

So Long Insecurity

Week One - Chapters One and Two

- 1) Write a journal-type entry on the inside cover of your book describing this present season of your life and why you've chosen to read a book like this. If you already have a relationship with God, write it in the form of a prayer. I do this almost every time I begin a book that I think could have a considerable impact on my life. When I finish the book, I always go back and read it and it ends up meaning so much to me. Listen, Sister, if you expect little, that's probably what you'll get. But if you expect something big from God when you start a journey and you posture yourself to receive from Him, even when frail human beings are thrown in the mix, you'll end up with something huge. Something life altering.

- 2) Read the Introduction, Chapter One, and Chapter Two. Our first question is based on Chapter One: When was the last time you came face-to-face with our gender's massive struggle with insecurity? Describe the setting.

- 3) This question is based on Chapter Two: what part of the definition or description of insecurity resonated most with you and why?

Week Two - Chapters Three and Four

- 1) Based on Chapter Three, what tends to be your own “Prominent False Positive”?
- 2) What is the challenge stated at the very end of Chapter Three? (I want us to see this restated in our comments hundreds of times so it breaks into our belief systems. It is critical to our journey. SO, I don't care how many times you've seen it written on this post, write it again for yourself. That's your mama talking.)
- 3) Based on Chapter Four, what Biblical figure (or statement about him/her) resonated with you most and why?

Week Three - Chapters Five and Six

- 1) After reading these two chapters, what do you believe to be the TWO primary roots of your struggle with insecurity? Keep in mind that more may apply but try to lock in on two that you believe to be most impactful.

- 2) What, if any, insight did you gain about the roots of insecurity and did you sense that God was trying to speak to you in any specific way through it? (This answer does not need to be limited to the two roots you identified in the previous response.)

Week Four – Chapters Seven and Eight

- 1) What part of Chapter 7 hit home with you most and why?
- 2) (If you're choosing only two, please include this one.) Based on your journey so far in chapters 1-8, list your own personal top three reasons why it's time to deal with your insecurity. (We're not looking for right answers. We're looking for YOUR answers. So that you don't get your numbers confused here, list your 3 reasons under A.B.&C.

3) Based on Chapter 8, briefly describe a recent trigger of insecurity and whether or not it got a rise out of you.

4. Also based on Chapter 8, what does dignity mean to you?

Week Five – Chapters Nine

1. Do (don't just read but actually **do**) Chapter Nine. In your comment to this post, simply reflect back on your time with God and share anything specific that you received from it.

2. Go to last Saturday's post (3/6/10) and look at all the verses in the comment section. You will find a wellspring! Pick five Scriptures that speak most powerfully to you right now – five that you feel like you need the most – and write them on the inside of the back cover of the book. (This should be a lot less intimidating than what I asked you to write inside the front cover at the beginning of our journey!)

Week Six – Chapters Ten and Eleven

- 1) Based on Chapter 10, in all truthfulness, has your historical tendency been to view men (generally speaking) as gods? Or devils?
- 2) Based on Chapter 10 and your own day-to-day observances, what differences do you see between men's insecurities and women's?
- 3) On p.208 in Chapter 11, I suggest that women who struggle with insecurity tend to be particularly taken with 2 divine attributes: omnipotence and omniscience. Did either of these resonate with you? If so, how?

Week Seven – Chapters Twelve and Thirteen

- 1) Based on Chapter 12, name one “I already knew that” moment and one “that’s new to me” moment, if either applies.

- 2) Based on Chapter 13, how does a weak will play into our insecurity?

Week Eight – Chapters Fourteen , Fifteen, and Sixteen

- 1) As you surely noticed, Chapter 14 is more of a testimony than a teaching but it concludes with a charge to deal with our female insecurities for the sake of young girls coming up behind us. Annabeth was my big inspiration for the journey. Briefly describe someone who is worth doing what it takes to you to live abundantly and effectively in Christ. Help us picture her so that she inspires us, too. Needless to say, don’t share more than she’d want you to.

2) I wish we could discuss all of Chapter 15 in person but this is the next best thing. Name a couple of ways pertinent to your sphere of life and influence that you could look out for your own gender in our battle with insecurities. In other words, how can you (not others but you in particular) start becoming part of the solution in your female relationships rather than default into part of the problem. No condemnation here. Goodness knows, we've all been both. Our challenge is to learn to be deliberate. How are you prepared to do that?

3) I can't wait to see your answers to this one. Based on Chapter 16 and the challenge to look past ourselves, what is *your* passion? If you don't have one presently, don't feel pressured or unnerved. You might be too deep in toddlers or school work to think past the urgent. Those things are priority and need to be your passion right now. If, however, you long for something that makes you feel fully alive and part of something specific God is doing for the greater good, ask Him to nurture that vision in you. It will be ultimately be the key to life on the outskirts of self-absorption. Keep in mind, your passion may not be anything you're currently engaged in. Maybe you don't have the opportunity to participate right now. Maybe it's just in dream-form. Or maybe it's just a place God has tendered your heart. Try to give it a name. What is something outside of yourself that you feel passionate about?

Conclusion – Chapters Seventeen and Eighteen

1. Based on Chapter 17, on a scale of 1 to 10 (one-almost none, ten-over the top), how big a part has fear played in your life? After responding with your approximation, please share what, if anything, in the chapter resonated with you.

2. Reflect over the journey as a whole. What (again, if anything) lasting and of God will you take away from it?