

Thoughts about the nagging feelings of insecurity

Intro:

The girl tried to stay busy, to work around the house, to distract herself.

But a large chunk of her attention was drawn toward the telephone which sat frustratingly silent on the table. Will it ring? Is he really interested in me? Will he call me? Has he met someone else? Did he find me attractive? What's wrong with me? Why doesn't he call?

A man drove home from work, but his mind wasn't on the traffic. His boss had barely spoken to him for a week now. A distance had grown between them, and the man feared he was about to be laid off. He had a nagging fear about his job security—or lack of it.

A woman turned off the light in the empty house, but she had a hard time sleeping. Every creak of the wood, every scrape of the shrubbery against the window, sent a shiver through her spine. She was afraid of being alone.

A teenager, walking through the hallway of his new school, felt everyone looking at him; and when he saw a group of students across the room laughing, he was sure they were laughing at him. He ducked into the library and found a few moments of blessed privacy between the stacks of books.

A very tired traveler came to the banks of a river. There was no bridge by which he could cross. It was winter, and the surface of the river was covered with ice. It was getting dark, and he wanted to reach the other side while there was enough light to see. He debated about whether or not the ice would bear his weight. Finally, after much hesitation and fear, he got down on his knees and began very cautiously to creep across the surface of the ice.

He hoped that by distributing the weight of his body, the ice would be less apt to break under the load. After he made his slow and painful journey about halfway across the river, he suddenly heard the sound of singing behind him. Out of the dusk, there came a 4-horse load of coal driven by a man singing merrily as he went to his carefree way. Here was the traveler, fearfully inching his way on his hands and knees. And there, as if whisked along by the winter's wind, went the driver, his horses, his sled, and the heavy load of coal over the same river!

These stories illustrate how many of us go through life plagued by fear and insecurity. Some stand on the bank of decisions unable to make up their minds about the course to take. Others stand on the banks trying to muster enough courage to cross over to the other side of the task or problem encountered.

On the other hand, some individuals crawl and creep through life for fear of thin ice. Their faith is not strong enough to hold them up. Still there are those who whisked along whistling as they go. Their faith is UNSHAKABLE.

When we face the river of difficulties, we do not have to fear, nor do we creep through life. God has promised to help, and with God's help we can merrily make our way to the other side safely.

We all face those nagging times of insecurity don't we? It may be the girl we looked at earlier, or the worker and the boss. It may be the woman who is alone or the teenager trying to survive school. But the fact is, we all face it at times yet sadly, there are many folks who are consumed with this troubling menace. It robs them of life, victory, and much joy.

Today I want to deal with this issue of insecurity because there may be some of you here who are very insecure. First Lets look at

I. Definitions

Insecurity is defined as the anxiety you experience when you feel vulnerable and insecure. It is the state of being subject to danger or injury. It is the feeling of not being "good enough" to meet the challenge of a situation you face in life.

Insecurity is also a sense of helplessness in the face of problems, conflict, or concerns. It is the belief that one is inadequate or incompetent to handle life's challenges. Sometimes insecurity is also the fear of being discovered as inadequate, ill fitted, or unsuited to meet responsibilities at home, school, or on the job.

It is the perception that life is unpredictable with most of the expectations you have to meet not clearly understood. Or it may be the sense of always climbing up a mountain, never being able to reach the top. Its that inner turmoil coming from a lack of direction or bewilderment as to where you are going, what your goals are, and what responses are appropriate for events in life.

II. The physical components of insecurity. In other words what does insecurity cause in our bodies.

Doctors have found there are several things that can happen. **There can be**

- Heart racing, pounding or skipping beats?
- Tightness, pressure, or discomfort in your chest?

- A lump in your throat or choking sensation?
- Shortness of breath or erratic breathing?
- Light-headedness or dizziness?
- Tingly, prickly sensations or numbness in parts of your body?
- Shakiness or trembling?
- Increased sweating?
- Nausea or butterflies?
- Hot flashes or chills?

So the person suffering from insecurity can have various physical reactions when encountering various stress points that may aggravate that insecurity.

III. Emotional components of insecurity.

There is often a general sense of apprehension and dread

- nervousness
- jumpiness
- irritation
- fearfulness or terror
- isolation from others
- feeling incredibly self-conscious and insecure
- fear that you are dying or going crazy
- strong desire to escape

IV. Why people may be insecure.

There may be many reasons but I want to list just a few. Insecure people may have:

- A. Been raised in a chaotic, unpredictable, or volatile environment in which they were kept off balance, on guard, or on edge.
- B. Maybe they have experienced a major tragedy or loss in their lives and are having a difficult time in accepting this loss and adjusting to the "change."

