

**NOT MY  
KING**



# **7-WEEK STUDY**

ON SERVING JESUS INSTEAD OF  
OUR EMOTIONS

## **WEEK 5**

“IF JESUS IS MY KING,  
THEN **INSECURITY** IS NOT MY KING”

# NOT MY KING



## WEEKLY READING

**Primary text from this week:** Ephesians 1:3-10

## GETTING STARTED

**Goals for this session:** To recognize insecurity and submit it to King Jesus

**Missed the sermon?** Watch it at [www.youtube.com/venturamissionary](http://www.youtube.com/venturamissionary)

**Break the Ice:** When you were growing up, what was something that you did really well...something in which you excelled?

## DISCUSSION QUESTIONS

1. In Sunday's sermon, we learned that insecurity is tied to fear. What are some situations, relationships, or circumstances that bring up the emotion of fear or insecurity in you?
2. If social media perpetuates insecurity, why do you think our society is addicted to social media such as Facebook, Instagram, Twitter, and Tic Toc? If you aren't on social media, can you see how movies, television, magazines, and billboards contribute to a sense of insecurity? Why, then, are we so attracted to these things?
3. Read **Romans 8:5**. As believers, we can have one foot planted in the Word of God, and our other foot planted in this world. What influences your mind the most and occupies your thought life? Is it your work, the news, politics, sports, social media, television, movies, your money, your hobbies...? How much time and energy are you investing in these things compared to your relationship with God?
4. In what situations do you find yourself being a people pleaser? Describe a time when you were able to make the difficult decision to *not* please someone and please God instead.
5. When you feel insecure, what is your natural response? Do you tend to withdraw, get defensive, brag, pretend to be something you're not...? What are some positive steps you can take to remember that your identity is in Christ alone? (See **Ephesians 1:3-10**)
6. Read **James 4:10** and **1 Peter 5:6**. These Scriptures indicate that God will elevate us to new spiritual heights if we humble ourselves before Him. Explain a time or situation in which you humbled yourself before Christ and you allowed Him to lift you up.

