



157 1 87 67 3

# resilient **MINDS**

pt. 5  
july 29th  
exodus 20:5-6

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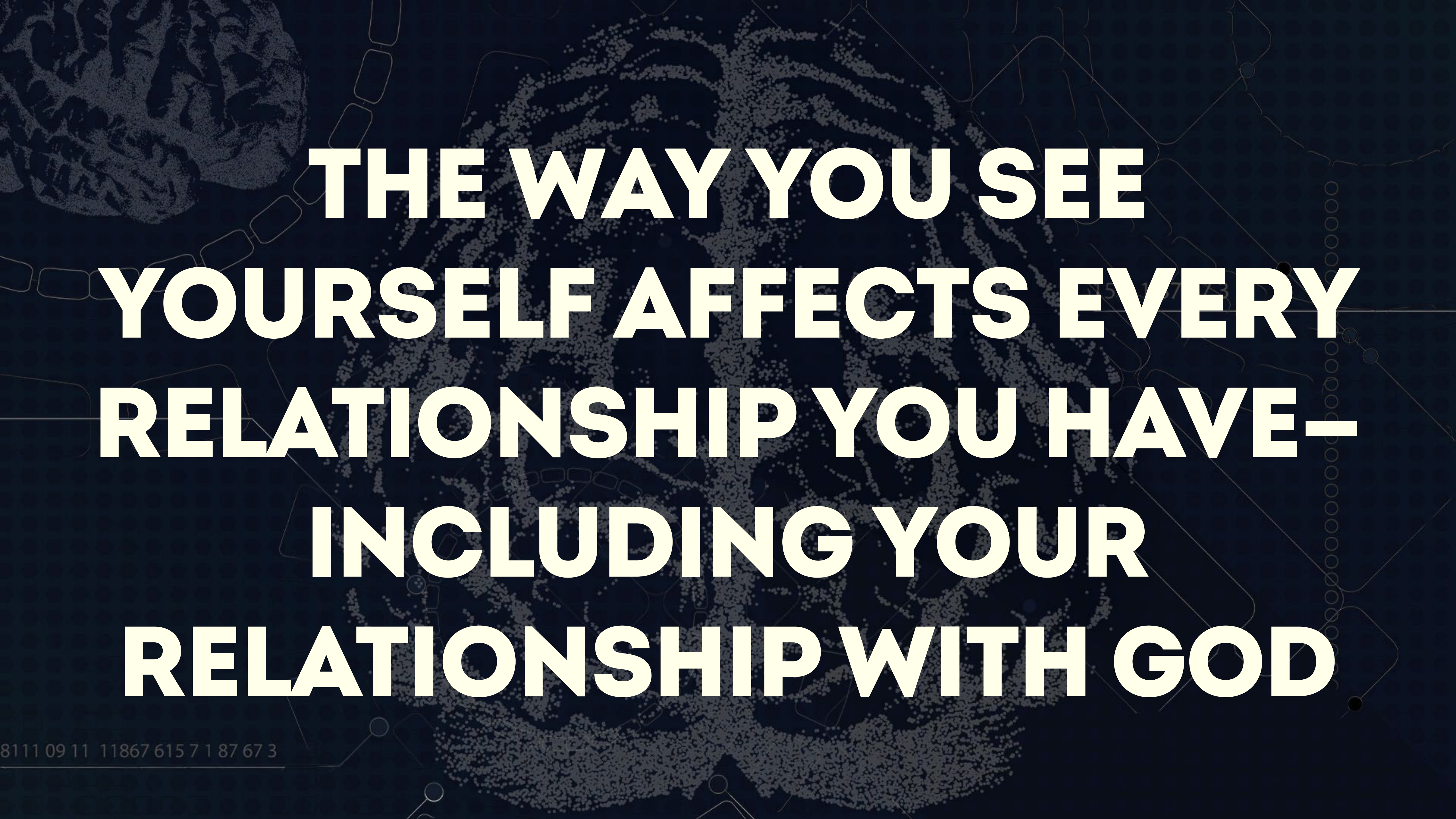
**EVEN THOUGH I LOVE  
JESUS – WHY DO I KEEP  
STRUGGLING IN MY  
RELATIONSHIPS WITH  
OTHER PEOPLE?**