C. Or maybe they have experienced a major "failure" in life that led them to question their personal competency. *For example, divorce, losing a job, bankruptcy, failure in school, maybe it is losing a friend, lack of acceptance into social or civic groups, etc.)*

D. Sometimes an insecure person may have a poorly developed self-concept with low self-esteem, lacking belief in their personal goodness, skills, or abilities.

E. Others may have never felt accepted by the "others" in their life, so much so that they became chronically shy, retiring, and withdrawn in their interactions.

F. Or they have had an unrealistic list of rules and expectations prescribed by significant others in their life, rules they are striving to meet even in their current life.

G. Still some others may have a poor body image, making them believe that others see them in a negative light. *This then makes them self-conscious, tense, and anxious in dealing with others.*

H. Finally the insecure person may always have felt overshadowed or overlooked due to the people in their lives

Those people who seemed to be more successful, smarter, prettier, more handsome, more athletic, higher achievers, getting much attention. This can foster doubt in an insecure person's ability to gain recognition for their successes, and can make them doubt their ability to achieve success.

V. Some negative effects of insecurity

People who are insecure can:

A. Have difficulties in establishing healthy, long-lasting relationships.

B. They can be perceived incorrectly by others as being snobbish or uppity; because of that, they are avoided due to the others' misperceptions.

C. Other times they can be candidates for paranoia and feeling "others" are out to get them in which case they often scare others away from them by their defensive attitude.

D. Also a lot of times, they have problems meeting people and often can become debilitated socially by chronic shyness.

E. Or finally they can become so inward that they seek to escape into their fantasy life rather than deal with the reality of their lives.

So if you happen to struggle with insecurity, I want to leave you with some encouragement by looking finally at

VI. How to overcome insecurity; encouragement from the Word of God

Whenever you become overwhelmed with feelings of insecurity remember several things that God says:

A. You are special, so special you are inscribed on God's hand

Isaiah 49: 16 *"Behold, I have inscribed you on the palms of My hands; Your walls are continually before Me.*

B. Be encouraged because God is for you Romans 8:33-39

C. You don't need to feel insecure because you can do anything with the Lord's help
Philippians 4:13 *I can do all things through Him who strengthens me.*

D. Remember you don't have to be insecure because you are never alone Hebrews 13:5,6 *"I WILL NEVER DESERT YOU, NOR WILL I EVER FORSAKE YOU," so that we confidently say, "THE LORD IS MY HELPER, I WILL NOT BE AFRAID. WHAT SHALL MAN DO TO ME?"*

E. Remember and repeat four simple sentences based on Psalm 27:

- One thing I know! V 1

The one great truth I know is that *The Lord is my light and my salvation—whom shall I fear? The Lord is the defense of my life—of whom shall I be afraid.*

- One thing I ask! V 4

The one great thing to ask the Lord is found in verse *That I may dwell in the house of the Lord all the days of my life, to gaze upon His beauty and seek Him in His temple.*

- One thing I need! V 7

When I am feeling insecure I need to remember the cry of the Psalmist in *Hear my voice when I call, O Lord; be merciful to me and answer me.*

- One thing I'll do! V 13

I will stay confident of this—*that I will see the goodness of the Lord in the land of the living.*

Therefore in those times of insecurity whether many times or few, remember V 14 *wait on the Lord; be strong and take heart and wait on the Lord.*

I believe God wants us to be secure in the knowledge that he loves us and watches over us. Security allows you to function in power and a powerful witness and worker for the Lord is someone indeed to be aware of and reckoned with.

I trust that you will find victory over those times when you feel like a no-body because God says you are a some-body. Somebody worth dying for and somebody worth empowering, so you can be the servant and Christian he wants you to be.

One final thought. If you are insecure why not start your journey to secure living by meeting the one who can give you life itself. To meet Him just read the following and follow the directions. You will be glad you did

Realize you are a sinner Romans 3:23

Understand that the payday for sin is death or eternal conscious separation from God. Romans 6:23a

Know that there is a way of escape for you. Romans 6:23b and John 1:12

Desire to escape and pray this or a similar prayer.

"Dear God, I know I am a sinner. I am truly sorry for my sins, and I confess them all to You [name them]. Lord Jesus, forgive all my sins and come into my heart as my Saviour and Lord. I receive You right now. Help me from this time forward to live for You. Thank You for hearing and answering my prayer. In Jesus' name. Amen."

On the _____ day of _____ I became a Christian by inviting Jesus Christ into my life to forgive my sin.

Signed: _____

If you have further questions or have chosen to do this, be sure to let us know so we can help you, pray for you and encourage you in your new life.

You can reach us at lapeerchurch@gmail.com Subject line: (Salvation)