

HANDOUT

FEAR AND FAITH

Session 3: Fear of Ourselves

REVIEW

In what ways do you worry about what other people think? Is that reality—do you think people actually critique you in the same way you critique yourself? Why or why not?

What is the world's standard of beauty? In what ways do you think we buy into it? Why is it hard to not become preoccupied with how we look?

Who in your life has a truly healthy self-esteem about her appearance? Why do you think she's so confident?

Have you ever had the same type of realization as Shelby had—that to win the battle of insecurity, you have to take your eyes off yourself and concentrate on Jesus? If so, what was the experience like? If not, what difference do you think that shift could make?

Romans 12:1-2 and 1 Corinthians 6:19-20. What are ways we can love others and worship God with the bodies God gave us? What does that look like in your life?

How does insecurity and discontentment with our bodies rob or distract us of the determination or space to build the kingdom of God with those same bodies?

How has your daily media intake influenced your contentment in the way you view your body?

What are some positive aspects of self-improvement? At what point do you think it turns into idolatry?

Why do many of us worry about how our marriage (or other significant relationships) appears to others? What does that fear say about our own personal insecurity?

Matthew 7:3-5. How can relentlessly judging your spouse look like taking a speck out of his eye? What logs might you have in your own life or marriage?

Trillia put words to these fears when she said, "When a woman fears she won't measure up in the bedroom simply because she is a virgin, or feels shame because of her own previous sexual experience, or feels anxious because pornography is so prevalent, there won't be true/good intimacy in marriage." If this is your fear, what are some ways you can begin to work through this with your spouse?

BIBLE EXPLORATION

When have you felt helpless to change your life—you've done everything "right," but you still can't fix a problem or make your life turn out the way you want it to?

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What do the following Scriptures tell us about why God created us?

- Genesis 1:28
- Psalm 100:3
- Isaiah 43:7
- Ephesians 2:10

Proverbs 31:30 and 1 Peter 3:4. What do these verses teach you about outward beauty?

1 Samuel 16:7. What impresses God?

Hebrews 4:15-16. How do these verses encourage you in your struggle to love and accept yourself?

Philippians 4:8-9. Fill in the blank for each word in this verse: How does this word help you to battle fear about your appearance, significant relationships, and sexuality? Circle two or three areas from the Philippians grid where you'd like to find victory.

Word	Appearance	Relationships	Sexuality
True			
Honorable			
Just			
Pure			
Lovely			
Commendable			
Excellence			
Worthy of Praise			

DEEPER WALK

Select at least one activity below to complete during the next week.

- **Personal Action:** Fast from whatever social media platform tempts you the most to feel small or envious of others.
- **Reading:** Read chapters 6 & 7 from Trillia's book, *Fear and Faith*.
- **Mentoring:** Ask an older woman how she has walked through the years. What is hard to deal with? What is great about getting older? What advice would she give to you about those inner fears?
- **Conversation:** Email or call a close friend and ask for prayer about one of the things you shared this week (or even something you were afraid to share).
- **Memorization:** Memorize 1 Samuel 16:7 as a reminder of what God deems important.
- **Pray:** Ask God to show the ways you are beautiful and dispel the lie you wrote down.