

Overcoming Fear and Insecurity



Developing a spirit of boldness

What is Fear and Insecurity?

Fear

[feer]



noun

1. An anticipation of the possibility that something bad will occur.

Insecurity

[in-si-kyoo r-i-tee]

noun

1. Lack of confidence or assurance; self-doubt



Fear and Insecurity = Lack of Faith



The more light (faith) we add, the less darkness (fear and insecurity) we will experience!

Why are Fear and Insecurity
so Destructive?

1. Fear and insecurity puts the focus on us.



2. Fear and insecurity cause barriers and hiding.



Genesis 3:7-10

What are the Signs of Fear
and Insecurity?

- Worry
- Defensiveness
- Easily hurt/offended
- Continuously reading too much into things
- Continuous attempts to convince others that our opinion is right
- Continuous attempts to be recognized
- Quick to justify actions when they are questioned

- Quick to find fault in others
- Quick to give an opinion, slow to receive one
- Constant talk about personal challenges or difficulties
- Continuous comparisons to others
- Deflecting
- Perfectionism

How does Fear and Insecurity
come into our lives?

1. Pride

2. Comparisons

3. Wrong self-image



How do we overcome Fear
and Insecurity?

1. Allow peace to be your leader and motivator

Colossians 3:15 “*Let the peace of God rule in your hearts...*”



2. Ask God to help you see others through His love.

Romans 5:5 “The love of God is shed abroad in our hearts...”

1 John 4:18 “There is no fear in love; but perfect love casts out fear”



3. Ask God to help you recognize areas of fear and insecurity.



4. Exercise your faith.

Say what God's word says about you when you feel fear or insecurity creeping in!!



Closing -

Fear and insecurity have no place in the life of the believer.

Let go of the pride, comparisons and wrong self-image.

Don't allow fear and insecurity to cause self-focused tunnel vision in your life.

Let down your barriers and receive the healing presence of God.