

THEME: SEVEN DEADLY CONTROLLERS

TOPIC: WHAT IS INSECURITY & WHY ARE PEOPLE INSECURE?

TEXT: ROMANS 8:14, 1 JOHN 4:18, EPHESIANS 1:4-6, PSALM 139:13-14, MATTHEW 6:31-34.

Introduction

Insecurity means the lack or the absence of a feeling of security, the lack of a feeling of protection. This state of being can be triggered by almost anything – darkness, desolate places, cold, various fears, statements people have made, or wild imaginations.

To be insecure is to lack confidence or trust, whether in ourselves or someone else. There are many causes of insecurity, but chief among them is our failure to fully trust God ([Jeremiah 17:7-8](#)). As believers, we have this assurance: “And those who know Your name put their trust in You, for You, O LORD, have not forsaken those who seek You” ([Psalm 9:10](#)).

WHAT IS INSECURITY?

1. Insecurity also, as a psychological problem could be a manifestation of deep seated inadequacies in the life of the person expressing it. Insecurity is a deadly controller which can have its root in childhood experience.

The scripture would say that Jabez was given the name he bears which means the son of sorrow because of the circumstance in which his mother bore him. And though there are no more than two scripture verses that talk about his life, it is possible to simply conclude that he must have lived a life that was perpetually plagued by the feeling of insecurity. **1 Chronicles 4:9-10.**

2. The phobias people express are a manifestation of insecurity. **2 Timothy 1:7**
3. Insecurity is an act of uncertainty in matters relating to life, relationships, work, business, spiritual life, destiny etc. **Hebrews 10:35**
4. It is the exposure to fear in a way that makes one feel emotionally, physically and spiritually unsafe. **1 John 4:18**
5. Insecurity means being unstable, unfocussed and unclear about matters of life. **Micah 7:5**
6. Someone once described a time of insecurity as when interests of all sorts become objects of speculation.
7. Insecurity is the state of being subject to danger or injury. However the kind of insecurity of which we refer to here is that state of mind that people feel inadequate in life and therefore unacceptable to themselves or unsure of their own future.

When the Angel of the Lord appeared to Gideon, giving him a word, a message indicating how he is perceived in the Spirit realm, as a man of boldness and great courage, Gideon's response was that of uncertainty, insecurity and timidity. “And the angel of the Lord appeared unto him, and said unto him, The Lord is with thee, thou mighty man of valour.” **Judges 6:12, Psalm 44:1**

Gideon carried a potential for leading an army to conquest, however the immediate circumstance in which he found himself created a high level of insecurity in him.

WHY ARE PEOPLE INSECURE

A major cause of the feeling of insecurity is vulnerability. Once people feel unsafe or are unsure, the level of vulnerability increases and therefore they feel insecure.

Scripture says Jephthah was a man considered to be a bastard having been born through an illegitimate relationship, he was ostracised by the tribe of Manasseh from which he came. However, when they needed to be delivered from the hand of the enemy they knew that Jephthah was such a fearsome man of war. **Judges 11 &12.**

His own insecurity which stems from the rejection of his people pushed him to extremes, making a rash vow and taking steps that are so radical that were practically to his own detriment.

1. Insecurity will make people become harmful to themselves, over-accommodate other people in the name of love and care. Once people become insecure, their speech gives them away. They lack boldness, are pessimistic and incapable to speak the Word of faith. Jesus said, "Out of the abundance of a man's heart he speaks". **Matthew 12:34**
2. Insecurity comes and persists when people have a perception of themselves that is negative. Most times these perceptions are not quite right, however, they are difficult to correct because they are perpetually fed by the negative thoughts of the one who feels insecure. **Psalm 31:11**
3. People walk in insecurity particularly when they think they need to feel safe. They immediately paint a picture of victims and carry themselves that way, hoping that that negative image of victimitis will make them protected and unhurt by others.
4. The insecure usually are potentially hazardous to relate to. It is either that they become Very Draining People or Very Needing People. In relating to the insecure person you are always giving. They don't seem to have the capacity to give back to you.
5. Where efforts are made to give back by the insecure, it results in tilting the balance for another extreme of being loving without being loved. At the bottom of all this is an acute self-consciousness being reserved but all stemming from the feeling of inadequacy.
6. The insecure feel uncomfortable around gifted or talented people. **Jeremiah 46:5, Jeremiah 50:16.**
7. This feeling of discomfort around gifted or talented people can either crush the insecure or make them overly critical of the ones they feel are better than them.
8. Insecure people are easy targets of the spirit of character assassination. They get sucked easily in being critical of anyone that stands shoulders high above them.
9. Also at the root of insecurity is the feeling of a lack of accomplishment. This is usually a self-perception which may not really be true.
10. Sometimes the insecure person is actually an achiever, however because he already thinks that he is not doing well, he perpetually puts down his own work and fears rejection. **1 John 4:18.**

CONCLUSION

Many times, insecurity takes the form of worry about the future. Jesus was empathetic when He said, "Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and His righteousness, and all these things will be added to you. Therefore do not be anxious about tomorrow. . . ." (Matthew 6:31-34). Worrisome fears about the future are rooted in a doubt of God's provision. This breeds strong feelings of insecurity and a lack of peace, resulting in fear and depression. When we doubt God, Satan wins (Philippians 4:6; 1 Peter 5:8).