

7-WEEK STUDY

ON SERVING JESUS INSTEAD OF OUR EMOTIONS

WEEK 5

"IF JESUS IS MY KING,
THEN **INSECURITY** IS NOT MY KING"



WEEKLY READING

Primary text from this week: Ephesians 1:3-10

GETTING STARTED

Goals for this session: To recognize insecurity and submit it to King Jesus **Missed the sermon?** Watch it at www.youtube.com/venturamissionary

Break the Ice: When you were growing up, what was something that you did really well...something in which you excelled?

DISCUSSION QUESTIONS

- 1. In Sunday's sermon, we learned that insecurity is tied to fear. What are some situations, relationships, or circumstances that bring up the emotion of fear or insecurity in you?
- 2. If social media perpetuates insecurity, why do you think our society is addicted to social media such as Facebook, Instagram, Twitter, and Tic Toc? If you aren't on social media, can you see how movies, television, magazines, and billboards contribute to a sense of insecurity? Why, then, are we so attracted to these things?
- 3. Read **Romans 8:5**. As believers, we can have one foot planted in the Word of God, and our other foot planted in this world. What influences your mind the most and occupies your thought life? Is it your work, the news, politics, sports, social media, television, movies, your money, your hobbies...? How much time and energy are you investing in these things compared to your relationship with God?
- 4. In what situations do you find yourself being a people pleaser? Describe a time when you were able to make the difficult decision to *not* please someone and please God instead.
- 5. When you feel insecure, what is your natural response? Do you tend to withdraw, get defensive, brag, pretend to be something you're not...? What are some positive steps you can take to remember that your identity is in Christ alone? (See **Ephesians 1:3-10**)
- 6. Read **James 4:10** and **1 Peter 5:6**. These Scriptures indicate that God will elevate us to new spiritual heights if we humble ourselves before Him. Explain a time or situation in which you humbled yourself before Christ and you allowed Him to lift you up.



PRAY

Pray for each other: Pray that God would present an opportunity for the members of your group to be a "Lucia" for someone this week, reflecting God's light and encouraging people in their relationship with God.

Pray for yourself: God's blessings found in Ephesians 1:3-10 remind us that our security and confidence are found in Christ, and we have nothing to fear. Pray that God would increase your trust in Him.

Pray for your four: Identify four people who don't know Jesus (friends, family, neighbors, or co-workers/classmates), and commit to pray for them consistently Pray that (1) God would reveal Jesus to them, (2) that they would recognize their identity, value and worth in Christ Jesus alone, (3) that God would give you an opportunity to share what Christ has done in your life.

ACTION STEPS

Action Steps: (1) Spend an additional 10 minutes with your Maker each day, reading Ephesians 1:3-10, absorbing the blessings of Christ. Allow Christ to build your confidence in every area of your life, and (2) Be a Lucia (from our story on Sunday, "You Are Special" by Max Lucado). The key to Lucia's confidence was found in her relationship with Christ, which motivated her to reflect God's light to others. Ask God to give you specific opportunities to reflect His love and light to others this week.

NOTES