**WHY DO I KEEP  
PUSHING  
PEOPLE AWAY**

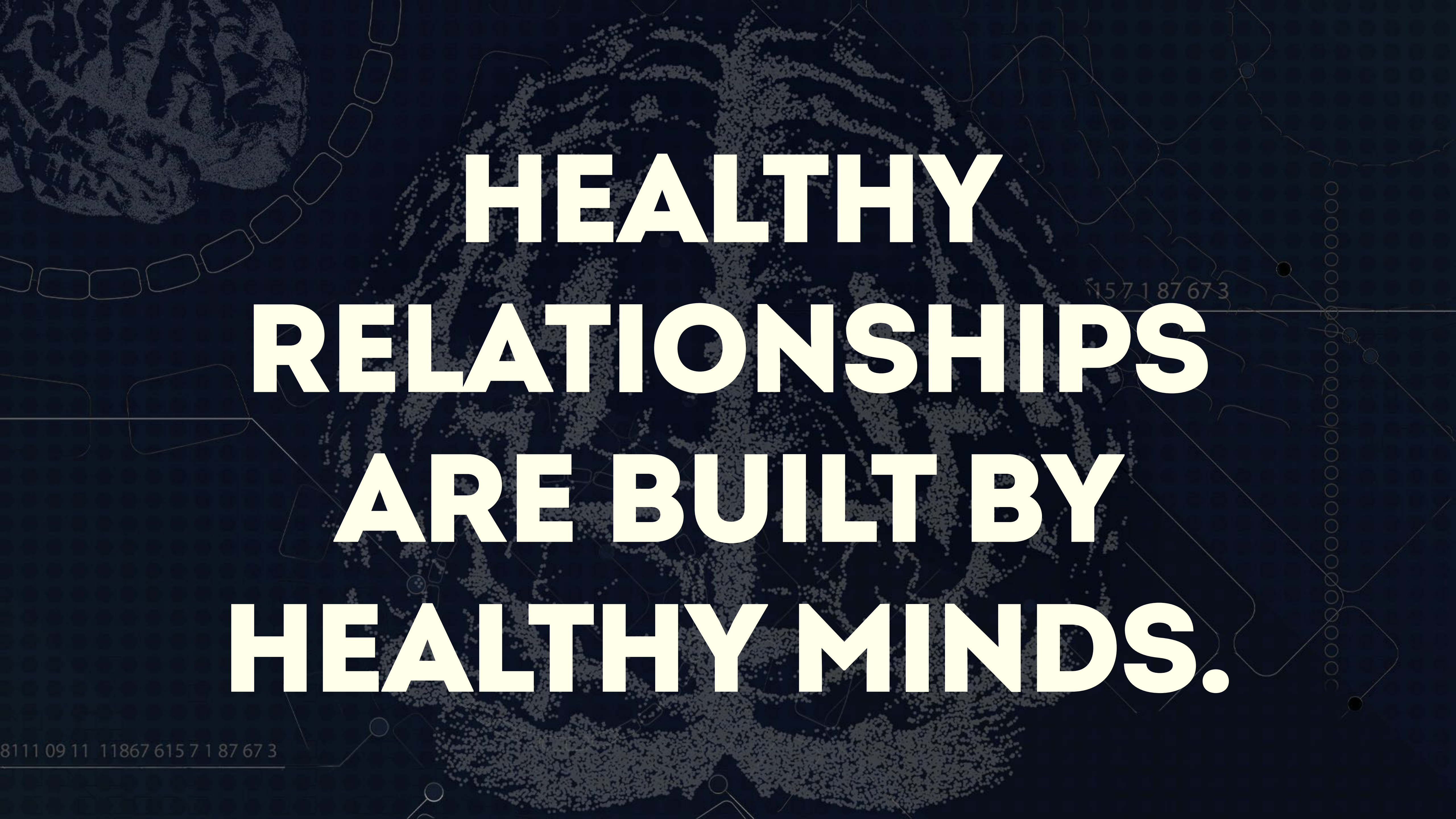
**WHY DO I HAVE  
SUCH A HARD  
TIME TRUSTING  
PEOPLE**

**WHY DOES IT SEEM  
THAT ALMOST EVERY  
RELATIONSHIP I AM  
IN EVENTUALLY  
FALLS APART**

**WHY CAN'T I SEEM  
TO KNOW WHAT  
LOVE IS IN A  
RELATIONSHIP**



**THE WAY YOU SEE  
YOURSELF AFFECTS EVERY  
RELATIONSHIP YOU HAVE—  
INCLUDING YOUR  
RELATIONSHIP WITH GOD**



**HEALTHY  
RELATIONSHIPS  
ARE BUILT BY  
HEALTHY MINDS.**



# PRINCIPLE 1:

Insecurity

**HEALTHY RELATIONSHIPS  
REQUIRE SECURE PEOPLE.  
INSECURITY WILL CAUSE  
YOU TO COMPETE WITH  
PEOPLE YOU WERE CALLED  
TO CELEBRATE WITH**

**DAVID NEVER  
BECAME SAUL'S  
ENEMY. SAUL MADE  
DAVID HIS ENEMY**

# 1 SAMUEL 18:6-9

And it came to pass as they came, when David was returned from the slaughter of the Philistine, that the women came out of all cities of Israel, singing and dancing, to meet king Saul, with tabrets, with joy, and with instruments of musick.

7 And the women answered [one another] as they played, and said, Saul hath slain his thousands, and David his ten thousands.

# 1 SAMUEL 18:6-9

And Saul was very wroth, and the saying displeased him; and he said, They have ascribed unto David ten thousands, and to me they have ascribed [but] thousands: and [what] can he have more but the kingdom? 9 And Saul eyed David from that day and forward



