul and the soul is the seat of emotions. It contains various emotional chords that when struck, would trigger a feeling. Do you know that terrorists, Islamist Jihadists and serial killers have loved ones that they cherish? They have families and children too. I once read an emotional poem published in a book. The poem was written by a serial killer few minutes before he was captured and killed. If you read it, you would almost declare him innocent and ignorant until you hear about the havoc he has done to people's lives.

You won't understand that these "strong" people have emotions until they breakdown in tears. They may be weeping, suffering loss but they will be taking that stand especially when it is the right stand. They don't allow their emotions to get a good part of them. You may wish to be able to do that. I told you, you should begin with minor things around you. And if there is a major decision before you, take your stand and

keep reminding yourself of the reason. You may have to write the reason somewhere you will always see it. Some people love to write such on their mirror since they look at the mirror every day.

In my own case, I have principles written in coded words all around my mobile device. At a point, on my phone screen, you will see the word “flawless”. It reminds me every time of the need to lead an honest ministry all the days of my life. I put it there so that my eyes will always see it at least every 30 minutes.

Another tactic you can deploy in taking a stand in the face of an overwhelming opposing situation is to ask that you should be given a time or break to think over it. You could take a deep breath. You can quickly remind yourself of the reason you are saying NO. Remind yourself of the consequences of your action. Your heart may be beating fast but manage to utter the word NO over and over.

Assertive skills will require some time to develop but it is worth it. Give it time. It may appear difficult but it is very liberating. You will soon have the feelings of being in total control of yourself. As you go on, it will become easier to take your stand. Soonest, people will know you for your principles and respect you for it.

Chapter Five

SELF DEVELOPMENT

When you develop yourself, you will become bolder.

■ ***Ife Adetona***

David therefore departed thence, and escaped to the cave Adullam: and when his brethren and all his father's house heard it, they went down thither to him. And every one [that was] in distress, and every one that [was] in debt, and every one [that was] discontented, gathered themselves unto him; and he became a captain over them: and there were with him about four hundred men.

1 Samuel 22:1-2

The kind of people that went to join David were people with a low self-esteem: the wanted, vagabonds, the debtors, the fugitives, the depressed and the rebels. 400 low self-esteem men left their families and decided to become what you can refer to as fugitives.

In 1 Chronicles 11:10 see what these men have become:

These also [are] the chief of the mighty men whom David had, who strengthened themselves with him in his kingdom, [and] with all Israel, to make him king, according to the word of the LORD concerning Israel.

From vagabonds to mighty men. From mere men, they became noble men. Take note of what made the difference. The Bible says that they “*strengthened themselves*”. That is self-development. They were weaklings but didn't remain as one. They didn't go about wishing that David would become king and they would become noblemen. They knew that if they were not strong enough, they couldn't assist David's ambition. If David had become a king without their help, they would have

no place. They won't even be able to defend the kingdom if they were given a chance. **When you develop yourself in your field of study, career or area of interest, you will become bolder.** You will be able to stand before kings and not before mere men.

Joshua became the leader and commander of Israel's army to replace Moses. Joshua may appear bold and fit on the surface judging from his tutelage under Moses across the years but he was a fearful man. Moses had laid hands on him but the task was enormous. People would hold him in the same esteem they once held Moses and more is required of him because the stage of the assignment will be more of battles to take over the territories that were already occupied by natives. God could see through his fears, even the elders could see it. His low self-esteem was evident. The only way God helped him was to tell him to take the bold step forward. God told him to "just do it".

Joshua 1:6:

Be strong and of a good courage: for unto this people shalt thou divide for an inheritance the land, which I sware unto their fathers to give them.

v9; Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God [is] with thee whithersoever thou goest.

The elders also saw through his low self-esteem and they had a word for him: *just be strong and be of good courage.*

V16-18; And they answered Joshua, saying, all that thou commandest us we will do, and whithersoever thou sendest us, we will go. According as we hearkened unto Moses in all things, so will we hearken unto thee: only be strong and of a good courage.

