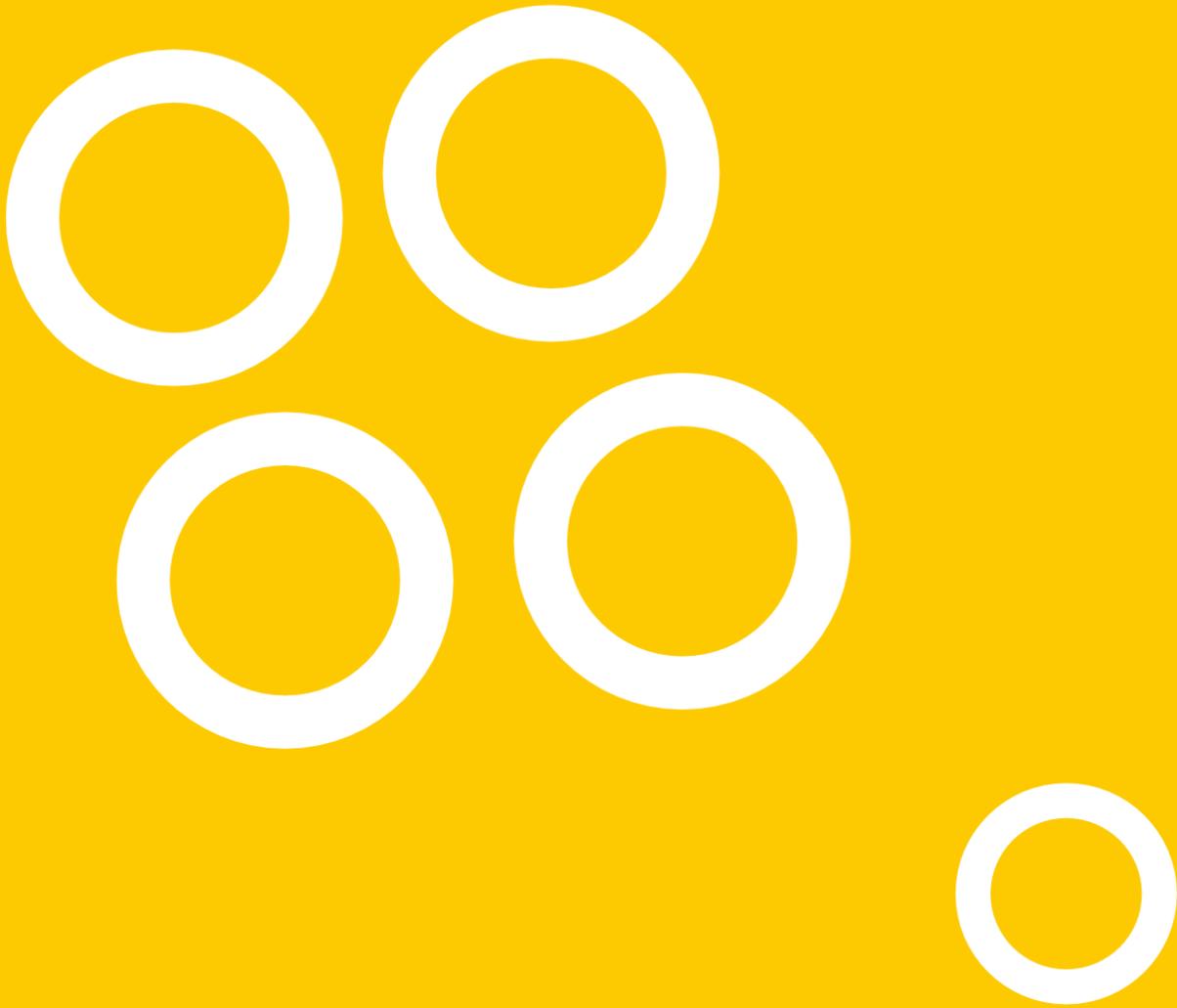


# Insecurity & Loneliness



# Insecurity

I'm curious about Insecurity. Great! You have the right piece of paper in your hands. We have taken the time to put this together so you can understand what God thinks about insecurity. You'll also have a chance to dig into the Bible for yourself!

## What is Insecurity?

Insecurity is debilitating fear and doubt. Some fear and doubt is good (you ought to be afraid of putting your hand in a fire.) Too much fear and doubt will ruin a person's life (believing that everything you touch might burn your hand).

The opposite of insecurity is confidence, which is the attitude that comes from an accurate understanding of what we can control and the faith that God controls everything.

## Is Insecurity Wrong?

We've tried to give a precise definition of insecurity: **it's too much fear and doubt**. Living with deep insecurities is not God's design for our lives. It's impossible to experience the joy and significance we can have in Jesus when we live in fear. God is calling us to be more like him and that means leaving our comfort zones. We can't take these risks if we are filled with self-doubt. In the tough times and wild seasons of life, we can't rest in God's peace if we don't trust him.