**INSECURITY HEARS  
COMPETITION IN  
EVERY COMPLIMENT**

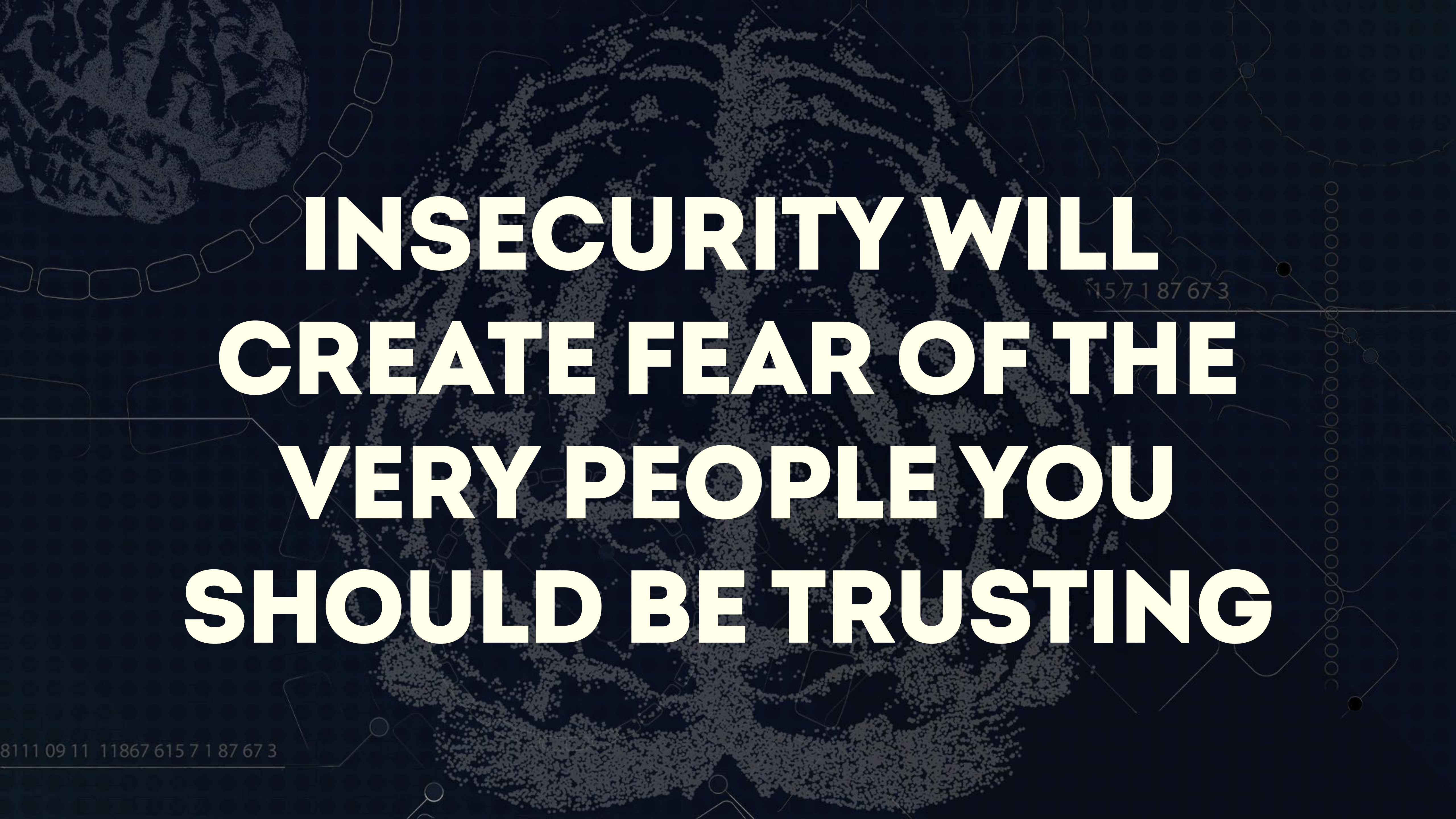
# 1 SAMUEL 18:10-12

And it came to pass on the morrow, that the evil spirit from God came upon Saul, and he prophesied in the midst of the house: and David played with his hand, as at other times: and [there was] a javelin in Saul's hand. 11 And Saul cast the javelin; for he said, I will smite David even to the wall [with it]. And David avoided out of his presence twice.

