

Insecurity

Objective

Identify the causes of insecurity and ways to deal with it.

References

www.insight.org – Dr. Charles Stanley

Scriptural Verses

Romans 8:33-39

Lesson Guidelines

Insecurity is a feeling of being helpless, inadequate or unaccepted. An insecure individual believes he/she is a failure or a loser. An insecure person may feel that no one likes him and people are out to hurt him.

Causes of Insecurity

- Unpredictable childhood environment – parent treatment.
- Tragedy – losing a parent, big failure or divorce.
- Underdeveloped skills and talents with no encouragement leading to shyness and withdrawal.
- Living under unrealistic rules such as parents setting standards that are beyond one's capability.
- Poor body image.
- Growing up without positive feedback.

Consequences of insecurity in your life

- Difficulty establishing good lasting relationships due to lack of trust of others and from fear that they will discover your personality and therefore dislike you.
- Indecision due to fear of embarrassment and failure. You are unsure that you are making the right decision. If you don't believe you can succeed, this message will be felt by others and you may be passed over for promotions and honors.
- Anger and blaming others.
- Trying to hide your insecurity by boasting of your accomplishments and trying to be in control.
- Selfish attitude due to constant thinking that every situation/conversation is directed towards you.
- It is not a Christian way of viewing oneself and therefore may affect one's spiritual life.

The only source of security is a close relationship with our Lord Jesus Christ.

How to overcome insecurity?

- Acknowledge your feelings and identify the causes
- Make a decision to overcome it in our Lord Jesus Christ – if you don't set a goal to do it, it will not happen.

- Realize it is more than self esteem. The way you see yourself is not necessarily the way you are.
- Don't focus on negative feelings, but focus on the Holy Spirit in you.
- Focus on the positive qualities in your life – spend the time to find them.
- Visualize yourself with the right qualities and performance.
- Fill your mind and heart with the truth of God's Word before you go to sleep.
- Every morning ask God to speak to your heart.
- Stop comparing yourself to others.
- Avoid the trap of blaming others.
- Set your mind on being the person God wants you to be.
- Trust God and have a personal relationship with Him.

Conclusion

Insecurity is a feeling of low self-worth that has many negative consequences. It may be hard to identify. Through prayer and establishing a close relationship with our Lord Jesus Christ, we will be able to identify this problem in our lives and will be able to overcome it. We must realize that our value lies in the fact that we are children of God, capable of accomplishing many great things through His grace.

Discussion Points/Activities

1. List characteristics of an insecure person.
2. Can you find any examples in the Bible of people who were insecure? What did their insecurity result in?
3. How can insecurity affect your spiritual life?