



the way in is the way on
Following Jesus into our Insecurities



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John 10:1-18

Following Jesus into our Insecurities

- Insecurities
 - Meeting people we don't know
 - Public speaking / performance
 - Swimsuit in public
 - Getting dressed up
 - Public temper tantrums
 - Job interview
 - Confrontations / difficult conversations
 - Asked to do something beyond your experience or skill set
- Are you aware of your insecurities? The fear(s) behind them?

How we try to cope

- Avoid / withdraw
 - limit experiences, shut down, procrastinate, distract, drug of choice
- Overcompensate/prove our worth
 - control, seek perfection, self-promotion, pretend to be different

Neither path satisfies – neither path answers the question.

What do we really want to know?

True security is knowing and resting in the reality that you are **deeply loved for who you are, not what you do.**

The world can't answer that question – but we keep trying to find it there. “Listen to your shepherd, not the other sheep.”

Your Father knows and loves YOU

John 10:3-15

[The shepherd] calls his own sheep by **name** and leads them out...he goes on ahead of them, and his sheep follow him because they know his **voice**....

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I am the **good** shepherd; I know my sheep and my sheep know me – just as the Father knows me and I know the Father – and I **lay down my life** for the sheep.

Your Shepherd is good and has good things for you

The Lord is my **shepherd**, I will not be in need. He lets me lie down in green pastures; he leads me beside quiet **water**. He restores my **soul**. *Psalm 23:1-2*

- He wants you to be safe and healthy
- He wants you to be satisfied with living water
- He wants your soul to be at peace

You can rest secure in Him

Let the **beloved** of the Lord rest **secure** in him, for he shields him all day long, and the one the Lord **loves** rests between his shoulders.

Deuteronomy 33:12



Let him restore your soul

- Get to know your shepherd and his voice – takes time and effort
 - Bible
 - Daily devotions
 - Prayer and meditation apps
 - Fellowship / prayer
 - Worship music
- Choose the voice you listen to– *believe* that you are loved
- Make time for him to restore your soul and mind
 - Can't store it up

<https://youtube.com/watch?v=Pm5MTNob48A&feature=shared>

Invitation

- Ask Jesus to show you the question you are afraid to ask. Where are you looking for the answer?
- Listen to your shepherd – believe, and let Jesus convince you that you are deeply loved for who you are - *let him restore your soul.*