

YOU ARE NOT ALONE

WEEK SIX

Paralyzed by Insecurity



Key Scriptures:

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”
Matthew 11:28-30

Three Most Common Causes of Insecurity:

1. Insecurity based on recent failure & rejection.
2. Lack of confidence because of social anxiety.
3. Insecurity driven by perfectionism.

Truths to Hold Onto:

- You are more than your failure!
- Your value has been set by God!
- You're never going to be perfect and that's ok!

Thoughts you have from listening to the message:

Start celebrating. Revisit action item(s) from last week.

- Did you find an opportunity to be the only Christian in the room?

Start thinking. Ask questions to get your group thinking.

- How do you respond to your insecurities?

Start talking. Find a conversation starter for your group.

- Think back through Paul's message. What sticks out to you?
- Which of the [3 commons causes of insecurity](#) do you most often see around you in your day-to-day life? Which do you most relate to?

Start sharing. Choose questions that create openness.

- What insecurity do you struggle with most? (Be open with your group and admit if you've never said that outloud to anyone)
- In what ways do you find yourself comparing yourself to others?
- Do you have unreasonable standards set for yourself in any area of your life?
- Have you had someone in your life that was paralyzed by their insecurity and you struggled because you saw them differently than they saw themselves? (think: Paul's example of kids)
- What are you striving for in your life and attempting to achieve it without surrendering to God?

Start digging. Scriptures to read during the week.

1 Corinthians 1:27-31 | Philippians 3:13-14 | 1 Peter 2:9
Psalm 18:32 | Ephesians 2:8-10

Start praying. Be bold, and pray specifically.

God, our value has been set by you and is found in you. Apart from you, we are not enough and don't measure up. But, because you loved us so much, and because you created us in your image, you provided a solution for us at great cost to you. We are thankful for that sacrifice; help us to not cheapen it by not surrendering to your grace and mercy. Move the Holy Spirit within us to remind us that we are your special creation. As we walk through the days to come, may we decide to believe what you say about us, even more than we believe what we think about ourselves.

Start doing. Commit to a step, and live it out this week.

Journal about your insecurities every day for the next week. Write down when you feel insecure and your reflections on what is happening when that occurs. Then, in the margin next to that reflection, write a truth from God (using scripture) that counteracts that insecurity.

**“There is something else out there;
all you have to do is surrender.”**
~Paul Wingfield~