



## Insecurity

### WEEK 5 DISCUSSION GUIDE

#### OVERVIEW

In this message of *Mind Games*, we will discover how to live more securely.

#### DISCUSSION QUESTIONS

One of the biggest games we face in our minds is insecurity. The Bible mentions feelings of insecurity many times throughout. Fear, depression, and life challenges mixed with insecurity creates a combination that can derail us. Insecurity tears at our identity and keeps us from becoming the best version of who God created us to be.

- How does insecurity affect our identity?
- How can being secure help us when challenges come our way?

Moses was chosen, yet he struggled with his identity. Before God did something through Moses, He had to get him to see himself differently. He was deeply insecure. The enemy's strategy is to get you to see the worst version of you, but God says, "I make all things new!" The more disconnected you are from God, the more you'll struggle in your identity.

- What are some of the lies the enemy tries to get you to believe about yourself?
- What can you do to combat those lies with God's truth?
- Give some examples of how we can remain connected to God.

## Three Ways to Live More Securely:

1. Don't put your security in anything that can't sustain it.  
The thing you find the most identity in is the place you are the most vulnerable to insecurity. Only God can speak directly to the deepest longings and questions of the soul. When we lean on His security, we find our security.

- What are some unhealthy things we put our security in?

2. Lean into your weakness to leverage more of God's strength.  
**2 Corinthians 12:9** says: *But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.*

Your weakness shouldn't make you feel bad about yourself—it should remind you of your need for God. He knows our limitations and still chooses to include us in His purpose. This should fill us with hope. Weakness isn't always a liability—it can be a great gift. Our weakness becomes a gift when it reminds us how badly we need God. We should lean into our weaknesses instead of trying to hide them.

- Share a time when you relied on God in your weakness.

3. Submit your self-talk and thoughts to the truth of God's Word.  
Insecurity makes you constantly wonder what people are thinking. Insecurity hinders communication. It makes you say things you don't mean and avoid things you really want to say. The way we can overcome this is by standing on the truth of God's Word and believing we are who God says we are—chosen, redeemed, loved, and accepted.

- What can you do to shift your mindset when your insecurity starts speaking to you?

## LIFE CHALLENGE

Spend time with God and choose a verse that speaks to the thing(s) you are insecure about. Write it down and speak it over your life every day this week.

## PRAYER REQUESTS & CLOSE IN PRAYER