If you can put that fear of failure behind you, if you can bring yourself together and just do it for yourself, find a reason to just do it. Do it because you can at least turn back if you fail. Just do it for you. Just take the step, keep improving and you will be amazed at yourself with the evident progress that will follow.

Chapter Six

MORE HELP ON SELF ESTEEM

If you wait for perfect conditions, you will never get anything done

Ecclesiastes 11:4.

I think I should state this here that you should always help people with low self-esteem. You should always speak salted words to them instead of condemning words. Let's speak to improve people and not to debase them. I have come across people who go through a lot to come out of their shells to make an attempt at a thing. You wouldn't know how hurting a discouraging word from you could do or how a gracious word could help. I know people whom I have encouraged to do what they told me they wish to do. I knew that they are not good enough for it but I deliberately encouraged them to give it a trial since it is not life-threatening and it wouldn't bring sorrow to them. I believe that if they do that as they wish to, even if it failed, they will come out with at least a little success and they will come out of it as a better person. I tell you this, many of them ended up disappointing me. They performed far beyond my expectations.

LOW SELF-ESTEEM COULD BE SPIRITUAL

You shouldn't say that low self-esteem is spiritual and refuse to take necessary steps. Spiritual forces usually leverage on an existing nature or character of a man. If you think that it is spiritual, deal with it spiritually and take steps based on the things we have discussed thus far. On the other hand, if you believe that it is not spiritual, you can also treat it spiritually as you address it with those principles we have mentioned.

To address self-esteem, you should pray against it. Cast out negative thoughts. Always speak and imagine positive things about yourself.

I pray help for you in Jesus Name.

I command low self-esteem out of you.

Go forward; receive strength to face life with courage and positive esteem in Jesus Name.

CONCLUSION

Coming out of low self-esteem will take some time. You need to celebrate your gradual improvement. Keep taking steps that lead you further into positive self-esteem. Go over this book again and again till you have done all that it advises. I see you becoming a great and courageous person. I see God helping you.

Don't be a perfectionist. Rome, they said, was not built in a day. Even if you have all the money, you can't start building a house from the roof. You will at least buy a land and dig the foundation. In your pursuit for positive self-esteem, you will win some and lose some. Don't wait for the perfect time or wait till everything is perfect before you step out. After several board meetings that seemed to be heading nowhere, Deborah and Barak stepped out to the battlefield. Reinhard Bonnke told his committee to join him in Africa when he realized that the perfect season they were waiting for wasn't coming soon. The Bible says "*he that observes the wind shall not sow*". It added that neither will he reap because there will be nothing to reap anyway.

NLT puts it this way; *If you wait for perfect conditions, you will never get anything done- Ecclesiastes 11:4.*

I am not ashamed to say that I am not perfectionistic. A continuous improvement is above delayed perfection. To say the actual fact, there is nothing called “perfect”. There will always be a call for an improvement.

Even if your initial attempt didn’t come out as you want it, make it your pivot. Make it your springboard and motivation. We went to a town to organize a crusade and youth meeting. The youths didn’t turn up for the youths’ meeting. The youth wing leader of the Christian Association of Nigeria of that area came to me to give the usual excuse that their youths are not committed. I knew the problem was with their preparation even though they gave us their word. I didn’t want the devil to rejoice that he thwarted our plans. I called one of the pastors and began to make enquiry about the nature of the secondary schools in the area. I was confident that we will have up to 100 young adults in one public secondary school. That was enough.

Immediately, I started the mental work. The devil heard my threat, I looked up and saw that the youths started coming in. The youth leader had gone to bring some from their houses. **If your egg cracks, make an omelet from it. If your canoe breaks, make a skate board.** Keep moving no matter what. When people started dubbing our lectures at KBI into books, we began to turn them into books ourselves. That was how we have many publications.

