

Week 3: Insecurity → Identity (Bianca)

SERIES RECAP & INTRO

- God made us all with feelings, emotions, and thoughts. However, in our fallen world, sin has corrupted what God created for good. That leaves us with emotional burdens, heartbreaks, and negative thought patterns God *never* meant for us to carry.
- Thankfully, God sent his son Jesus to save us from the power of sin! He also left his disciples 1.) the Holy Spirit that dwells in us and 2.) the Bible that contains truth to help guide our human hearts and minds!
- We have already discussed how God's constant presence and peace can help ease the pain of *depression and anxiety*. Now, we will zoom out and talk about our whole selves: how we view our personalities, bodies, talents, successes, and failures. **Today, we will search God's word for what He has to say about INSECURITY.**

TRANSITION

- **Hate is a strong word. But we all likely hate something and all know a "hater."** **Close your eyes and picture one.** Have someone in mind? They look smug, don't they? Maybe it's a classmate, a sibling, or even someone here.
- We know haters outside of ourselves, but can we sometimes be our own biggest haters?
- Have you ever thought: I am not good enough? Not talented enough. I am a failure. I am unlovable or unwanted. I am too loud or too quiet. Too big or too small. I don't like my height, my hair, my arms, my legs, my skin. Have you ever thought I am too broken?
- These thoughts can become inescapable. Sometimes they turn into actions like disordered eating, excessive exercise, self-harm, and more.

IMPORTANT NOTE

- **Before we begin**, it is important to note that although we will face some of our darkest, heaviest feelings today, **God has the power to leave you feeling lighter than you did walking in here.** Christ casts light into our darkest areas – just let him in. Be open and honest, have hope, and see what He can do.

BIG IDEA

- Now, you are not alone in having insecure feelings and battling self-destructive habits. Throughout the Bible God's people – even his strongest soldiers – battle insecurity and self-loathing, self-hating thoughts.

BUT HERE'S THE BIG IDEA: A SECURE IDENTITY IS THE ANTIDOTE TO INSECURITY.

- You are **created, known, and loved** by God, that is your identity. **This is an identity you cannot achieve, instead it's received** ([Tim Keller](#)).
- No attempt to make yourself cooler, smarter, holier, or more attractive and successful by cultural standards will ever make you more or less deserving of the love God pours out!

BIBLE PASSAGES

- In the scriptures, whenever God's people questioned their talents, worth, or place in society, His love met them right there. He can do the same for you.
- Recognize these names? Let's quickly review times insecurity is recorded in scripture.

ADAM & EVE	<i>Genesis 3:7</i> – Adam and Eve felt shame about their bodies . They covered up with leaves and hid from God.
SARAH	<i>Genesis 18:12</i> – Sarah felt like a failure for not being a mother. She believed a “worn-out woman” like herself could never have a child. She laughed at God.
MOSES	<i>Genesis 4:10</i> – Moses identified as a “bad public speaker.” He asked God to send someone else to lead the Israelites.
GIDEON	<i>Judges 6:15</i> – Gideon felt like he was the “least of his family.” He isolated himself and hid from his enemies and allies.
THE ROMAN CENTURION	<i>Matthew 8:8</i> – As a Gentile (outcast), the Roman Centurion felt unworthy of God's presence. Unlike the rest, the Centurion approached Jesus but didn't think to welcome Him in his home.

- **Despite all the insecurities of people, God's loving grace and provision remained.**
 - ◆ His Garden provided the leaves for Adam and Eve.
 - ◆ Sarah became a mother to Isaac.
 - ◆ Moses grew as a leader and partnered with his more outspoken brother Aaron.

- ◆ Gideon left his hiding spot and the battle was won.
 - ◆ The Centurion's prayers for healing for his servant were answered.
- **Enter David:** You may know David as the boy who defeated Goliath. Later, he became King. Then, he orchestrated the murder of his own soldier. Still, he is called a man after God's own heart.
- For most of his early life, David was repeatedly threatened by Saul, an insecure King. Saul's insecurity was always countered by David's secure sense of identity in Christ.
- Despite David's sins, he always turned to God during times of insecurity, self-loathing, or defeat. Many of these prayers from David to God are recorded in Psalms.
- **Let's look at Psalm 139.**
- ◆ *Read Psalm 139 in its entirety. A paper copy or display would be extra helpful.*
 - ◆ *You can also split students into 4 groups to read/discuss the 4 stanzas.*
 - ◆ *Ask the students what truths about their identity stick out to them from the Psalm.*
 - ◆ **Here are some verses and truths you want to make sure to highlight.**
 - *Psalm 139:1-6 – God knows your every word and thought before you. Still, He loves you.*
 - *Psalm 139:7-12 – Even the darkest parts of our minds and hearts can be lit up by God's presence.*
 - *Psalm 139:13-18 – We are precious to God. Our bodies are precious to God. He designed them, so they are good and beautiful.*
 - *Psalm 139:19-42 – We are to ask God to search our heart and help us to purify our thoughts. That way we can hate only what He hates and love what He loves.*

GOSPEL + CLOSE

REMEMBER: A SECURE IDENTITY IS THE ANTIDOTE TO INSECURITY.

- You are **created, known, and loved** by God, that is your identity. And as we said earlier, **this is an identity you cannot achieve, instead, it's received** ([Tim Keller](#)).
- We are all sinners. By accepting Jesus as our savior, we become **sinners saved by His grace**. Through Christ's sacrifice, we can remain humble, yet confident. Equally aware of our shortcomings and the eternal love of our heavenly Father.

DISCUSSION QUESTIONS

→ Can you relate to one of the insecurities mentioned in the Bible stories?

→ What verse from Psalm 139 stood out to you? Why?

Do your insecurities feel lighter, now that you know the truth of your identity? How so?