# Overcoming Feelings of Inadequacy and Finding Security in Christ

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Topic: Dealing with feelings of inadequacy, falling short of expectations, and not measuring up. Many women, especially those who have endured hardships like loss, abuse, health struggles, or relational pain, struggle with this.

* Avoidance of intimacy or vulnerability
* People-pleasing or overachieving
* Self-sabotage or perfectionism
* Hyper-independence or distrust
* Emotional triggers and overreactions

## WE FIND HOPE in the Scripture!

People who faced rejection in the Bible:

* Leah
* Joseph
* Moses
* Hannah
* David
* Jeremiah

All of these had something in common: they remained faithful to God.

## Key Scriptures: Building Security in Christ

• **Security in Christ:** Ephesians 2:10 – “For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.”
 - This affirms we are not accidents or failures; we are masterpieces, secure in our Creator’s design.

• **Inadequacy and Falling Short:** Philippians 4:13 – “I can do all this through him who gives me strength.” Paul wrote this from prison, reminding us strength comes from Christ, not self-sufficiency.

Additional Scriptures for study:

 ~ 2 Corinthians 12:9 – “But he said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness…”

 ~ Romans 8:37-39 – “No, in all these things we are more than conquerors through him who loved us…Nothing will be able to separate us from the love of God that is in Christ Jesus our Lord.”

 ~ Isaiah 41:10 – “So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”

 ~ Psalm 139:13-14 – “For you created my inmost being; you knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made...”

 ~ 1 Peter 2:9 – “But you are a chosen people, a royal priesthood, a holy nation, God’s special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.”

## Let’s Make It Practical: Steps to Security in Christ

Ladies, feelings of inadequacy are real, but they are not the final word. In Christ, you are already enough—forgiven, loved, and empowered (Colossians 2:10: “You have been given fullness in Christ”). Hardships refine us, like gold in fire (1 Peter 1:7), but they don’t define us.

**What are some ACTION STEPS?**

1. Daily Affirmations – Write 3 identity truths from Scripture (e.g., “I am chosen” – 1 Peter 2:9) and repeat them.

2. Prayer Partners – Pair up to pray over each other’s insecurities weekly.

3. Journal – Track “God moments” where you see His strength in your weakness.

4. Seek Community – Join a Bible study, connect group, or counseling if hardships linger.

5. Recognize and Challenge Distorted Thoughts –This is key-those “thoughts might not be true,” (cognitive distortions like “Everyone will abandon me” or “I’m unlovable.”

Strategy: Capture lies 2 Corinthians 10:5 \_ “We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.” Replace with truth: If the thought is “I always fail,” counter with Philippians 4:13 \_ “I can do all this through him who gives me strength."

## The 3 R’s

1.

2.

3.

## Build Security in Your Identity in Christ

• Rejection attacks your worth, but Scripture affirms you are chosen and loved. Meditate on Ephesians 1:4-5 “For he chose us in him before the creation of the world…In love he predestined us for adoption to sonship through Jesus Christ.”

• Strategy: Daily affirmations from Bible verses:

 - I am accepted (Romans 15:7)

 - I am secure (Romans 8:38-39)

 - I am significant (Jeremiah 29:11)

Speak them aloud during prayer.

## Build Healthy Relationships and Self-Care

• Surround yourself with supportive people—join a small group or counseling.

• Practice boundaries to avoid people-pleasing.

• Strategy: Forgive as in Colossians 3:13 – “Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.”
 - This doesn’t mean reconciliation, but releasing resentment.