



Defeating Insecurity - Week 1 DISCUSSION GUIDE

OVERVIEW

This series explores six Old Testament kings, revealing their successes and failures to teach lessons on overcoming challenges like entitlement and complacency. In this message, we learned how to defeat insecurity.

DISCUSSION

The devil seeks to destroy our connection with God and derail our destiny, often using insecurity as a key tactic. Insecurity is the fruit of the root of rejection. Saul, the first king of Israel, struggled deeply with insecurity despite his outward success, which led him to fear rejection and people's opinions more than God's commands.

The Fear of Rejection can be defined as: **To stand in alarm, anxiety, dread, and cower before people.**

Proverbs 29:25 warns, *The fear of man brings a snare, but whoever trusts in the Lord shall be safe.* Saul's fear caused him to disobey God by offering a sacrifice that only the prophet Samuel was permitted to give (1 Samuel 13:8-12), resulting in the loss of his kingdom. As Saul confessed later, "I have sinned...because I feared the people and obeyed their voice" (1 Samuel 15:24), showing how the fear of man can lead to devastating consequences.

Insecurity Traps:

1. We become overly starved for acceptance.

When we are overly starved for acceptance, the very thing we desire most is the first thing we lose. We become so needy and hungry for people to accept us that we push people away. Affirmation is good, but we shouldn't be dependent on it to exist. Saul did this very thing. He derived his identity from people's attitudes toward him.

2. We become overly cautious of people.

Insecurity and the fear of rejection can cause us to push others away, much like King Saul did with David, ultimately leading to isolation and destructive behavior. Saul's insecurity made him more concerned with people's opinions than God's, which led to his downfall.

- How can you recognize when the fear of rejection is influencing your relationships and decisions?

- Share a time when fear of rejection or concern about others' opinions caused you to make a decision you later regretted. How did that experience affect your relationship with God or others?

How Do We Defeat Insecurity?

1. Say **“yes”** to pleasing God.

Jehoshaphat's response in **1 Kings 22:5**, ***“But first let’s find out what the Lord says,”*** reminds us that our primary goal should be to seek God's will in every decision. By living with the "fear of the Lord," as **Proverbs 14:26** states, ***“In the fear of the Lord there is strong confidence, and His children will have a place of refuge,”*** we gain security and confidence, even when facing rejection from others. Pleasing God above all else leads to a life free from insecurity and fear of man.

- How can Jehoshaphat’s example in 1 Kings 22:5 change the way you approach decisions in your life?
- How does living in the "fear of the Lord" as described in Proverbs 14:26 help you find confidence when facing rejection or criticism from others?

2. Say **“no”** to being a constant people pleaser.

Saul’s fear of man and desire to please people led to him losing his God-given position, anointing, confidence, and relationships. Isaiah 51:12-13 asks, ***“Who are you that you should be afraid of a man who will die... and forget the Lord your Maker,”*** reminding us that living for others’ approval can make us forget God. To follow Jesus fully, we must overcome the fear of rejection and focus on pleasing God alone, not man.

- How does Isaiah 51:12-13 challenge your perspective on the fear of man and living for the approval of others?
- In what areas of your life might you be tempted to compromise your values for people’s approval, and how can focusing on pleasing God help you overcome this?

3. **Respond** with a new script.

When battling insecurity, it's important to pause, reflect, and replace negative thoughts with God's truth. By identifying the lies behind our insecurities and declaring scriptures like **Romans 8:38-39**—***“nor height nor depth, nor any other created thing, shall be able to separate us from the love of God”***—we can renew our minds and overcome these triggers. Writing and speaking God's promises daily helps us break mental strongholds and live securely in His love.

- How does Romans 8:38-39 offer comfort when you feel insecure or rejected?
- What steps can you take to identify and replace negative thought patterns with God’s truth in your own life?

LIFE CHALLENGE

Use the following declarations to battle the insecurities you face this week:

MY DECLARATION

God is with me. I am not alone. **Matthew 28:20**

God is for me. I am deeply loved by Him.

Romans 8:31, Isaiah 43:4

God is my Father. I am accepted. **Ephesians 1:6**

God has not given me a spirit of fear but a spirit of power, love, and a sound mind. I am not my emotions, nor am I held captive by insecurity and negative thoughts.

2 Timothy 1:7, 2 Corinthians 10:4-5

God is the One I ultimately honor, respect, and fear. I do not fear people. **1 Samuel 15:24**