

July 3<sup>rd</sup> - 9<sup>th</sup>

### **Mind Games pt.3: Investigating Insecurity**

In this lesson you will learn three ways to break free of insecurity.

**Intro:** Insecure can be defined as; not firmly fixed, liable to give way or break, not confident or assured, uncertain or anxious. It means that you feel doubtful and lack confidence in yourself. It is rooted in the fear of rejection from people. The fear of not being accepted, invited, or mattering to anyone. The fear of people inevitably makes other's approval of you an idol in your life. The approval addiction is a consuming desire to be validated, affirmed, noticed, to matter, to fit in, and be accepted. Freedom from the fear of people is a life of faith that God has called us to walk in.

#### **I. Renew your Mind to God's Word**

- A. Nobody sits around and thinks about you all day long. Other people's thoughts do not make you or break you. Only God thinks about you all day long. Start focusing your thoughts on what God thinks and says about you. Rom 8:14-17- we are children of God adopted by the Father, and paid for by the blood of Jesus. Our value comes from what he was willing to pay for us, not what we earned, or deserved, or how well we could perform.

#### **II. Trust completely in God's Love and Validation**

- A. If people decide to walk away from you, let them walk. If their season in your life is over, don't try to convince them to stay. With Jesus, you can make it, his love is enough for you. When we receive God's love and believe what God says about us, we find our true selves, our value, and our worth. We can find that love and validation in what God the father spoke to Jesus at his baptism in Matt 3:17- we are his, we are loved, and we are well pleasing to Him.

#### **III. Speak what God says about you**

- A. Judges 6:12- the angel of the Lord calls Gideon a mighty man of valor. Gideon did not see himself that way but as the youngest and the least of all clans in his tribe. Gideon felt unworthy and afraid, but God saw him as a mighty warrior with fearless courage. God sees you the same way as courageous, strong, and victorious. Your own mental image of yourself can hold you back. So, speak the promises of God over your life. Speak victory, speak favor, speak life, and speak faith. Don't let your negative circumstances determine your speech. Let the word dictate your words, and let words of faith flow forth.

#### **Discussion Questions**

1. What are the majority of your thoughts focused on?
2. Are you aware of how much the Lord loves you?
3. Is your mouth full of defeat or full of victory?