



CONFIDENCE

LESSON 2

GETTING MY SECURITY FROM THE RIGHT PLACE

HeartLine
CROSSLINE COMMUNITY CHURCH





Get Healthy: Confidence

Lesson Two: Getting My Security from the Right Place

Look Back: (10 Minutes):

- **Spend a few moments reviewing how you applied last week's lesson. Were you able to spot any behaviors that were generated by insecurity? If so, share how this impacted you, your relationships, or your life.**
- **Recite Hebrews 13:5 as a group.**

Look Forward: (50 Minutes)

A few days ago, I was casually chatting with a group of neighbors when I became suddenly aware I was talking more than usual. Conscious of not wanting to dominate the conversation, I apologized. My neighbors assured me I wasn't talking too much, at all.

I felt relieved, but later that night negative self-talk swirled around my brain like rushing water after a flood. *Why did I say that? I left them with the wrong impression. I never should have talked about such and such.*

Mind you, nothing I said was bad. Or wrong. Or sin. My regret stemmed from one simple thing: my perception of what they might think of me.

And I felt...wait for it...*insecure*.

Welcome to my life. And probably, your life, too. I'll bet you've had an insecure thought swirl around in your brain a time or two.

In fact, our brain is the birthplace of insecurity and lack of confidence. In lesson one we explored how insecurity stems from fear, based on our perceptions. If you and I could rewind the insecurity tape in our brain, we'd find that 99.9% of our personal insecurity originates from something we fear, based on what we think. We fear being misunderstood. We fear failure. We fear making a wrong decision. We fear the future. We fear we'll miss out, be left out, or stay down and out.

Faulty, fear-based thinking robs us of our confidence, and leaves us living in the land of insecurity--a neighborhood no woman needs to live in.

However, there is real, practical hope for the woman who longs to move out of insecurity and live in the land of confidence! Truth-based thinking enables us to face our fears, and claim our confidence in Christ.

1. **Look up the following verses and note what God says is true about you, as a believer.**
 - a. **John 1:12**
I am _____ of _____.
 - b. **John 15:15**
I am _____ of Jesus.
 - c. **John 15:16**
I didn't choose God, God _____, to go and _____ fruit that would last.
 - d. **Romans 8:1**
I am not and will not be _____ by _____.
 - e. **Romans 8:2**
I have been _____ from the law of _____ and death.
 - f. **Romans 15:7**
I am _____ by _____.
 - g. **1 Corinthians 6:19**
My body is a _____ of the Holy Spirit who _____.
 - h. **2 Corinthians 5:17**
I am a _____ in Christ.
 - i. **Ephesians 1:4**
I am _____, holy, and _____ before God.
 - j. **Ephesians 2:10**
I am _____, created to produce good works.
 - k. **Philippians 3:20**
I am a _____ of _____.
 - l. **Colossians 3:12**
I have been _____ of God, and I am _____ and _____.
 - m. **1 Thessalonians 1:4**
God _____ me and has chosen _____

2. Which of these verses is most meaningful to you? Why?

3. Have you ever struggled with feeling like these truths are not true for you?

My husband, Pastor JP, says, “The truest thing about you is what God says is true”. Living in the truth is the only genuine path to freedom and confidence.

Sometimes, though, it’s easier to live like the truest thing about us is what we feel like is true, or what others say is true, or what circumstances indicate are true. The truth sets us free...but only if we believe it.

The truth of who *you are*--will not set you free from insecurity if you:

1. Don’t know it
2. Don’t believe it.

The number one hesitation I hear from women who deal with insecurity and lack of confidence, is this: “I know the Bible says great things about me, about a hope for my future, and about my relationship with Christ, but I just don’t feel like these truths are true for *me*. “

Maybe you can relate. Well then, sweet friend, you’ve come to the right place. This is where you start believing what *God* says is true. This is where you stop living by your feelings, and start living by your faith!

4. Read 2 Timothy 1:7. What has God *not* given us?

a. What has God given us?

When we live in light of what God says is true about us, it changes the way we think, the way we act, and the way we react. Women who live with God-given confidence live differently than women who live in insecurity. They really, *truly*, live different. And you can, too!

5. Let's get practical. Pick one or two of the following scenarios to discuss. How would a woman who bases her confidence on her feelings react in the following situations? How would she react if she bases her confidence on the truth of who she is, according to God?

- a. Her child makes a series of poor choices.
- b. She sees a picture on social media where friends got together without her.
- c. She's the only one of her friends not in a relationship.
- d. She steps on the scale and the number has gone up. Again.
- e. She hits a milestone birthday--and it's not 21.
- f. A co-worker has great success.
- g. She bumps into an old friend, who looks amazing. She hasn't showered.
- h. A family member makes a snide remark about her, couching it in humor.
- i. She get laid off from work.
- j. Her life is going well: Job is good. Family is good. Health is good.

6. Sometimes our fear, and resulting insecurity, has as much to do with how we view God, as how we view ourselves. Read the following verses and note what each says is true of God.

a. Psalm 145:3

b. Psalm 145:8

c. Psalm 145:9

d. Psalm 145:13

e. Psalm 145:18

f. Psalm 145: 19

g. Psalm 145:20

7. How can these truths about God increase your confidence? Be specific.

8. Sometimes circumstances can make us fearful and insecure. What do the following passages say is true about your circumstances? (The ones you face right now!)

- a. **Romans 8:28-29**

- b. **1 Peter 5:7**

- c. **What insight do you gain from these verses that could increase your confidence?**

The world tells us our life needs to be perfect in order to be accepted; God's Word says we are accepted by the one who is perfect. The world screams, "live by your feelings"; God whispers, "live by my truth."

No believer is destined to live in insecurity. Not me. *Not you.*

Make no mistake, if we continue to live in insecurity it's because we choose to do so. Instead, let's by God's truth, and claim our confidence in Christ!

So breathe a sigh of relief. Your identity, your security, and your confidence, does not come from "them", but from Him.

Life Application:

1. Re-read the verses listed in question one, about who you are in Christ. Make a list of everything God says is true about you. Pick one truth to focus on throughout the week.

2. Make a mental note every time you feel insecure, or sense a lack of confidence. See if you can trace these feelings back to fear. Then remember God has not given you a spirit of fear, but of power, love and self-discipline (2 Timothy 1:7)

Optional: Further Reading, Reflection, and Bible Study

1. Read Psalm 139, slowly, savoring every line. (You'll love this. I promise!!)

2. Memorize 2 Timothy 1:7.