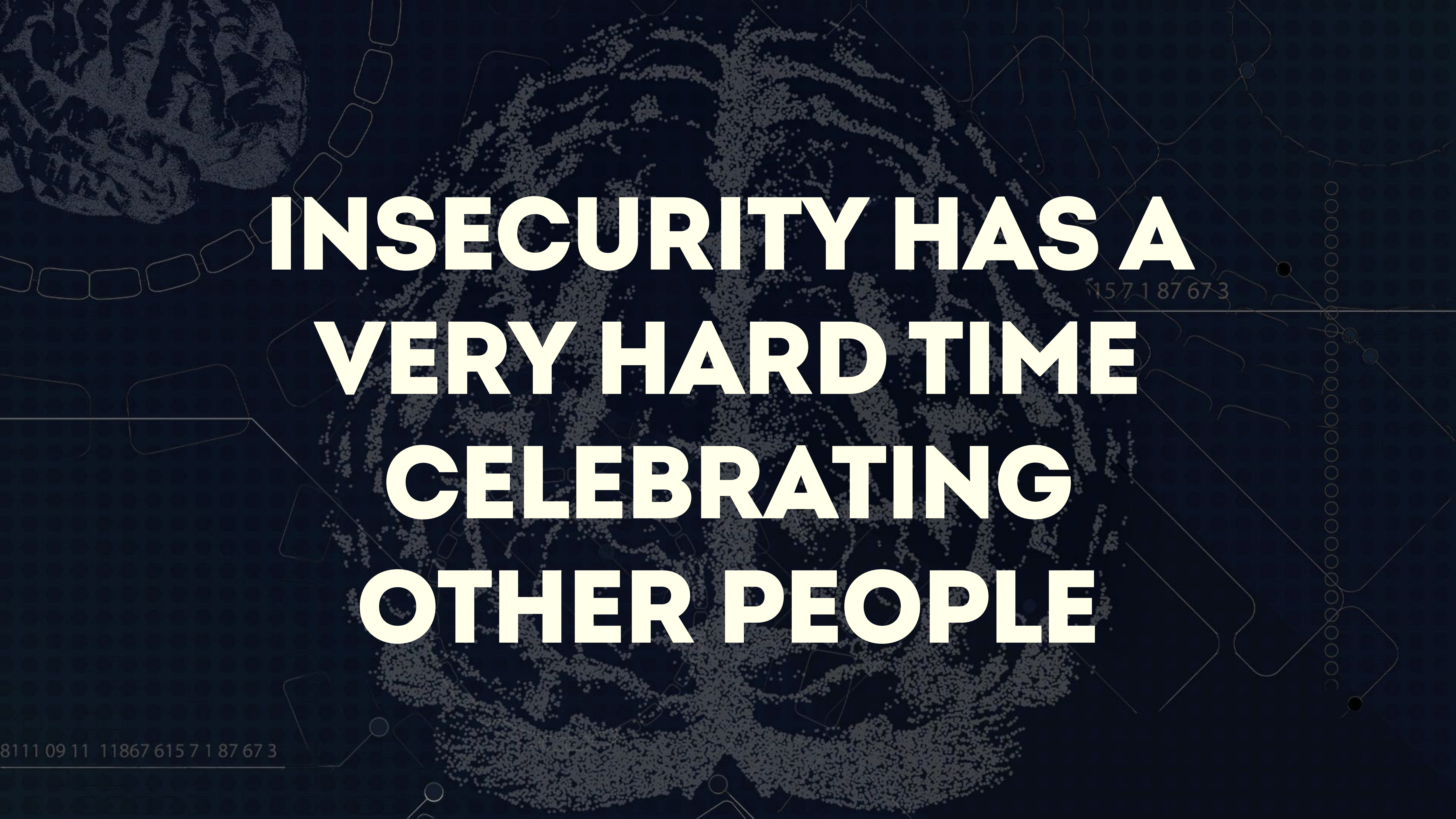
# 1 SAMUEL 18:10-12

12 And Saul was afraid of David, because the LORD was with him, and was departed from Saul.



The background is a dark blue-grey color. It features a large, faint, circular fingerprint pattern in the center. To the left, there is a chain-like pattern of rectangular links. On the right side, there are vertical and diagonal lines, some with small circles at the ends, resembling a circuit or data path. In the bottom left corner, there is a small, faint, light-colored fingerprint pattern.

**INSECURITY WILL  
CREATE FEAR OF THE  
VERY PEOPLE YOU  
SHOULD BE TRUSTING**

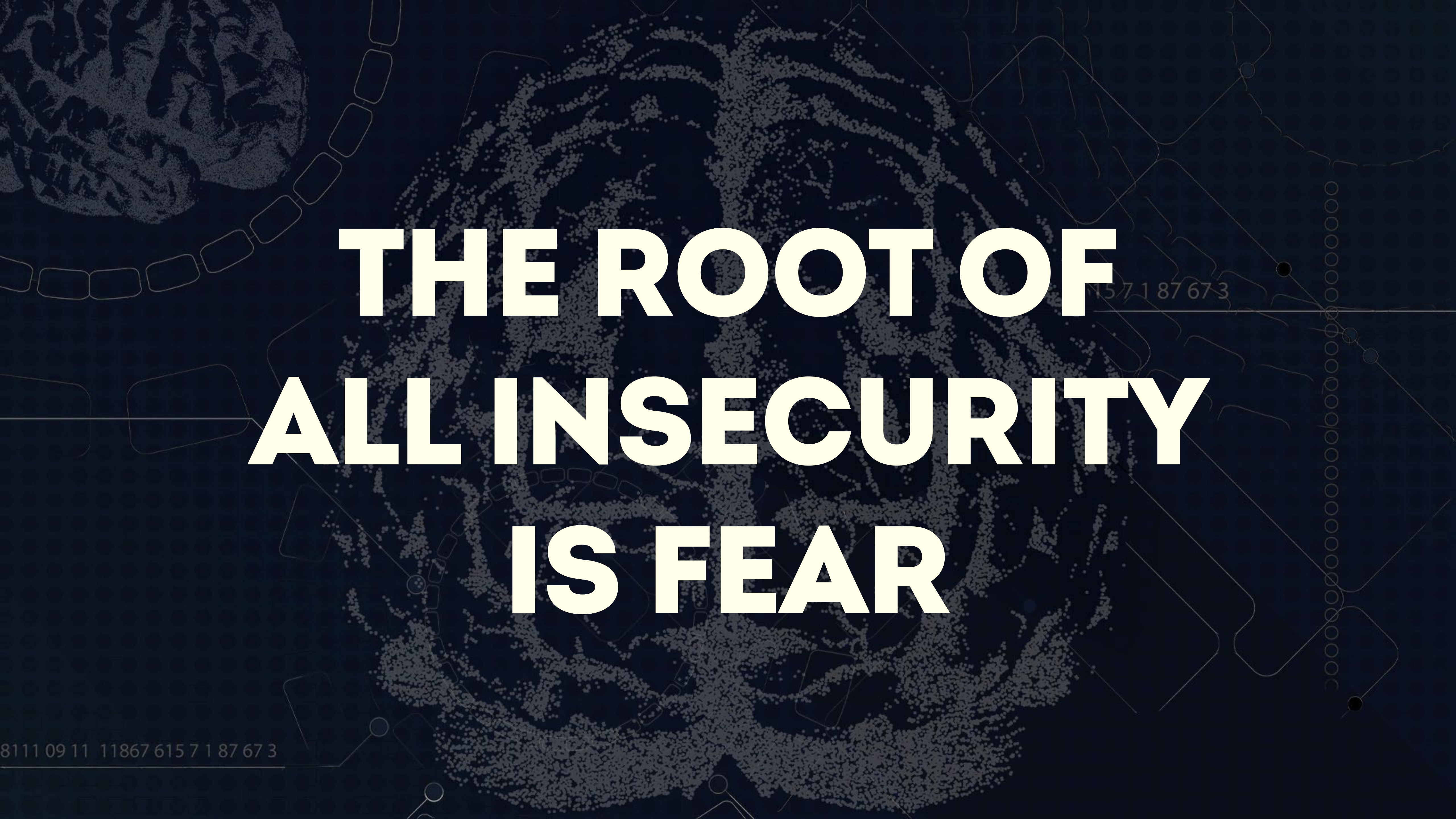
The background is a dark blue-grey color. It features a large, faint, circular brain scan pattern in the center. Overlaid on this are various white line art elements: a chain of rounded rectangles on the left, a series of small circles on the right, and several thin, intersecting lines forming a network-like structure. The text is centered and reads:

**INSECURITY HAS A  
VERY HARD TIME  
CELEBRATING  
OTHER PEOPLE**

# 1 SAMUEL 18:15

Wherefore when Saul  
saw that he behaved  
himself very wisely, he  
was afraid of him





**THE ROOT OF  
ALL INSECURITY  
IS FEAR**

# 1 SAMUEL 18:12, 29

And Saul was afraid of David,  
because the LORD was with  
him, and was departed from  
Saul. ... 29 And Saul was yet  
the more afraid of David;



# 1 SAMUEL 18:12, 29

01 54 28 11 09 11 11 86 7 61 5 7 1 87 67 3

...and Saul became David's  
enemy continually.

