



Why Do I Feel Insecure?



How many here have been rejected by someone? Rejection creates insecurity in us. Insecure people believe it's the fault of someone else who made them feel that way. They know who to blame; a parent, a teacher, --- abandonment, criticism, abuse, neglect, lack of love in their past, and all these things hurt bad, but no matter who caused it, it's not that person's problem now, it's ours!

Each of us experiences insecurity in some area or areas. Our minds get messed up. We don't think the way we're supposed to think about ourselves. There are strongholds in our thinking left over from our past. Our emotions don't respond the way they're supposed to respond in situations. It is not normal if you are not comfortable around people. It is not normal if you get in a room full of people and start comparing yourself with them.



If someone is dressed better, now you feel insecure. If someone went to college, now you feel insecure. If somebody has a perfect body, now you feel fat and insecure. Your self talk starts inside of your head, "I sound so dumb when I talk, I always say the wrong thing, why did I come, I wish I was home, I don't fit in here, I don't fit in anywhere! --- What's wrong with me!"

That is not what Jesus died to give us. He died to make us heirs of the same inheritance His Father God gave Him. *"The Spirit of God bears witness with our spirit, assuring us that we are children of God. And if we are His children, then we are His heirs also: heirs of God and fellow heirs with Christ --- sharing His inheritance with Him; only we must share His suffering if we are to share His glory! For the sufferings of this present life are not worth being compared with the glory that is about to be revealed to us, and given to us!"* (Romans 8:16-18 AMP)



If we really understand that when we accept Jesus as Savior, we are children of God and He loves us the way we love our own children then we will understand that He was willing to die for us so that we could live forever with Him --- in love, peace, and joy! That's our inheritance, plus much more --- and it belongs to us now. His will is written, and we are legal heirs and no one can take our inheritance from us. We are loved and accepted in His family just the way we are. That includes each of us sitting here today.

There is no insecurity when we know who we really are in God. There is only insecurity when we try to conform ourselves to this world and try to be like someone else because we don't like something about ourselves, not realizing God created each of us in our mother's womb. *"You, O Lord, did form my inward parts. You did knit me together in my mother's womb."* (Psalm 139:13 AMP).

(Cont'd)

He made you just the way He wants you, but people and circumstances in your life have distorted your thinking about yourself. You can easily tell if you are insecure. Just ask yourself, "How do I feel about myself?" "How secure am I?" "How do I act when I get corrected?" (You can tell real quick how secure you are when you get corrected.) Ask yourself, "How many fears do I deal with in my life?" "Am I jealous?" "Do I feel like I have to be in competition with other people?"



If you don't like yourself you're not going to get along well with other people. You will have trouble getting along with your husband, or boyfriend, or your children, or other family members --- even your friends. You just won't be a happy person. There are a lot of miserable people --- even those who know Jesus --- who feel like they can't be happy until all their circumstances are fixed up.

Unfortunately, fixing your circumstances won't fix the problem inside of you. Even if everything outside was perfect, inside you would still be miserable. The problem is not on the outside. We keep searching for an answer from outside, but as long as we keep looking for someone or something out there, we won't find peace and joy inside of us. Nobody likes to be rejected, nobody likes to be judged and criticized, nobody likes to be misunderstood, everybody wants to be part of the group, but in Jesus we can come to a point where, if those things happen to us, we can adjust and have our roots in Him and not fall apart when they happen.

Without knowing Jesus is inside loving us no matter what anyone says, we would be devastated, but with Him we can make it. Only by knowing Jesus, and how He cherishes you, just as you are, will you be able to overcome feelings of insecurity and inferiority. No one can know Him for you and give you that security, you have to get to know Him for yourself, and the way you do that is the same way you get to know anyone you care about. You must talk to Him --- when your heart is truly seeking Him, He will hear and answer you. You must honor Him --- to honor Him means to follow His words in the Bible and praise Him with your words.



The Bible says, "If God be for us, who can be against us?" (Romans 8:31) The word 'against' means to be down on, or in opposition to. If God is on your side, how can anything or anyone win against you.

He loves you so much that He leaves the choice up to you. Will you decide to love and trust Him, or keep on trying to make life work your way --- without Him?

Let's take a few moments now to discuss among ourselves the areas we feel most insecure in, and how we will begin to overcome them.



Why Do I Feel Insecure?

1. What creates insecurity in me? _____
2. Even when I know who caused it, whose problem is it now? _____
3. Where does my insecurity affect me? _____
4. Why did Jesus die for me? (Romans 8:16-18 AMP) _____

5. When can I be free from feeling insecure? _____
6. When did God create me? (Psalm 139:13 AMP) _____
7. Why wouldn't I be happy if all my circumstances were fixed? _____

8. What can keep me from falling apart when I feel insecure? _____

9. How can I get to know Jesus better? _____
10. How do I ask Him to help me with my life? _____

11. How do I know I can always win? (Romans 8:31)
(The answer to this question will be your memory verse)

MEMORY VERSE: _____

Why Do I Feel Insecure?

1. What creates insecurity in me? When I am rejected.
2. Even when I know who caused it, whose problem is it now? The problem is mine.
3. Where does my insecurity affect me? In my mind and my emotions.
4. Why did Jesus die for me? (Romans 8:16-18 AMP) To make me an equal heir of His inheritance from His Father God.
5. When can I be free from feeling insecure? When I really know who I am in God.
6. When did God create me? (Psalm 139:13 AMP) God created me in my mother's womb.
7. Why wouldn't I be happy if all my circumstances were fixed? Because the problem is inside me, not outside.
8. What can keep me from falling apart when I feel insecure? Knowing Jesus is inside me, loving me no matter what anyone says.
9. How can I get to know Jesus better? Talk to Him and honor Him and praise Him.
10. How do I ask Him to help me with my life? By loving and trusting Him and telling Him so.
11. How do I know I can always win? (Romans 8:31)

MEMORY VERSE: "If God be for me, who can be against me?"