

Inside the Heart of (IN)Security.

“Soul wounds trigger intense, painful emotions, and too many people deal with this pain by burying it. When we do this, these emotions—and the beliefs they foster about self and others—are mummified, locking us into negative, rigid views of how relationships work and how we should behave.”

At the heart of the matter:

Insecurity can and often develops into an inferiority [root, low] complex.

1. What does insecurity look like? What does security look like?

INSECURITY	SECURITY

2. Definitions.

INSECURITY	SECURITY
“To not be secure.”	“Free from danger of being taken by an enemy; that which resists assaults or attacks; Free from fear or apprehension of danger; not alarmed; not disturbed by fear; confident of safety.”

3. Key thoughts here: _____, _____, _____, _____.

4. Consider: Ephesians 4:27, “Do not give the devil [enemy] a foothold.” What is a foothold? An opportunity (ESV), a place (KJV), room (NRSV). Simply, a foothold is a “place where a person’s” or in this case, our enemy’s, “foot can be lodged to support them securely, esp. while climbing. A secure position from which further progress may be made.”

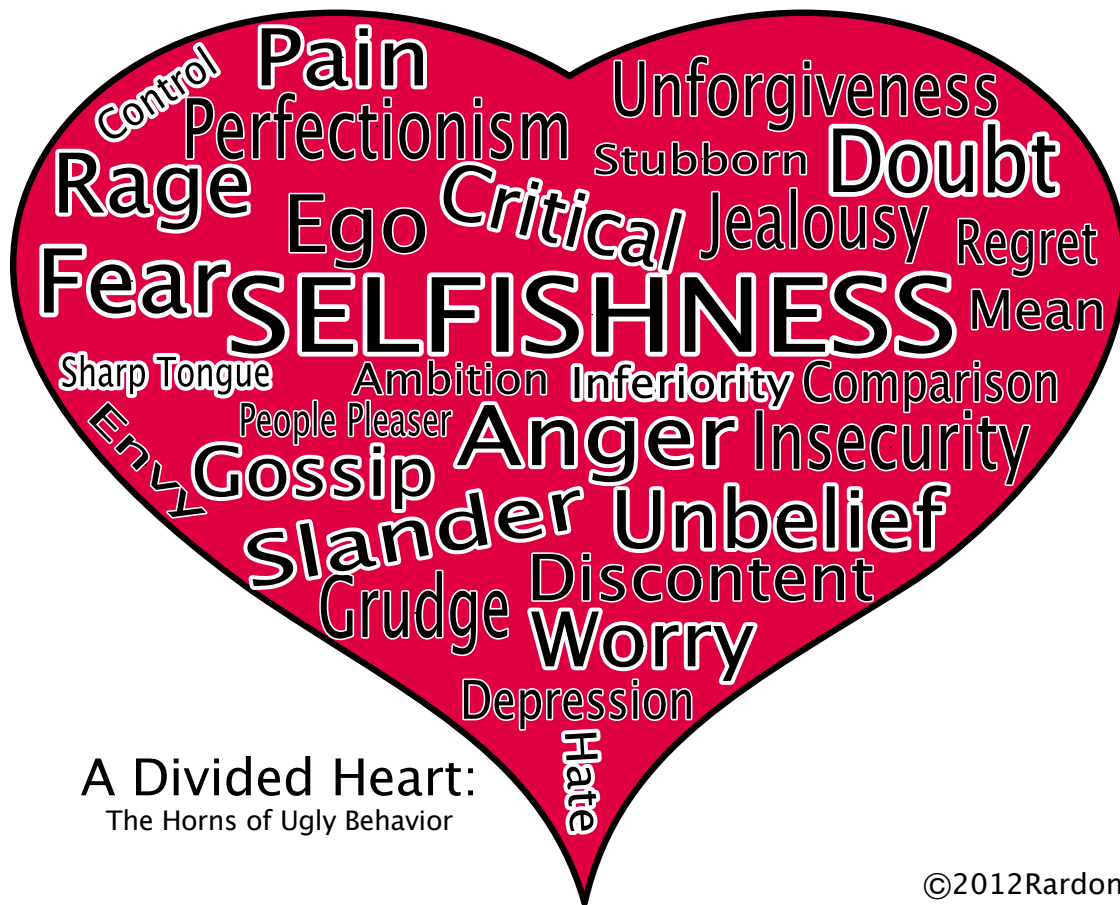
5. Can you "name" or "envision" where or when INSECURITY put his toe in your life?

INSECURITY → → → → _____

NEGATIVE MESSAGES → → _____

CRITICISM → → → → _____

UNHEALTHY BEHAVIORS → _____



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6. Let's talk ramifications [a complicating result]. Insecurity complicates. Makes life harder. Diffuses the atmosphere of your home, church, community, & all relationships.

Overactive imagination → _____

Hypersensitivity & Perception → _____

Discontentment → _____

Misaligned Belief System → _____

Unhealthy Sense of Self → _____



A Decisive Heart:
The Glow of Polished Halos

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7. Mental Health Professional, Joshua Uebergang writes, “The impact of criticism is determined by the power of the sender, intensity, and frequency. These three factors are not limited to criticism. I’d say just about all positive and negative messages’ impact on you are determined by these three factors.”

8. So, are we without hope of change? Never. We have God, His Word, and Trinitarian strength. I offer my (4) Action Steps:
 - a. Face it.
 - b. Fight it.
 - i. Healthy sense of self.
 - ii. Healthy communication patterns.
 - iii. Healthy behavioral patterns.
 - c. Finish it.
 - d. Make a Fresh Start.

As a child of God, I have access to the Word of God, which empowers change. Rewind & Reset the negative messages of your life story with TRUTH.