

# STRONG: COURAGE OVER FEAR

## Overcoming Your Insecurities

7-28-19

*2 Timothy 1:7*- For God has not given us a spirit of fear, but of power and of love and of a sound mind. NKJV

1. God's \_\_\_\_\_ plan.

*Genesis 2:25*- The man and his wife were both naked, and they **felt no shame**.

2. Low self-esteem affects five major areas of life:

A. \_\_\_\_\_

- If I am in a relationship, then I matter to someone and I get my significance and value from them.

B. \_\_\_\_\_

C. \_\_\_\_\_

- My low view of self becomes part of my view of God.

D. \_\_\_\_\_

E. \_\_\_\_\_

3. The moment we are \_\_\_\_\_, we embark on a lifelong search for significance.

- Do I matter to anyone?

4. Why do we have this craving for worth and meaning? We find the answer all the way back in the book of \_\_\_\_\_.
5. Adam and Eve saw who they were in the eyes of \_\_\_\_\_. They did not look to any other source for their value and self-worth.

*Genesis 2:25* - The man and his wife were both naked, and they **felt no shame**.  
NIV

**Shame**: This word has overtones of being or feeling worthless.

6. God gave them only \_\_\_\_\_ restriction.

*Genesis 2:16-17* - And the LORD God commanded the man, "You are free to eat from any tree in the garden; <sup>17</sup> but you must not eat from the tree of the knowledge of good and evil, for when you eat of it you will surely die."

*Genesis 3:5* - "For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil."

7. This is the first time people looked \_\_\_\_\_ from God and relied on themselves or someone else for worth and meaning. Mankind has struggled with insecurity and inadequacy ever since. That is why we ask this question:

Do I matter to anyone?

8. As long as we search for the answer \_\_\_\_\_ of God and rely on ourselves or others, we will \_\_\_\_\_ truly satisfy our hunger for self-worth.

9. We have to \_\_\_\_\_ what was lost in the Garden of Eden.

*Isaiah 49:5* - And now the LORD says – he who formed me in the womb to be his servant to bring Jacob back to him and gather Israel to himself, for I am **honored in the eyes** of the LORD and my God has been my strength –

*Matthew 3:17* - And a voice from heaven said, "This is my Son, whom I love; with him **I am well pleased.**"

### TWO PROFOUND TRUTHS ABOUT YOU:

A. You are a \_\_\_\_\_.

*Psalms 8:5* - You made him a little lower than the heavenly beings and crowned him with glory and honor.

*Psalms 139:13* - For you created my inmost being; you knit me together in my mother's womb.

B. You were \_\_\_\_\_ at a price.

### WHAT AM I WORTH?

*1 Peter 1:18-19* - For you know that it was not with perishable things such as silver or gold that you were redeemed from the empty way of life handed down to you from your forefathers,<sup>19</sup> but with the precious blood of Christ, a lamb without blemish or defect.