



Rejecting Every Insecurity for Good

How long will you doubt that you are worthy of love? You are worth more than any price you can name. I know the price. I am the only one who can speak it.

So will you journey with Me to the depths where I can speak your name? Here is where you will find your worth. However, when you leave the depths, you are vulnerable to forgetting your worth — and forgetting the price I paid and would pay again.

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How do you need Jesus now? Isn't what you need most the reminder that you are deeply loved, just as you are, in every moment of every day? In this Encounter, we will consider our misplaced identities — how we so easily forget the reality of God's love for us when we adopt insecurities that become the loudest voice we heed rather than His.

To access the deeper places within you that can more easily engage with God, retreat to a quiet place where you can be undisturbed for at least half an hour. Set aside this time; do not crowd it with other things. Find a comfortable spot where you can sit or even lie down.

When you are in this quiet place, begin with consecrating it (the space), as well as your mind and heart, your body and ideas. Consecration is the act of dedicating something to God — bringing it all under his authority. It is a way of inviting God's presence into a specific space or aspect of your life.

Jesus, I consecrate to You this space. I consecrate to You my mind and ideas. I consecrate to You my words and thoughts. I consecrate to You my emotions and energy. I consecrate to You my intentions and expectations. I consecrate to You these moments. Help me to engage with You. I bring my heart and spirit under your authority. Guide me deeper into your love now. Help me to be with You. In Your name, Amen.



Next, get out your journal (or sit with your eyes closed as you engage with God). Ask Jesus to help you discern what situations prompt your deepest insecurities to surface. Ask Him to show you moments where you did not feel secure with who you were, convinced that you were too much or not enough.

Let Jesus take you back to that scene in your memory. Notice the details — the location, the people around you, your actions and thoughts, and especially how, in this moment, your heart is feeling. Consecrate your imagination to Jesus, allowing Him to guide you into a moment in your experience so that it is coming to life again for you, now.

Jesus, I am in the scene now. I am reliving it. This is what is happening...This is what I felt then, and this is what I feel now.

Spend at least 10 minutes in this scene. Ask Jesus what He wants you to notice, particularly your emotions, as you remember.

Jesus, show me more. Help me to see with your eyes, hear with your ears, and understand with your heart.

Write down, in your journal, what you saw, heard and felt.

Jesus, I feel....

Next, choose one of the following stories in the Bible and read it a few times, slowly and meditatively. Each story is a unique and powerful example of humans' inherent struggle with self-worth and how differently God sees us.

- Gideon (Judges 6–7): He called himself the least in his family, yet God named him “mighty warrior.” God sees beyond our insecurity.
- Moses (Exodus 3–4): He doubted himself, saying he was not eloquent enough. God chose him anyway and promised His presence. Insecurity does not stop God's calling.
- David (1 Samuel 16): When Samuel came to anoint Israel's king, David's own family did not even consider him. However, God said He looks at the heart, not outward appearance. He values us differently from people do.
- The Woman at the Well (John 4): Socially isolated and feeling unworthy, yet Jesus met her personally, spoke with dignity, and revealed Himself to her. God meets us in our shame and restores our dignity.
- The Prodigal Son (Luke 15:11–32): After wasting everything, the son felt unworthy to return home. His father ran to embrace him, restoring him fully. A picture of God's unconditional love, even when we feel worthless.



Engage in a conversation with Jesus about the story your heart was drawn to now.

Jesus, I read...and I feel....

I realize this is my greatest insecurity.....

As you engage with Jesus about an insecurity you've suffered, what might surface is an agreement (a lie or distorted truth you've have been believing about yourself). This agreement is something that you need to break so that you can more easily align yourself with the truth of Jesus and engage with Him with a free and open heart.

When we buy into these agreements about ourselves, they help to shape our reactions and relationships; they have power over our minds and can be self-fulfilling: "I am too much..." "I am not enough..." "I do not have what it takes..." "I deserve to be unloved and rejected..."

We must ask Jesus if there is an agreement we have been ascribing to so that we can renounce it and replace it with Jesus' truth.

Jesus, is there an agreement I have made — a lie I have believed about myself — that is making it difficult for me to feel loved by You?

Listen, with your heart open and expectant, for a few minutes.

Jesus, here is an agreement I have made about myself.....

I renounce it in your name: "In the name of Jesus, I break the agreement that I'll never be free / I'm unlovable / it's too late....."

I bring your blood, Jesus, against this agreement's stronghold, and I replace it with your truth.

Here, name the truth about your identity in Jesus.

Jesus, this is who I really am, in You:

Conclude this time with Jesus by closing your eyes for a few minutes and listening to His breathing heart loving you.

*I love you.
I love you.
I love you.*



Amen.

Worship Song Ideas

- “**What a Friend,**” from *Josh Garrels*
[\[Spotify\]](#) [\[YouTube\]](#)
- “**Surrounded by Holy,**” from *Bethel Music, Zahriya Zachary*
[\[Spotify\]](#) [\[YouTube\]](#)
- “**I Lift My Eyes,**” from *Ellie Holcomb*
[\[Spotify\]](#) [\[YouTube\]](#)
- “**Who Else - Chapel Sessions,**” from *Gateway Worship, Claire Smith*
[\[Spotify\]](#) [\[YouTube\]](#)