Don't expect the best at your first or even the second trial. Give room for mistakes. Forgive yourself for little and even major mistakes. **It is how you are able to correct the mistakes and move on quickly that matters and not actually the mistakes you made.**

END NOTE

I believe that your self-esteem has been aroused and you have started to see yourself in the right light by reading this book. Do not let it go lower again. You are helped by the Holy Spirit in Jesus Name.

We have other books that could be of great help to you most especially *You Are Not A Bonus*. You can check the index page for details.

INDEX

Receiving Salvation

You were born a sinner condemned to hell but Jesus Christ died for your sins, gave you power to sin no more and to enjoy life here on earth and hereafter. All you need to do is to believe and accept His works by declaring Him as your LORD and Saviour. Do you believe this? Say: Lord Jesus Christ, I accept that you died and resurrected for the remission of my sins, I declare you as my LORD and Saviour. Amen.

Steps to Receive the Baptism of the Holy Ghost

1. You are not to ask or beg God for it, just expect it.
2. Believe He has given you and you will manifest it.
3. Don't hate tongues. That some people misuse it doesn't mean it has lost its power.
4. Don't pretend not to need it. Holy Ghost baptism is not just about tongues, it is about empowerment but tongues is the initial sign that you are baptized.
5. Clear your minds of doubts. God will give you but if you think that any sin can hinder you, ask for forgiveness now and now. (Isa 1:18 *Come now, and let us reason together, saith the LORD: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool*). And forgive everyone in your heart.
6. As I pray for you, you will be baptized and you will speak in new tongues.
7. As I pray for you, the Holy Spirit will give you utterances and you will speak it out. Note that utterance means any sound produced with the mouth. That means the utterance could be one syllable or two. It could be one word or more. Understand that you are the one

that will pronounce the utterance in anyway it comes to your mind as the Holy Spirit gives you utterance.

8. When I pray for you, the utterance would come. Don't think you are the one thinking it, it is not you. Don't think you will be unconscious or lost, it is not so. Don't be bothered if you don't know the meaning just speak it. And keep repeating whatever comes to your mind.
9. Daddy thank you because you are a faithful God, you always hear me and you are eager to give us more than we are eager to ask. I pray for you: receive the Holy Spirit right now in Jesus Name.
10. Open your mouth and began to speak those tongues.

Steps to Receive Healing

1. **1Peter 2:24 says:** *He personally bore our sins in His [own] body on the tree [as on an altar and offered Himself on it], that we might die (cease to exist) to sin and live to righteousness. **By His wounds you have been healed.***
2. You have been healed. You have been healed even before you had that illness, what I'm about to do by praying with you is to proclaim your healing.
3. As I do that, the pains and symptoms will be no more.
4. After I pray for you move that part of your body just as though it was healed already because it is an instant healing.
5. I proclaim you healed and whole right now in Jesus Name. The last time you had that illness is the last you will ever have in Jesus Name.
6. Check it out and share your testimonies.

BOOKS FROM FOUNTAIN PUBLISHERS:

1. Mocking the Devil
2. The Pentecost Volume: Speaking in Tongues
3. The Communion of the Holy Spirit
4. Prayer that Works
5. Roaring Faith
6. Beyond Purpose Discovery
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8. Time and Task Management
9. Understanding the Call and the Five Fold Offices
10. Money and Human Management
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12. Impartation for the Spiritual Gifts
13. Healing Mantle
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13. SKT- School of Koinonia & Tongues
14. SFS- School of Financial Success
15. MSE- Masterclass on Sex Education
16. MCR- Masterclass on Relationship
17. MCC- Masterclass on Courtship
18. SOX- School of Sex (for the married)
19. MED- Marital School for the Engaged
20. MEC- Masterclass on English Communication
21. MBM- Masterclass in Business Marketing
22. TOTM- Training the Trainers Against Masturbation, Pornography
etc

23. FSC- Foundation School for Believers and Muslim Converts

24. SMH- School of Mental Health

25. SMC- School of Music

Classes and lectures are held online and it is highly interactive and efficient. Course registration is affordable and we also have free courses as well as scholarship programmes. Contact Peace for details: 09024430243.