8111 09 11 11 86 7 61 5 7 1 87 67 3



# MATTHEW 3:10

...now also the axe is  
laid unto the root of  
the trees



# 2 TIMOTHY 1:7

For God hath not given us  
the spirit of fear; but of  
power, and of love, and of  
a sound mind.



**INSECURITY WILL  
PUSH AWAY THE  
VERY PEOPLE WHO  
LOVE YOU**

# 1 SAMUEL 24:6

And he said unto his men, The LORD forbid that I should do this thing unto my master, the LORD'S anointed, to stretch forth mine hand against him, seeing he [is] the anointed of the LORD

# PRINCIPLE 2:

People Pleasing

**SOME PEOPLE NEVER KNOW  
WHO THEY ARE BECAUSE  
THEY SPEND THEIR ENTIRE  
LIFE BECOMING WHO  
EVERYONE ELSE WANTS  
THEM TO BE**

# 1 SAMUEL 15:24

And Saul said unto Samuel, I have  
sinned: for I have transgressed  
the commandment of the  
LORD... because I feared the  
people, and obeyed their voice



**THE HEBREW IDEA  
BEHIND "FEARED"  
CARRIES THE SENSE OF  
YIELDING TO OR BEING  
CONTROLLED BY OTHERS**

# MATTHEW 27:24

When Pilate saw that he could prevail nothing, but [that] rather a tumult was made, he took water, and washed [his] hands before the multitude, saying, I am innocent of the blood of this just person: see ye [to it]....

# PROVERBS 29:25

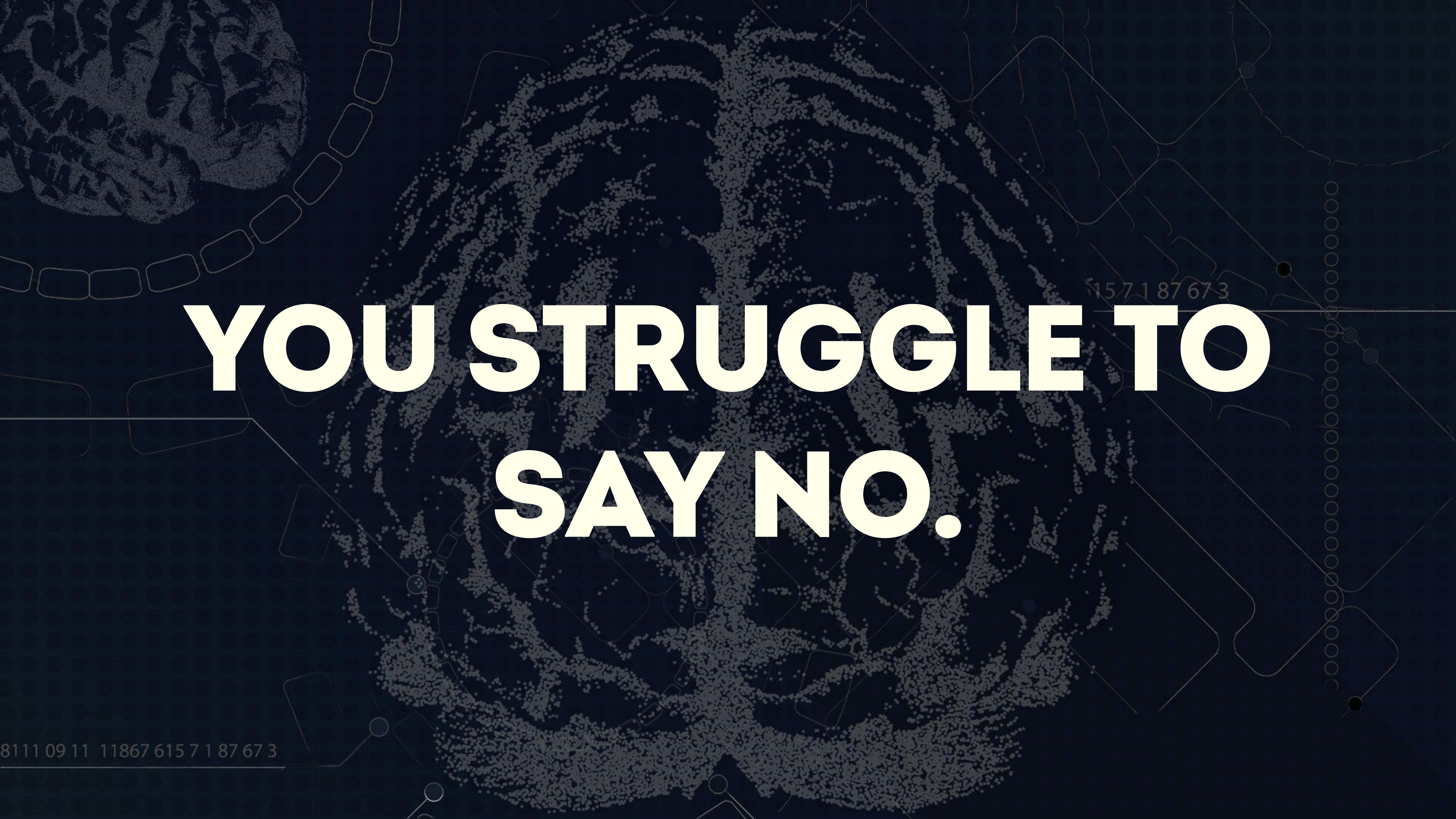
The fear of man bringeth  
a snare: but whoso  
putteth his trust in the  
LORD shall be safe