Insecurity undermines our trust in God and ourselves. It forgets that God is in control of everything and that we have the power to make good decisions.

## How Can I Overcome Insecurity?

There is a great thing about insecurity: once we recognize it in our lives, it reveals a great opportunity to grow. We

can turn our insecurities into stepping-stones toward becoming more like Jesus.

Overcoming insecurity is a mixture of learning more so you can trust more. We can't go in a new direction until we have a new perspective.

Begin with prayer, asking God to walk with you through this season. He loves you and will never leave you! He wants to do something great through your insecurity.

Work hard to identify the source(s) of your insecurity. Take some time to think deeply: What's causing your fear/doubt? How is your fear/doubt changing your life? This isn't easy, but it will be worth it.

Connect with God's Word to see what he has to say about your fear/doubt. As you reflect on what you read in the Bible, God will reveal the truth you need to hear. We have placed a few verses that you can get started with below.

Connect with another believer whom you respect. This could be a trusted friend or a leader from CSM. God often uses another person to encourage or instruct us with just the thing we need to hear.

The Creator of the universe is the master designer. He created you as an original masterpiece. You aren't a mistake and you are made to make a difference. You matter, you are important.

The value of something is determined by what a person will pay for it. God paid the highest price for you—he sent Jesus to die—because you are valuable to him.

## Going Deeper

Read and reflect on Genesis 1:27, Psalm 139:13, Luke 15, and Ephesians 2:10.

# LONELINESS

I'm curious about Loneliness. It's our goal that this will help you discover how to overcome your loneliness or help someone who has been feeling lonely.

Loneliness is a real problem, in spite of God's wishes. He created every person to be connected with others. We all need to be known, loved, cared for, and in relationship with God and with other people.

## What is Loneliness?

Loneliness is a feeling of isolation and disconnection from meaningful relationships. Loneliness says, "no one knows me, no one cares about me."

Even in a crowd, we can be lonely. "Everyone" might like us, but something is still missing. Loneliness isn't about the numbers: tons of Instagram friends, text messages, or even conversations isn't protection against loneliness. It's about being known and accepted. When we're lonely, we don't have a safe place to celebrate our successes and share our burdens.

Generally speaking, there are two kinds of loneliness. SOCIAL loneliness is a feeling of being separated and disconnected from other people. SPIRITUAL loneliness is feeling separated from God. Both disconnects can result in a lot of pain.

Loneliness leads to deep feelings of sadness and it erodes confidence. It's difficult to be filled with any kind of joy when we FEEL like we don't have any friends.

## What should I do if I'm feeling lonely?

You are not alone in your loneliness! What we mean is that EVERYONE experiences loneliness and feelings of being disconnected. This is a natural part of the broken world we live in.

Begin with prayer and talk to God about your feelings. This is critical because God wants to do something great in your life, even when you are

feeling disconnected from others. God often wants us to trust him with more of our lives when we feel like we have no one else to trust.

There's a great upside to a disconnection from God: he ALWAYS wants us back, and there's nothing we can ever do to change this. His mercy is available to everyone. There's also a real tough downside: if we're disconnected from God, it's the result of our decisions and there's no one else to blame. That's a hard thing to hear, we know! The good news is that you can return to God and renew your relationship with him. Talk to a CSM leader as we are here to help you grow in your faith.

If you're feeling disconnected from others, here's a great place to start: start caring and serving other people. That may not make any sense at first but the best way to be loved by others is to love them first. This is what Jesus did, he loved us first in hopes that we'd love him back. It works in friendships too. Get to know other people, and in time, they will want to get to know you.

Love others first, serve them by getting to know them. When the time is right, take a risk and share something real and important. Don't give up, you will find some people to connect with!

Remember to take risks and, when the time is right, share the important stuff. Sometimes we hold back because if someone knows us then they can reject us. The fear of rejection keeps people lonely. It's important to share "when the time is right." You won't connect with others if you "dump" all of your problems in the beginning of a friendship.

A side note about pain in the past: If you've been hurt by others, learn from it, but don't let it trap you. The past doesn't have to determine your present. Again, the fear of rejection keeps people lonely; trust God to help you overcome your fear.

## Going Deeper

Read and reflect on Matthew 6:33; James 4:8; Psalm 102; Gen. 2:18.

St. Augustine once said, "Thou hast made us for Thyself, and the heart of man is restless until it finds rest in Thee." This type of loneliness is isolation from God. This is when we are disconnected from God. It is a deep sense of purposelessness and lack of overall meaning and place in the world. Of the three, isolation from God can often be the most overwhelming. What comes with this type of isolation is a feeling that we are wandering through this life aimlessly with no direction or reason for being here. This can be masked by many other worldly pursuits, but the feeling is never really satisfied.