

Weekly Study of Sunday's Message.

Sunday July 17, 2022. "The Story of You. I'm not qualified or capable. Battling fear."

I Intro.

Welcome to the weekly devotional that gives you some specific things to work through from the message Sunday. Whether you were able to participate in this service or not, this devotion is free-standing, and you can use it to help you dig deeper into your own spiritual walk. As we move forward we've got some big things planned. Our children's area is expanding, and we've moved check-in into the lobby. We also have many ways you can plug into life at NCC. You can check all that out through our newly upgraded app, and social media sites. We're so encouraged by your love and presence when you gather with us. A great group of familiar and new faces join us each Sunday. If you're joining us online, we appreciate your presence also. We are 100% committed to our virtual attenders. We are your church family, and if there is anything you need, prayer, ideas or suggestions, please pass them our way. We know the future is still uncertain, but we are committed to making our virtual congregation as central to NCC as our in person group.

II Recap.

Not even sure where to begin with the recap. We started a new series last week based on the Enneagram. The Enneagram is a model of human behaviors described in 9 types. And is described as a low resolution image of who we believe we needed to be growing up in order to receive love, acceptance, and to feel like we belong. The premise we've always taken about the Enneagram is, this is NOT who you are. But it is who you believed you had to be because of expectations from those around you. Spoken or unspoken. Once we discover our 'type', we can use it to identify passions, motivations, traits and more, that are automatic habits and how we relate to others. This will help us get some control over them so we can live our true inner divine self. A brief description of the 9 types is found in last week's devotion. Last week we talked primarily about shame. This is the primary struggle for 2's, 3's, and 4's. We all struggle with shame at times, but it's the primary struggle with this group of three. We learned through the story of the woman at the well that Jesus already knows those things that cause us to feel shame, loves us unconditionally through those things, and removes the shame and replaces it with the story of God's grace. Such a hopeful promise we can hold onto.

II Sunday.

This Sunday we hit the emotion of anxiety, fear. It's the primary struggle of types 5, 6, and 7. Again, we all experience anxiety and fear. But this group of three can be controlled by these emotions and it's usually based on a feeling of being not enough. Let's start the journey into these.

What causes anxiety or fear within you?

How do you experience anxiety or fear? (Sleeplessness, body fatigue, medical issues, change in eating, etc.)

Have you found any practices that help you deal with anxiety or fear?

The primary passage was **Mark 9:17-24**. Read this story and we'll begin to see how it can relate to feeling not enough and the anxiety and fear that can come with that.

What jumped out to you about this passage?

Put yourself in the dad's place. How do you think he was struggling?

What might he have had to overcome to ask Jesus for help?

Kal pointed out there are a couple of things we can pull from this bible story that can help us face our feelings of being not enough, helping us overcome anxiety and fear. And that is in seeing and owning old stories we've been told, and letting Jesus help us rewrite a new story.

1. Overcoming the fear of being not enough has to start with the 'want to - want to'.

This poor father apparently had tried to do a lot to help his son, and never found anything that would work. But he never gave up. Even though he may not have had the ability to fix this situation, he had the 'want to'. And this is where dealing with anxiety and fear, the feeling of being not enough, has to start. Many times we allow ourselves to just succumb to those feelings of anxiety or fear. To believe other people's opinions that we are just not enough. And we live fully into that old story of not being able to fully be ourselves. And we miss out on the real us, the life deep inside, that God wants for us. A new and better story.

So, what things create anxiety or fear within you?

Where do you wrestle with feeling that you're just not enough, and never will be?

Where could you begin to gather even the tiniest bit of desire, 'want to - want to', to let go of that old story and embrace Jesus wanting to rewrite a new one?

2. Overcoming the fear of being not enough has to also include where you may actually not be enough ... on your own.

This can be the most difficult challenge of all. Just about every story of transformation in scripture starts with the person coming to the end of themselves. This story I'm trying to live up to, other's expectations, is not actually who I am. And I have to stop forcing it, or even worse...faking it. I want to be authentic, vulnerable and just admit in this moment, this situation, I am simply unable. I cannot do this on my own. But there is no fear or shame in admitting that. It is simply coming to the end of yourself. Which is one of the most freeing, liberating things any of us can do. And that is what this father had done. He had spent his entire life trying to help his son. What an amazingly dedicated and loving father. And in this ultimate act and display of selfless love, he admits he is unable in this moment. And in that confession the old story of you are not enough, be afraid, be anxious, is the beauty of finding that it's not about not being enough. We need each other and we need Jesus.

What specific areas of your life would you benefit from stop trying to go it alone?

What would it take for you to step into your anxiety or fear, your feeling of being not enough, and ask Jesus for help?

IV Challenge.

This is such an important lesson about dealing with anxiety and fear, and the feeling of being not enough we all struggle with. 5's, 6's, and 7's tend to battle this on a deeper level, but we all do to a certain extent. And beginning to overcome those emotions simply comes from the desire to want to stop living in your old story, and embracing the new story that in Jesus we are enough. Do you believe this statement of Jesus?

"What do you mean, 'If I can'?" Jesus asked. "Anything is possible if a person believes."

Then are you willing to embrace this promise and begin the journey to step towards it.

What would it take to do that?