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GETTING BETTER AT LOVE

Dealing With Insecurity

Message by Pastor Michael Vuorensivu
Cedar Grove Church | May 14, 2017

LEADER'S STUDY GUIDE



WATCH FOR LEADER'S TIPS

Getting to Know One Another

Is there anything that God says about you in His word that you have a hard time believing? For example: Do you believe how much He loves you, or what He thinks of you, or your worth to Him?

How Envy Ruins Relationships

1. It causes **conflict**.
2. It kindles **resentment**.
3. It makes me **miserable**.

How to Overcome Envy in Relationships

1. Resist **comparing myself to others**.
2. Rejoice **in what I have**.

I've learned to be content whatever the circumstance.

Philippians 4:11

3. Respond **to others in love**. Why? Because...

Love does not envy. I Corinthians 13:4

Love your neighbour as yourself. Matthew 22:39

4. Refocus **on pleasing God**. This is the ultimate antidote to overcoming envy.

Set your mind on things above not on earthly things.

Colossians 3:2

Dealing with Insecurity

1. **See yourself** as God sees you.

You, God, created every part of me; you put me together in my mother's womb. Psalm 139:13

You have **designer genes**. There is nobody like you in the whole world.

She is clothed with strength and dignity, and she laughs without fear of the future. Proverbs 31:25 NLT

And the angel of the LORD appeared unto him, and said unto him, The LORD is with thee, thou mighty man of valour. Judges 6:12 KJV

2. **Spot** your uniqueness.

*You saw me **before** I was born. You scheduled every day of my life **before** I began to breathe. Psalm 139:15*

*And we know that in all things God works for the **good**... Romans 8:28*

3. **Seek** God's plan for your life.

I have it all planned out—plans to take care of you, not abandon you, plans to give you the future you hope for. Jeremiah 29:11 MSG

DISCUSSION QUESTIONS



Please have everyone pair up to share and discuss these questions.

1. **Envy is not like jealousy** - it isn't just saying I want what you have, it is also at the same time saying I want you to lose what you've got! Have you ever thought about envy in this way before?
2. **Does the definition of envy** make it hard for you to accept that you may have thought this way at one time or another in your life about someone? Can you think of an example of a time when you recognize you were envious of another person?
3. **How do you find** Do you believe that you are unique and special? Have you spent any time thinking about how God might see you - your specialness?

APPLICATION

STOP & PRAY | Close Out Conversation

- **Saying that you believe** that God will work together all things for the good of those who love Him (Romans 8:28 NIV) and actually believing this verse are two very different things - share some of your belief or disbelief on this verse and why so others can pray for you.
- **When you read the Bible**, try to find a verse that speaks to you, write it down on a card, memorize it, and start affirming it back to God. For instance, “I am valuable, I am significant, I am forgivable, and I am capable.” Let God remold your mind because *“as [a man] thinks in his heart, so is he”* Proverbs 23:7a NKJV
- What is God’s plan for your life right now? Share this together with the large group.



Close by praying for the group.

NOTES