

2013 Women's Retreat Teaching
Moving Beyond Insecurities
by Shari Damaso

pur·pose ('pərpəs/) *noun*

1. the reason for which something is done or created or for which something exists.
 (www.oxforddictionaries.com)

Our God-given purpose:

- Matthew 22:37-39 Love God. Love others.
 Ephesians 2:8-10 Do good works that God prepared in advance for us.
 Romans 8:31 If God is for us, who can be against us?

What happens to our relationships when our eyes are on ourselves?

We can withdraw...		We can overcompensate...	
Isolation	Matt 5:14-16	Helplessness	Phil 4:13, 2 Tim 1:7
People-pleasing	Luke 12:4-5	Defensiveness	Prov 11:25
Negativity	Phil 4:8-9, Luke 6:45	Arrogance/Belittling	I Peter 5:5
Anxiety	2 Cor 10:5	Competition/Comparison	Gal 6:4 (NLT)
Self-Harm	Ps 34:18, I Thess 5:23	Anger/Control	John 16:33
Addictions	Col 3:15	Jealousy	Col 2:6-7
		Excessive talk/Gossip	Eph 4:29

Discussion questions:

1. What is your purpose in life?
2. What tempts you to focus inward rather than on loving God and loving others?
3. Do your insecurities lead you to withdraw from relationships or overcompensate? What have you learned this weekend that will help you fight this temptation?
4. If you are willing, name a relationship or situation that exposes your insecurities and how you want to change your response. Let another woman in the group pray for you.