# GALATIANS 1:10

For do I now persuade men,  
or God? or do I seek to  
please men? for if I yet  
please men, I should not be  
the servant of Christ





**YOU STRUGGLE TO  
SAY NO.**

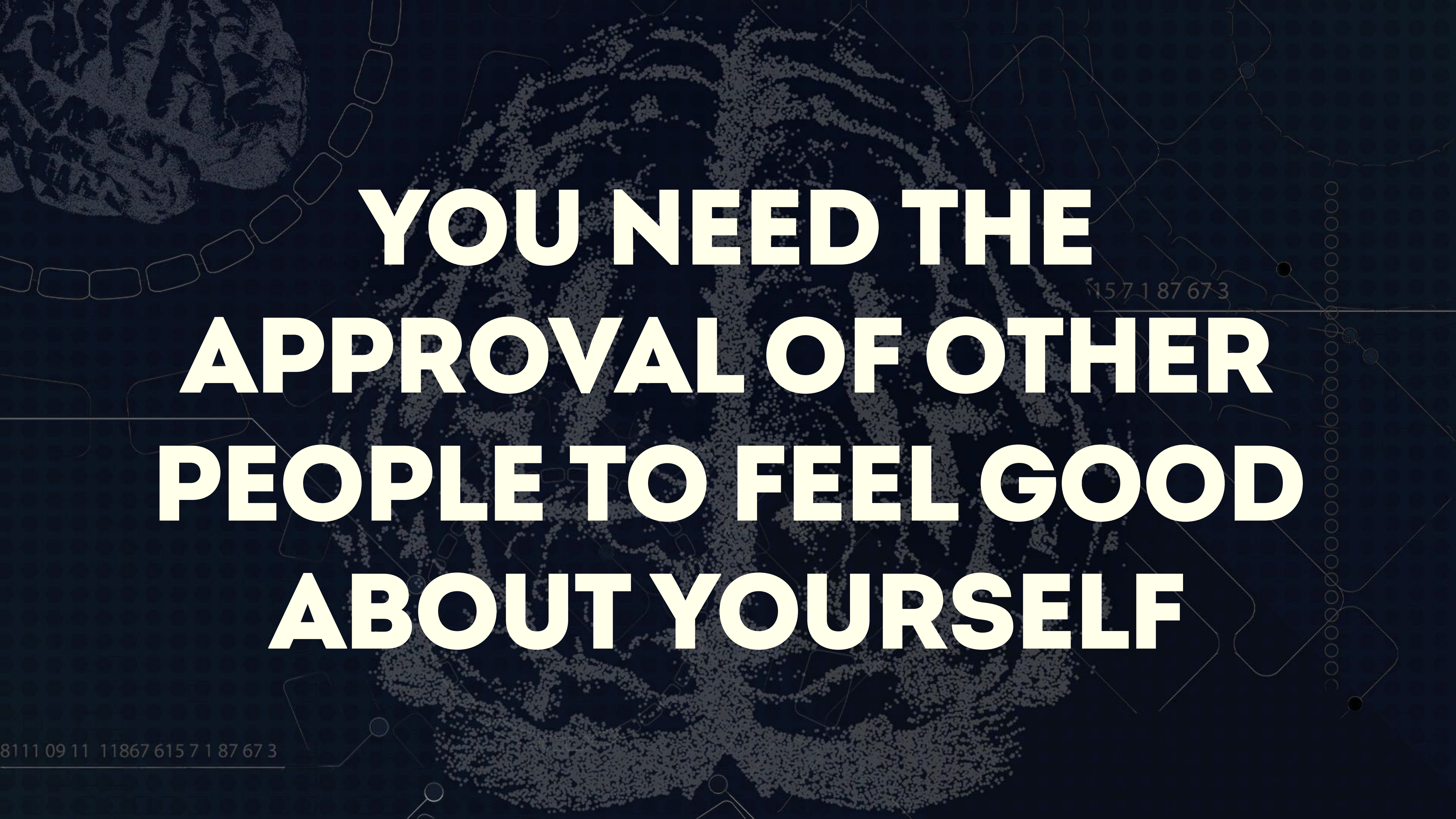
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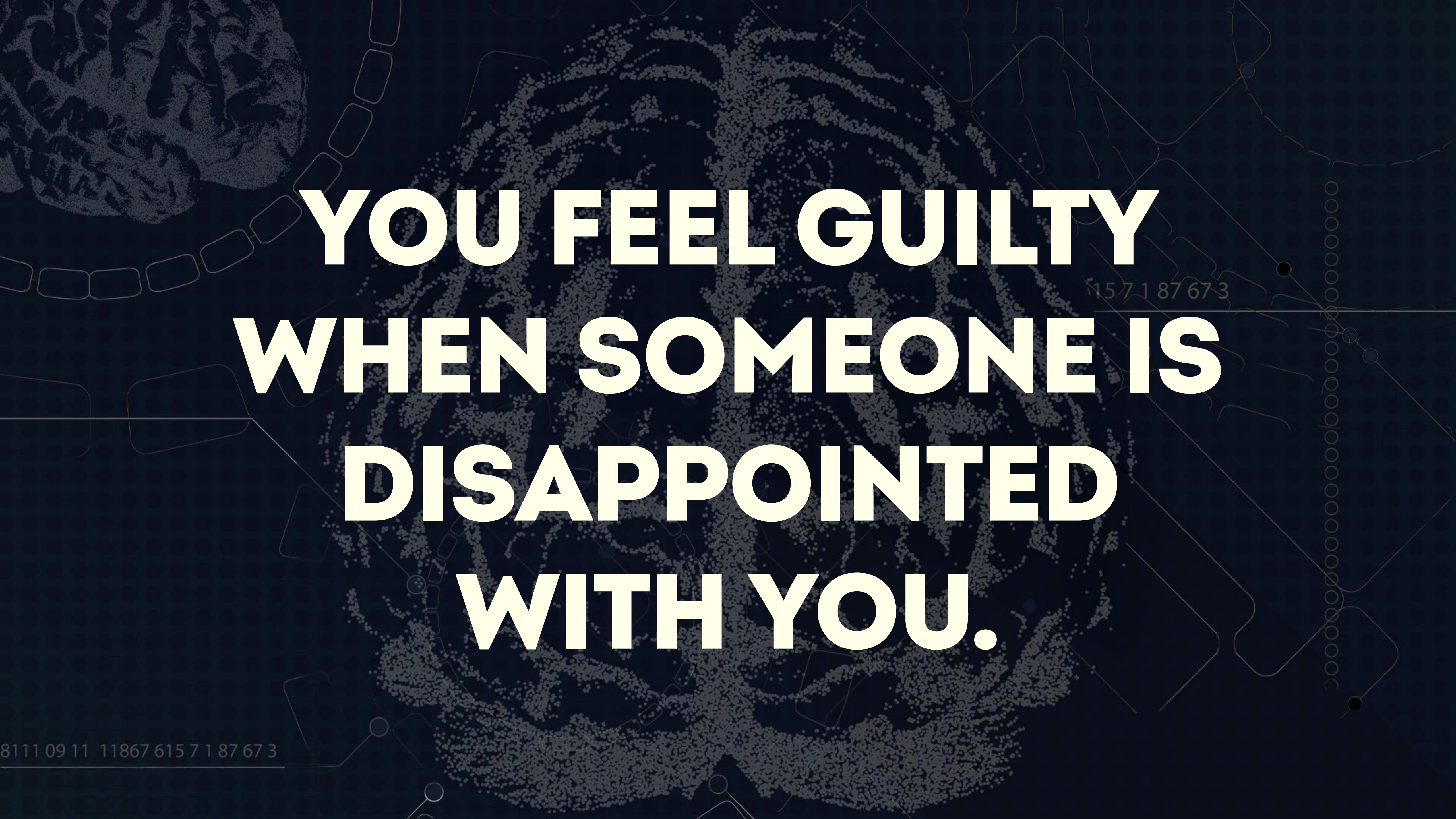
**YOU APOLOGIZE WHEN  
YOU HAVE DONE  
NOTHING WRONG.**

