

ENOUGH

ENOUGH, PART 2: ENOUGH OF ME

For so many years the voice has been in my head: *I am not enough*. Is it possible you hear that same voice? Maybe your struggle with *feeling enough* stems from a pain of never feeling you ever won the love and the acceptance of a parent. Or maybe you feel like you're *not enough* because of someone of the opposite sex made you feel worthless. Whatever the reasons of your *past* that keep you feeling *not enough*, they tend to manifest in three specific areas in our *present*: *striving*, *numbing out*, and *comparison*. A lie believed as truth will affect your life as though it were true. Why? Because your beliefs affect your behavior.

BIG IDEA: Our behavior follows our beliefs.

DISCUSSION QUESTIONS

1. What areas of your life right now are you struggling feeling that you are enough? (*work, school, home, appearance, money?*)
2. When we struggle with not feeling enough, who is setting the standard that you're not attaining? Is it you? Your culture? Someone who is important to you?
3. Kim said that when we struggle with not feeling enough, it manifests itself in 3 areas: *Striving, Numbing Out, and Comparison*. Which one of these 3 areas are you struggling with right now?

STRIVING

4. Kim said that, "*All of us feel this incredible pressure to prove we measure up in some way. We sense that somewhere, with everyone watching, is an ominous scale and a clipboard recording our results. We all fight feelings of inadequacy.*" What does constant striving rob from us? Rob from you?
5. What kind of things do people today brag about? What do you tend to brag about?
6. *With your Bible or Bible App, read Jeremiah 9:23-24.*

This is what the Lord says: "The wise must not brag about their wisdom. The strong men must not brag about their strength. The rich must not brag about their money. But if someone wants to brag, then let them brag about this: Let them brag that they learned to know me. Let them brag that they understand that I am the Lord, that I am kind and fair, and that I do good things on earth. I love this kind of bragging."
Jeremiah 9:23-24 (ERV)

7. What three specific things does Jeremiah list that we usually like bragging about? (23)
8. What two things does Jeremiah encourage us to brag about? (24)

NUMBING OUT

9. Kim defined numbing out as, "*to be caught up in a mindless routine; living life on autopilot. To slack and waste time so as not to engage life.*" What is your routine? How do you tend to *numb out* and put it on autopilot?
10. *With your Bible or Bible App, read Matthew 11:28-30.*

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls."
Matthew 11:28-29 (NLT)

11. What does Jesus mean by taking up His yoke? By the rest He promises to those who do?
12. Since a yoke unites two animals in common work, what does this imply?
13. Is Jesus' yoke resting lightly on your shoulders, or are you struggling to get out of it? Why?

COMPARISON

14. Have you ever had to work hard to meet someone else's expectations? How did it affect your relationship with that person?
15. *With your Bible or Bible App, read Hebrews 12:1-2.*

We have all these great people around us as examples. Their lives tell us what faith means. So we, too, should run the race that is before us and never quit. We should remove from our lives anything that would slow us down and the sin that so often makes us fall. We must never stop looking to Jesus. He is the leader of our faith, and he is the one who makes our faith complete. Hebrews 12:1-2 (ERV)

The context of Hebrews is that it is written to a group of Jewish Christians who are tempted to go backwards instead of forwards. In Rome, Jews were pretty well accepted, yet Christians were being killed because of what they believed and how they lived. So these Jewish Christians were comparing themselves to their Jewish non-Christian friends and how easy they had it, and wanted to leave Christianity aside.

16. Are you exhausted or broke from trying to keep up with friends or neighbors? If so, explain.
17. Is there anyone you secretly enjoy seeing fail? What can you do to extend that person grace?
18. Kim said, "There's no win in comparison." Comparison turns friends into competition. How have you seen this played out in your relationships?
19. What is your greatest ambition in life right now? What are you doing to pursue it? Is that ambition motivated at all by comparing yourself to others?

REJECT THE LIES

20. Kim said, "In order to fight the lies, you must know the truth." *With your Bible or Bible App, read John 8:32.*

"You will know the truth, and the truth will set you free." John 8:32 (NLT)

21. ***A lie believed as truth will affect your life as though it were true. Why? Because your beliefs affect your behavior.*** Do you agree? Why or why not?

MOVING FORWARD

Changing old thought and habit patterns isn't as easy as learning how to ride a bike. It takes more practice. At first, we may fall and skin our knees, wobble instead of ride steady, and battle with frustration. But when we fall, we simply get back up and try again.

WHAT WILL YOU DO?

"Federal agents don't learn to spot counterfeit money by studying the counterfeits. They study the genuine bills until they master the look of the real things. Then when they see the bogus money they recognize it."

A lie believed as truth will affect your life as though it were true. Why? Because your beliefs affect your behavior. So do you know the truth just as much as you know the lies? What will you do this week to know more of God's truth?

WEEKLY READING

This week, spend some time reading and reflecting on John 8, Ephesians 6:10-18, Matthew 11:28-30, Hebrews 11-12.