

## **Spring Week 6 - 5/12/19 Silencing the insecurity Monster**

### **Silencing the Monster message series - Week 3**

#### **Getting to Know You**

- 1.) Although “Mother’s Day” is only one day out of the year, we all agree that moms deserve more than just one day of appreciation. Share what you appreciate about your mom or your kid’s mom, or maybe share a good story about her.
- 2.) Understanding that a significant source of our insecurities come from the thoughts and voices we carry in our minds, where would you say most of those thoughts stem from? Do they tend toward living small or false bravado?
- 3.) In what areas and in what ways have you seen insecurity influence decisions and actions you have made in your life? In what area of your life right now does insecurity influence you?
- 4.) Looking back at your notes from this week’s teaching, was there anything you heard that caught your attention, challenged you, or confused you?

#### **Into the Bible**

- 5.) Read Mark 1:29-34. If you could have Jesus heal one part of you right now, what would you ask Him to heal? (This does not have to be physical; it can be emotional, mental, or anything else.) Now read James 5:16. Take a minute to pray for those who would like prayer and ask God to heal those areas that were mentioned.
- 6.) Read Romans 8:9-11. If we as Christians would focus on Christ and remember the power of the Spirit that dwells within us, most insecurities would diminish fairly quickly. What can we do to see the power of the Holy Spirit in our lives?
- 7.) Read Romans 8:31-32. How does this passage help to push back against some insecurities? What insecure thoughts or beliefs do you have that can begin to be helped by this passage?

#### **Application**

- 8.) If we have allowed some thoughts and voices stay in our heads that we know should not be there, how do we get rid of them? What thoughts do you need to get rid of, and what do you think is the best way for you to start that process?
- 9.) To move beyond just *understanding* the truth to having our insecurities *wiped away by* the truth, what can you do to allow the truth of the Gospel to transform how you see God and yourself?