



Facing Insecurity – Message 3

Warm-up

Describe your favorite childhood toy? Why was it so special to you? How did that make you feel when someone tried to play with your toy?

Overview

Welcome to our third message in the series *Imperfect: The Life God Uses*. This week we will discuss the insecurities from David's predecessor, King Saul and the impact it had in David's life.

Word and Application

Insecurity is the anxiety that you experience when you feel vulnerable and subject to danger or injury. It can stem from a lack of confidence, or when plagued with self-doubt. We all experience insecurity at one time or another. It becomes unhealthy, unwise, and even destructive when we are constantly plagued by feelings of inadequacy. For King Saul, fear of losing power lead to unhealthy insecurities and ultimately, destructive behavior.

Read 1 Samuel 13:11-12 when the prophet Samuel confronts Saul with his disobedience. What do you think motivated Saul to disobey God's command? Below are some of the behavioral indicators of being driven by insecurity. Do you identify with any of the indicators?

Easily succumbing to the approval of others	Shrinking from the purpose of God in your life
Running from conflict	Living in isolation

Read Galatians 1:10, 2 Corinthians 10:12, 18 and 2 Corinthians 3:1. These Scriptures address the desire to impress others. A secure person is secure first in God and then in his or her gifts and abilities. Comparing ourselves to others is natural; however, when comparison inflames our insecurities, it becomes unhealthy. Can comparison be a good thing? How can comparison trap us from all that God has for us? Explain.

Signs of Insecurity:

Read 1 Samuel 19:5-12 for a close-up look of how Saul displayed his insecurity.

1. Jealousy

Saul became jealous of David's ability, success, and popularity with God's people. Share a time in your life when you felt jealousy towards someone. Do you feel you acted in a manner that reflects God's perfect love? How were you able to put jealousy behind you?

2. **Uncontrolled Anger**

Once David had slain Goliath and the Philistines, he received acclaim from the people. **Read Saul's response in 1 Samuel 18:8.** Saul's anger was out of control and motivated by murderous jealousy of his young servant. Why was Saul jealous of the people praising David? What counsel would you have given Saul in this situation? How do you successfully handle anger?

3. **Unhealthy Self-protection**

Read I Samuel 18:10. In David's hand was a harp, an instrument of worship used to bring healing. In Saul's hand was a spear, an instrument of war to bring death. From your observations and experiences, do you feel you are throwing spears by cutting people down with harsh words or are you using healing words from scripture and worship?

4. **Irrational Fear**

Read I Samuel 18:12, Luke 12:4, Proverbs 29:25. Saul has now allowed jealousy, anger, and unhealthy self-protection to control his emotions. And now fear is setting in, troubling his mind. What *irrational* fears do you have? How are they keeping you from trusting God completely?

Three Ways to Respond When You Are Attacked:

Like Saul, we can be trapped by the enemy with jealousy, anger, and fear. God can protect us from falling into these lies by responding the way David did.

1. **Don't overreact.**

Read Proverbs 29:11, Proverbs 15:8, Proverbs 16:32, and James 1:19-20. Instead of responding in kind to Saul, David chose not to retaliate. Why do you think David was able to respond instead of reacting in this situation? How can establishing healthy boundaries help us to not overreact?

2. **Keep your heart pure.**

Read Proverbs 4:23, Psalm 139:23-24, and Proverbs 23:19. Describe a time when someone gave you grace when you had been bitter towards them? How did that help you heal? Share ways we can keep our hearts pure.

3. **Continue to honor.**

David continued to honor and love Saul in spite of how Saul treated him. **Read Ephesians 4:31-32 and Colossians 3:8.** Do you currently have a Saul in your life? How can you practically honor him or her?

Life Challenge

Identify relationships or situations in which you have felt signs of insecurity or you are dealing with someone else's insecurity. Have you been reacting as Saul or responding like David? Invite God into any fear or insecurity you are facing. Then pick out one thing from today's lesson that you can apply immediately.

Prayer

Father, thank You for the fresh start that is mine because my sin is washed by Your blood. Show me the insecurities I need to put away this day. I invite You into my fears and insecurities. Rather than live in fear and uncertainty, I choose to trust You completely. Amen. Pray for the specific needs of the group.