

ENOUGH

ENOUGH, PART 1: ENOUGH OF THE LIES

Many of us live with a quiet, persistent voice in our heads: “You’re not enough.” Not good enough. Not smart enough. Not attractive enough. Not successful enough. These thoughts don’t just pass through—they shape how we see ourselves, how we relate to others, and even how we relate to God.

The problem is, those thoughts feel true. But what if they’re not? What if the voice you’ve been listening to isn’t telling the truth at all? Scripture reveals that there is a real enemy whose goal is to distort your identity, steal your confidence, and separate you from God’s truth.

BIG IDEA: In order to fight the lies, you have to know the truth!

“Carrie and her friends walked into the House of Mirrors at the carnival. The crowd pushed her and her friends into the first mirrored room. Elongated reflections stared back, and the girls giggled at the taller, thinner versions of themselves.

In the next room, they doubled over with laughter at their stubby arms and legs, expanded torsos, and chubby cheeks. They struck various poses and got a taste of what shorter, wider versions of themselves might look like.

The girls ran to a third room, but Carrie stayed behind. She was silent as she stood mesmerized at what she saw staring back at her. Words seemed to appear across her chest, fading in and out in various scripted forms. Worthless. Unloved. Ugly. Stupid. Unacceptable. Unforgivable. Dirty. Unhappy. Failure. Not good enough.”
—Sharon Jaynes, *Enough*

DISCUSSION QUESTIONS

1. If you could write words on a mirror to describe how you saw yourself as a teenager, what would they say? Is it different from how you see yourself today?
2. I tend to see people based upon their...
 - a. accomplishments
 - b. appearance
 - c. future potential
 - d. educational background
 - e. character

REALIZE THE ENEMY’S TRUE IDENTITY

3. *With your Bible or YouVersion, look up the following verses and note what you learn about how our enemy works...*

John 8:44

Ephesians 6:11-12

2 Corinthians 4:4

1 Peter 5:8

2 Corinthians 11:14

4. Look up in a dictionary the following words the Bible uses to describe the enemy and note what you learn about the enemy's tactics. Give an example of each one.
 - a. Murderer (John 8:44)
 - b. Accuser (Revelation 12:10)
 - c. Deceiver (2 Corinthians 11:14)
 - d. Liar (John 8:44)

5. *With your Bible or YouVersion, [read 1 Peter 5:8-9](#).*

Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour. Stand firm against him, and be strong in your faith. Remember that your family of believers all over the world is going through the same kind of suffering you are. [1 Peter 5:8-9 \(NLT\)](#)

6. What command does Peter give us in verse 8? When a lion hunts its prey, is it quiet or does it roar? When does a lion roar?
7. The first command found in verse 9 is *Stand Firm*. When confronted with a predator, do you think you would...
 - a. Run for your life!
 - b. Wet yourself! Where are my *Depends*?
 - c. Make yourself bigger than you are, trying to make the predator scared
 - d. Stand firm and stand your ground
8. Look at the context of 1 Peter 5:8-9. What is the secret of *standing firm*? (*1 Peter 5:6*)
9. The second command found in verse 9 is *be strong*. What can you do to strengthen your faith this week?
10. The third command found in verse 9 is *remember*. How does surrounding yourself with a 'pack of believers' ward off predators? Are you surrounding yourself with the right people who will help you fend off predators?
11. What is the agenda of our enemy found in verse 8?
12. *With your Bible or YouVersion, [read John 10:10](#).*

The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life. [John 10:10 \(NLT\)](#)

13. What is the three-fold agenda of our enemy found in John 10:10?
14. What is the agenda that Jesus has for us?

REALIZE YOUR TRUE IDENTITY IN JESUS

15. What does 2 Corinthians 5:17 say happened to you when you accepted Christ?
16. What do the following verses say about your true identity in Christ?

- | | | |
|-----------------------|-----------------------|-----------------------|
| a. Matthew 6:26 | e. Romans 5:9 | i. Romans 8:1 |
| b. Romans 8:17 | f. Romans 8:37 | j. 1 Corinthians 3:16 |
| c. 1 Corinthians 6:11 | g. 1 Corinthians 6:19 | k. Ephesians 1:3 |
| d. Ephesians 1:5 | h. Ephesians 2:10 | l. 1 John 5:18 |

MOVING FORWARD

Too many of us walk through life feeling as if we don't measure up. We always seem to thirst for more. We think if we could only work harder or be better, we could be enough. But the truth is, we will never be enough. And thankfully, we don't have to be.

WHAT WILL YOU DO?

In order to fight the lies of our enemy, you must first know the truth. This week, spend some time reading about who you are *in Jesus*. And if you aren't *in Jesus*, pray now and ask Him into your life. He will listen, and give you life!

WEEKLY READING

This week, spend some time reading and reflecting on Genesis 3:1-10, John 10:10, 1 Peter 5:6-9.