**YOU AVOID  
DIFFICULT  
CONVERSATIONS**

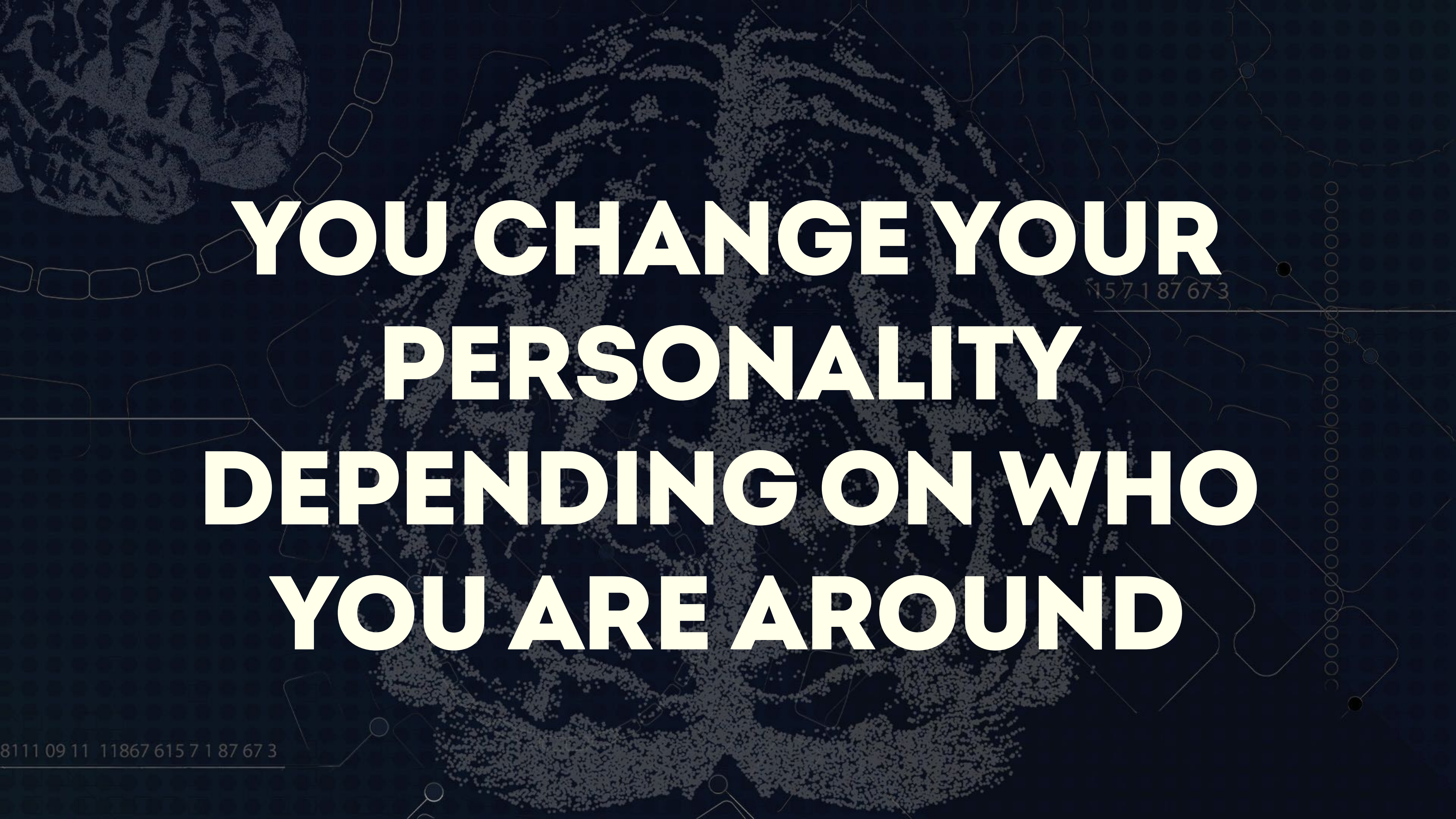
**YOU CONSTANTLY  
WORRY ABOUT WHAT  
OTHERS THINK**

