

# Shake It Off!

## DEALING WITH INSECURITIES

Dr. Stephen Tan | 1 Kings 11-14

### MESSAGE

Watch the sermon. As you watch, use the outline to follow along or take notes on anything that stands out to you.

### NOTES

Insecurities can plague anyone, regardless of status or accomplishments. They often stem from feelings of inadequacy or fear of rejection or failure and affect one's view of identity, their future, body image, ability to succeed, or how they think others love and accept them. If left unchecked, these insecurities can lead to damaging actions and unhealthy tendencies. So how do we overcome them? The story of King Jeroboam offers a timeless lesson.

1. God's promises should give us confidence and assurance (ch. 11:28-40)
2. Insecurities driven by unfounded fears lead to damaging actions (ch. 12:25-27)
3. The focus of an insecure heart is gaining the approval and acceptance of others (ch. 12:28-33)

4. Insecure people do not often tolerate dissension and accept constructive criticism (ch. 13:1-6)
5. In Christ we can be confident to stand before God and ask Him anything (ch. 14:1-6)

### REFLECT and DISCUSS

1. Take a few minutes to talk about the passage. Note why Jeroboam doubted God's promise to him, despite the clear message from the prophet Ahijah, and how his insecurities led to actions that were contrary to God's commandments.
2. What does it mean to "draw near to the throne of grace with confidence" as stated in Hebrews 4:14-16, and how does this relate to dealing with insecurities? How can you practice approaching God's throne of grace with confidence, especially in areas where you feel insecure or inadequate?
3. How can the teachings in 2 Timothy 3:16-17 help a believer address and overcome insecurities?
4. Identify an area in your life where insecurities have led you to make decisions that you later regretted. What steps can you take to address these insecurities through prayer and Scripture?
5. What specific promise from Scripture can you hold onto to combat feelings of insecurity and remind yourself of your identity in Christ?

### PRAYER

Close your time together with prayer.