




So Long,
Insecurity

devotional journal

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 Tyndale House Publishers, Inc., Carol Stream, Illinois



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Published in association with Yates & Yates (www.yates2.com).

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ISBN 978-1-4143-4992-3

Printed in China

17 16 15 14 13 12 11
7 6 5 4 3 2 1

Introduction

*This is the confidence we have in approaching God:
that if we ask anything according to his will, he hears us.
And if we know that he hears us—whatever we ask—
we know that we have what we asked of him.*

1 JOHN 5:14–15

Insecurity can be crushing. It can paralyze you and mock you and make you feel completely unworthy of ever fully grasping any of the great gifts God wants to give you—even those He has already given.

You know exactly what I'm talking about. Surely you hear the same echoes of fear and desperation that I do—women trying to measure up to the airbrushed images on every magazine cover, women giving away their bodies in hopes of holding on to their men, women trying to do all and have all and be all.

Something is wrong with us that we value ourselves so little. Especially when God values us so very much. If you've read *So Long, Insecurity* or participated in the *So Long, Insecurity Group Experience*, you know that my determined goal and lofty hope is that every woman will find herself being loosed from the grip of insecurity. We desperately need to get our dignity back, but if we only talk about it, we'll find ourselves better informed but no less insecure. I'd like you to join me on a personal quest for authentic, soul-deep security.

That quest begins with a supernatural act of God Himself, as He allows you to draw from the bottomless sea of His divine strength. Hear this at a yell: it is God's will for you to have your dignity and security restored. You don't need to wrestle with this one. You don't need to read six more books. You don't need to ponder the subject matter until your next big disaster. This one is cut and dried. There are plenty of times when the precise will of God on a matter seems legitimately unclear—you may not know whether He's leading you to change jobs, marry a certain

guy, or relocate, for instance. But after twenty-five years of study, I can promise you this: God's will is for us to walk out the depth and breadth of our lives with dignity and security. Neither God nor you have anything to gain by your persistent insecurity.

When it comes to dignity and security, we have a golden opportunity to know in advance that we are praying the will of God for our lives. And we need to cash in on that request posthaste. We can count on the answer being as sure as the appeal. In fact, if you're willing to exercise the kind of boldness that excites the heart of God, you can go right ahead and thank Him in advance, because you know that what you've asked is as good as done. Sometimes we see or sense the evidence immediately. Other times God lets it amass bit by bit.

In this devotional journal, we'll tackle the problem of insecurity one day at a time, one issue at a time. As we go, I encourage you to use this book to document your journey: the challenges you face, the prayers you pray, the victories you experience along the way. As you do, you'll be creating a record that you can look back upon for years to come—an account of the ways God has helped you reclaim your dignity and prime your soul for security.

So here's what I'm asking you to do. Set aside some time and find a private place where you can be undisturbed and undistracted. If you can take a little longer to process the meditations, the healing and transformation will be more substantial. Some of you may even have the means to get away overnight and have a retreat of sorts with God. That would be fantastic, but don't let logistical arrangements keep you from accomplishing the goal. Better to take that half an hour now and get it done! Whatever block of time you set aside, make a determined choice to put everything else on hold for that segment. Rest assured, what you are doing alone with God during those moments will also benefit every other relationship and circumstance in your life. Set all other priorities aside for a while so that a healthier soul can pick them back up again.

Find a comfortable spot where you can come before God—someplace where you can sit, kneel, or even lie facedown. Some

of those postures might be new for you, but don't get antsy. We're not being all mystical here. We're simply being mindful. You can find examples throughout Scripture where people take on postures of prayer that reflect their sincerity. No matter what position you choose, you can count on the absolute certainty that God will hear you and meet with you through the power of His Spirit.

Once you've determined your time, place, and posture, you can begin working through the journal pages that follow. Read each question and passage slowly, thoughtfully, and even out loud, if you find that helpful. Ask God to equip you with His supernatural wisdom and insight, and then trust that He will answer your earnest request.

As a concept resonates, document it on the pages of this journal and then spend some time in prayer. Pray with honesty from the depths of your heart to God. If you use the prayer guides, the only thing I ask is that you make the petitions your own by truly *meaning* them. When I word something that is different from how you feel or what you've experienced, rephrase that portion with your own words and record your prayer in the space provided. Documenting and personalizing this experience will be the lifeblood of your journey. You will be able to reflect on this process for years to come and remember where your road to security began. You will also be able to return to this journal and pray through it when insecurity sneaks up on you again—and invariably it will.

That said, pray on, dear one. And let God have complete access to your soul as you do.

Love,
Beth

Section 1

*Blessed are those who trust in the LORD
and have made the LORD their hope and confidence.
They are like trees planted along a riverbank,
with roots that reach deep into the water.
Such trees are not bothered by the heat
or worried by long months of drought.
Their leaves stay green,
and they never stop producing fruit.*

JEREMIAH 17:7-8, NLT

Insecurity: A Bad Friend

In one way or another, insecurity has made fools of all of us. Naturally, we'd just as soon not remember how. But, dear one, if we're going to get serious about letting God deliver us, we must look in the mirror and realize how far we are from God's original intent for us. Until we do that, we'll continue to settle for what we have.

Being set free from something as innate as chronic insecurity will take a little time. But God promises to help us see where we're broken—and why. We can start the healing process *today* as we begin recognizing triggers and responding to them differently. Even though we may still *feel* insecure, we can make a deliberate choice to not act on that feeling.

In what areas of your own life do you feel the most insecure?

[illegible]

*The enemy pursues me,
he crushes me to the ground;
he makes me dwell in the darkness
like those long dead.*

PSALM 143:3

Society encourages us to find our security in many things other than God: money, beauty, work, sexuality, relationships, certain roles, etc. What things have you put your trust in that eventually let you down?

[illegible]

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

ROMANS 12:2, NLT

*From everlasting to everlasting
the LORD's love is with those who fear him,
and his righteousness with their children's children—
with those who keep his covenant
and remember to obey his precepts.*

PSALM 103:17-18

*As a father has compassion on his children,
so the LORD has compassion on those who fear him;
for he knows how we are formed,
he remembers that we are dust.*

PSALM 103:13-14

*Those who trust in the LORD are as secure as Mount Zion;
they will not be defeated but will endure forever.
Just as the mountains surround Jerusalem,
so the LORD surrounds his people, both now and forever.*

PSALM 125:1-2, NLT

Dear God,

I come to You this moment because I need some things only You can give me. I need restoration, Lord. I need my dignity back. You alone know what insecurity has cost me, what trouble—even torment—it has caused me. You are intimately acquainted with every time it's made a fool of me. You know how hard I've fought to play the game, but You also know that in the aftermath I've been defeated. I'm sick of faking. I'm sick of sulking. I desperately need and want to be delivered from my chronic insecurity. I am ready to discover what it means to be truly secure. I am willing to do whatever it takes to be free and to allow You to do through me what I cannot do for myself. You are the all-powerful, all-knowing Maker of heaven and earth and the grand Weaver of every human soul. You alone know how we are made and who we're meant to be. I'm not asking for anything You're not willing to give me. You have not shortchanged me. I have shortchanged myself and allowed my culture to sell me short.

You know the way I'm formed. You know what motivates me. You know what shuts me

down. You know how driven I am by fear and how exhausted I am from surrendering to it. Lord, in the most hidden places, I am so afraid that . . .

[illegible]

