



#nofilter

FACING MY INSECURITIES

#npnofilter

Week 2

2 of 5

May 20, 2018

Bottom Line: I must face my insecurities.

Icebreaker: Each of you draw a house on a blank piece of paper. On the foundation, write the names of the people who have supported you the most and given you the most security. In each window, write the names of people you always turn to when you need to talk about something. In the door, write the name of the person you feel has had the strongest influence in your life. Everyone share one or two names and why they are included.

Key Verse: *But blessed are those who trust in the Lord and have made the Lord their hope and confidence. They are like trees planted along a riverbank, with roots that reach deep into the water. Such trees are not bothered by the heat or worried by long months of drought. Their leaves stay green, and they never stop producing fruit.*
Jeremiah 17:7-8 NLT

Insecurity is a great tormentor. It will keep you from being your best, and plays havoc with our minds and decisions. We are all susceptible to it. When insecurity sets in, reactions and coping mechanisms come out, and my behavior becomes reactionary and compensatory. I make decisions that hurt myself and others, based on my insecurity. Relationships with others break down because they become my competitors or oppressors; my relationship with God breaks down because He could make me different and fix my flaws and lacks, if He would.

The lie that I am not enough or worthy, any lie that makes me insecure, must be defeated. It happens as I choose to believe God's truth, and focus on controlling my thoughts and self-talk. I embrace who I am as a special, unique, and treasured creation of my Father God. I choose to trust Him on a daily basis. Insecurity at its root is the failure to trust God's character, love, and intention toward me. When I don't trust God, I place my confidence and hope in something or someone other than Jesus Christ. Anything and everything less than Jesus Christ is misplaced hope, and is incapable of giving me long-term security.

We all are susceptible to insecurity. But we all have access to the truth and security available in Jesus Christ.

THINK IT OVER >>>

What impacted you most from today's message?

What are the voices that steal your confidence and security? Where and how do you see yourself attempting to compensate?

Agree or disagree? "Emotion is not the result of a situation. Emotion is a result of how you focus on the situation and what you say to yourself." Discuss.

Self-talk is very powerful. What I choose to pay attention to determines my emotions and feelings and the direction life will go. The way my emotions and feelings go directs my life. It is vital that I get a grip and focus my mind on truth. What is a truth I must choose to believe?

"Embrace your uniqueness." What does that mean to you? Many people think of themselves as weird. What's the difference?

LOOK IT OVER <<<

"Insecurity is my inability to trust God." Discuss.

"My personal worth is tied to who I am, not what I do." Discuss.

Who am I according to God's truth?

"Never put your emotional health or sense of worth in the hands of someone else." Discuss.

How can you identify the triggers for your insecurity so you can deal with them?

What do you do with the lie/trigger once you discover it?

"No one can build their security on the nobility or dependability of another person. The only hope for lasting security is built on who you are in Christ." Discuss.

NEXT STEPS

This week consider taking some next steps together as a group:

- 1) Invite anyone who wishes to share the source of their most frequent insecurity.
- 2) Divide into pairs and each one share with the other an affirming truth about themselves that contradicts the insecure lies the Enemy would have them believe.

EVALUATION/ACTION

Realizing and reaching your full potential in Christ

Bottom Line: I must face my insecurities.

Rate yourself from 1 to 10 1 (never), 10 (always)	1	2	3	4		6	7	8	9	10
Why did you give yourself this rating?										
What benefits will you obtain by raising your rating?										
Do you know someone who demonstrates this bottom line well? What do you admire about that person?										
What specific action can you put into practice to raise your rating?										
At the end of this week, reflect - where did you see the bottom line show up in your actions throughout the week?										

PRAYER

List group members and their prayer requests for this week:

DAILY STUDY

Want to dig deeper? Check out **The Daily** this week at newpointe.org/daily:

Monday: Romans 12:2

Tuesday: Psalm 139:13-14

Wednesday: Isaiah 64:8

Thursday: 2 Timothy 1:7

Friday: Matthew 6:31-33

Don't let the conversation stop here. Keep talking it over with others throughout the week.
(Don't forget to bring this paper to your next small group meeting)