

Bible Study Series

HELP I'M
STRESSED



The Issue Of Insecurity

Insecurity Works With Anxiety, To Rob Us Of God's Best For Us

Joshua 10:7-9-Only be strong and very courageous, that you may observe to do according to all the law which Moses My servant commanded you; do not turn from it to the right hand or to the left, that you may prosper wherever you go. ⁸ This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success. ⁹ Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the LORD your God *is* with you wherever you go.

Insecurity-Uncertainty Or Anxiety About Yourself

A persistent feeling that one does not measure up to societal or personal standards. It can manifest as Imposter Syndrome in the workplace, making individuals feel like a "fluke" despite their actual successes.

“Often those that criticize others reveal what he himself lacks.”

Shannon L. Alder

Emotional Insecurity-A feeling of genuine unease or nervousness that's often triggered by the perceptions of other people concerning us that make us feel vulnerable or inferior.

5 Ways Insecurity Shows Up In Our Lives

1. Masking your I am not enough fears with false confidence
2. You're easily catering your actions and decisions for what other people affirm or applaud in your life
3. You Always See Yourself As A Victim
4. You resist feedback and constructive criticism
5. People who are obsessive people pleasers, fearful of losing favor

How Do I Know If I'm Insecure?

You Live Comparatively

You Don't Know Your Purpose

Satan Exploits Our Insecurities

1 Peter 5:8-Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour.

How Does Satan Exploit My Insecurities?

Social Insecurity

Romans 12:2- And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what *is* that good and acceptable and perfect will of God.

Professional Insecurity

Matthew 6:25-30-Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? ²⁶ Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? ²⁷ Which of you by worrying can add one cubit to his stature? ²⁸ “So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; ²⁹ and yet I say to you that even Solomon in all his glory was not arrayed like one of these. ³⁰ Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, *will He* not much more *clothe* you, O you of little faith?

Economic Insecurity Personal Insecurity

Samson Had A Need For Attention
Saul Had A Comparative Spirit
Gideon Had An Attitude Towards Himself

Judges 6:14,15-Then the LORD turned to him and said, “Go in this might of yours, and you shall save Israel from the hand of the Midianites. Have I not sent you?” ¹⁵ So he said to Him, “O my Lord, how can I save Israel? Indeed my clan *is* the weakest in Manasseh, and I *am* the least in my father’s house.”

How Do I Overcome Insecurities?

You Have To Let Yourself Fade Into The Background And Be Consumed With Jesus Christ

Luke 9:23-Then He said to *them* all, “If anyone desires to come after Me, let him deny himself, and take up his cross daily, and follow Me.

Matthew 10:38-And he who does not take his cross and follow after Me is not worthy of Me.

You Have to Exchange Self Confidence For Christ’s Confidence

True freedom does not come through self-realization; it comes through self-denial

Psalms 16:2:*O my soul*, you have said to the LORD, “You *are* my Lord, My goodness is nothing apart from You.”

You Have To Exchange Insecurity For His Love
You Have To Commit To Prayer

Case Study-Moses

Exodus 4:14-17-So the anger of the LORD was kindled against Moses, and He said: “Is not Aaron the Levite your brother? I know that he can speak well. And look, he is also coming out to meet you. When he sees you, he will be glad in his heart. ¹⁵ Now you shall speak to him and put the words in his mouth. And I will be with your mouth and with his mouth, and I will teach you what you shall do. ¹⁶ So he shall be your spokesman to the people. And he himself shall be as a mouth for you, and you shall be to him as God. ¹⁷ And you shall take this rod in your hand, with which you shall do the signs.”

The Avenue Of Prayer Is A Request To God

How Do You Get Through Seasons Of Uncertainty?

1 Peter 5:7-casting all your care upon Him, for He cares for you.

1 John 5:14-Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us.

John 16:33-These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world.”

Philippians 4:6,7-Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; ⁷ and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

1 Peter 4:19-Therefore let those who suffer according to the will of God commit their souls *to Him* in doing good, as to a faithful Creator.

Insecurity For A Child Of God Is Different

How Should A Christian Deal With Insecurity?

“Being different is a revolving door in your life where secure people enter and insecure exit.”

— Shannon L. Alder

While the Christian may feel insecure, the reality is that Christians are very secure

Proverbs 3:21-26-My son, let them not depart from your eyes—Keep sound wisdom and discretion; ²² So they will be life to your soul And grace to your neck. ²³ Then you will walk safely in your way, And your foot will not stumble. ²⁴ When you lie down, you will not be afraid; Yes, you will lie down and your sleep will be sweet. ²⁵ Do not be afraid of sudden terror, Nor of trouble from the wicked when it comes; ²⁶ For the LORD will be your confidence, And will keep your foot from being caught.

Romans 8:31-What then shall we say to these things? If God *is* for us, who *can be* against us?

Psalm 27:5-For in the time of trouble He shall hide me in His pavilion; In the secret place of His tabernacle He shall hide me; He shall set me high upon a rock.

Psalm 23:4-Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You *are* with me; Your rod and Your staff, they comfort me.

The Remedy For Insecurity Is Complete Trust In The Confidence Of God

Isaiah 40:31-But those who wait on the LORD Shall renew *their* strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint.

John 14:1-Let not your heart be troubled; you believe in God, believe also in Me.

Philippians 4:13-I can do all things through Christ who strengthens me.

Deuteronomy 31:7,8-Then Moses called Joshua and said to him in the sight of all Israel, “Be strong and of good courage, for you must go with this people to the land which the LORD has sworn to their fathers to give them, and you shall cause them to inherit it. ⁸ And the LORD, He *is* the One who goes before you. He will be with you, He will not leave you nor forsake you; do not fear nor be dismayed.”