The background is a dark blue-grey color. It features a faint, circular brain scan pattern in the center. A chain of rectangular links is visible on the left side, extending from the top left towards the center. There are also some faint, light-colored lines and dots scattered across the background, giving it a technical or scientific feel.

**YOU NEED THE  
APPROVAL OF OTHER  
PEOPLE TO FEEL GOOD  
ABOUT YOURSELF**



**YOU FEEL GUILTY  
WHEN SOMEONE IS  
DISAPPOINTED  
WITH YOU.**

The background is a dark blue-grey color. It features several faint, light-grey fingerprint patterns. One large, clear fingerprint is centered behind the text. Other smaller, more abstract fingerprint-like shapes are visible in the corners. Overlaid on these are thin, light-grey circuit-like lines, including a chain of rounded rectangles on the left and a vertical line of small circles on the right. There are also some small, faint numbers scattered around, such as '157187673' on the right and '81110911 118676157187673' at the bottom left.

**YOU CHANGE YOUR  
PERSONALITY  
DEPENDING ON WHO  
YOU ARE AROUND**

# JOHN 6:66

01 54 28 11 09 11 11 86 7 61 5 7 1 87 67 3

From that [time] many of his  
disciples went back, and  
walked no more with him

8111 09 11 11 86 7 61 5 7 1 87 67 3



# JOHN 6:67-68

Then said Jesus unto the twelve,  
Will ye also go away? 68 Then  
Simon Peter answered him,  
Lord, to whom shall we go? thou  
hast the words of eternal life.



**LIVING TO MAKE EVERYONE  
HAPPY BECOMES A  
CONTROLLING FORCE IN YOUR  
LIFE WHERE YOU ARE NOW  
IMPRISONED IN A LIFE GOD  
NEVER MEANT FOR YOU TO LIVE**

# WHAT DO I DO ABOUT MY INSECURITY?

# **INSECURITY ACTION POINT:**

Stop Playing the Comparison  
Game in Your Head

# GALATIANS 6:4-5

But let every man prove his own work, and then shall he have rejoicing in himself alone, and not in another. 5 For every man shall bear his own burden.



**COMPARISON STEALS  
JOY BECAUSE IT MAKES  
SOMEONE ELSE'S  
BLESSING FEEL LIKE  
YOUR LOSS**

# **INSECURITY ACTION POINT:**

Learn to Celebrate the  
Success of Others

**CAN YOU CELEBRATE  
SOMEONE WHO  
RECEIVES THE BLESSING  
YOU WANTED?**

# ROMANS 12:15

Rejoice with them that do  
rejoice, and weep with  
them that weep.



**EVERY TIME YOU  
CELEBRATE SOMEONE  
ELSE'S BLESSING...  
COMPARISON LOSES  
ITS POWER**

# 1 JOHN 4:18

There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love



# **INSECURITY ACTION POINT:**

Learn to Love Yourself Like  
God Loves You

**YOU STOP FEARING  
REJECTION WHEN YOU  
ARE CONVINCED GOD  
HAS ALREADY  
ACCEPTED YOU**

**HOW DO YOU  
BREAK FREE FROM  
PEOPLE  
PLEASING?**

# PEOPLE PLEASING ACTION POINT:

Decide Whose Voice Has  
the Final Authority

# JOHN 5:30

I can of mine own self do nothing: as  
I hear, I judge: and my judgment is  
just; because I seek not mine own  
will, but the will of the Father which  
hath sent me. he voice of God...

# PEOPLE PLEASING ACTION POINT:

Learn That "No" is a  
Biblical Word

**WHENEVER YOU SAY “YES”  
TO SOMETHING THAT DOES  
NOT LEAD YOU CLOSER TO  
YOUR DESTINY – YOU ARE  
SAYING “NO” TO  
SOMETHING THAT WOULD**

# MARK 1:35-37

And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed. 36 And Simon and they that were with him followed after him. 37 And when they had found him, they said unto him, All [men] seek for thee



# MARK 1:38

And he said unto them, Let  
us go into the next towns,  
that I may preach there also:  
for therefore came I forth.

# PEOPLE PLEASING ACTION POINT:

Stop Feeling Guilty When Other  
People Are Disappointed

**SOMEONE ELSE'S  
DISAPPOINTMENT DOES  
NOT AUTOMATICALLY  
MEAN YOU MADE THE  
WRONG DECISION**



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