

# Life:

## #6: When you doubt yourself

### How Do I Overcome My Feelings of Inadequacy

#### 1. Identify the \_\_\_\_\_

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Exodus 4:13 O Lord, please send someone else to do it.

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Proverbs 12:18 Reckless words pierce like a sword...

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Judges 6:15 "But Lord," Gideon replied, "how can I rescue Israel? My clan is the weakest in the whole tribe of Manasseh, and I am the least in my entire family!"

#### 2. \_\_\_\_\_

Start viewing yourself \_\_\_\_\_

Romans 12:2 ... let God transform you into a new person by changing the way you think.

#### 3. Cancel out \_\_\_\_\_

1 Peter 4:10 Each one should use whatever gift he has received to serve others, faithfully administering God's grace in its various forms.

#### 4. Let your inadequacies \_\_\_\_\_

2 Corinthians 1:8-10 We were crushed and overwhelmed beyond our ability to endure, and we thought we would never live through it. In fact, we expected to die. But as a result, we stopped relying on ourselves and learned to rely only on God, who raises the dead. And he did rescue us from mortal danger, and he will rescue us again.

If you are feeling inadequate because of your past  
2 Corinthians 5:17 Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!

If you have a negative view of yourself  
Psalm 139:14 I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

If you have been trying to please people and feel inadequate  
Proverbs 29:25 Fear of man will prove to be a snare, but whoever trusts in the LORD is kept safe.

You don't feel special when you look in the mirror  
1 Samuel 16:7 Do not consider his appearance or his height, for I have rejected him. The LORD does not look at the things man looks at. Man looks at the outward appearance, but the LORD looks at the heart.

Feel unable to overcome a habit  
Philippians 2:8 I can do all things through Christ who strengthens me.

You feel weak and insufficient  
2 Corinthians 12:8 My grace is sufficient for you, for my power is made perfect in weakness.

#### Abilities

Talented with computers / mechanics / numbers / speaking / listening / working with kids / entertaining / working with the elderly / organizing people / organizing projects / processing information / being creative / music / hospitality / gardening / art / cooking / calm down angry customers / negotiate / create win-win solutions /

<http://www.wikihow.com/Find-a-Talent>