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SESSION TWO:

THE HARDEST VOICE TO SILENCE

Sometimes the hardest voice to silence is the one inside our own heads. And words of doubt and insecurity have a way of sticking with us. The negative words others have spoken over us can feel impossible to forget. In this session, we'll begin to understand how those words opened the door for doubt to come in. This isn't easy, but we must do it because we'll never move past our past until we face it head-on.

You might not be able to forget what's been said to you and about you, but you can take the pen out of the hand of self-doubt and place it in the hand of God. Your story doesn't have to end in pain or failure. When you let God author your story, He will begin to write a new narrative filled with confidence, purpose, and strength.



"One thing I do: forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."

Philippians 3:13–14



GROUP DISCUSSION

Leader, read these questions aloud.

1. Because of his background and his past, Gideon knew he didn't have the strength to defeat the Midianites on his own. When was the last time you found yourself in a situation and thought, "This is too big for me to handle alone"?
2. What words or events in your past have caused you to doubt yourself?
3. If we're consumed by our comfort, we will miss our calling. Where are you choosing comfort over growth?
4. Proverbs 18:21 says, "Death and life are in the power of the tongue." Where are you speaking life over yourself? Are there words you are replaying in your head that could be keeping you from your calling?



CLOSING PRAYER

Select a volunteer to pray this closing prayer over the group:

"God, we thank You that your power is made perfect in our weakness. Help us to step outside of our comfort zone and rely on You as our source of strength and confidence. We thank You that the truest thing about us is what You say about us. Replace any lies that we've believed about ourselves with the truth of who You say we are. In Jesus' name, amen."

WORK OUT THE DOUBT

PERSONAL STUDY

→ READ

In the Book of Judges, God called Gideon to deliver Israel from the Midianites. Despite the fact that God called him a “mighty warrior,” Gideon was still filled with doubt.

Read Judges 6-7. Take note of the doubts Gideon expressed.

→ RELATE

How can you relate to Gideon’s story of doubt?

In Judges 6:15, Gideon lists reasons why he doubts himself, yet God looked beyond these things and called him a “mighty warrior.” What are some perceived weaknesses in your life or your past (Examples: your background, your family, lack of education, past mistakes) that prevent you from seeing yourself the way God sees you?

In 2 Corinthians 12:9, God says to the Apostle Paul, *“My grace is sufficient for you, for my power is made perfect in weakness.”* How might God want to turn your perceived weaknesses into an opportunity to display His strength?

→ REFLECT

In Judges 6:14, the Lord tells Gideon to *“Go in the strength you have and deliver Israel from the power of Midian.”* What do you feel like God is telling you to do with the strength He has already given you today? Is it in an area you are doubting yourself?

What did God tell Gideon in Judges 6:16?

What seemed impossible to Gideon was easy in the sight of the Lord. What are you currently facing that feels impossible?

God showed up for Gideon and gave him victory in his battle. However, the victory came after the Lord reduced Gideon's army down to only 300 men. God wanted to demonstrate to Israel that victory doesn't hinge on strength or numbers but on obedience and commitment to Him. How does this encourage or inspire you to step out of your comfort zone?

What moments do you find yourself most vulnerable to self-doubt and lies?

Check all that apply or write your own:

- While I'm on social media
- While I'm in meetings at work
- When someone else succeeds
- When I look in the mirror
- When I take a test

- When I'm criticized
- When I'm complimented
- When I'm at social functions
- When there is conflict
- When I meet someone new
- When I try something new
- When I'm under pressure
- Other: _____

Now that you've identified *when* those thoughts are most likely to attack, let's identify *what* those thoughts are.

Check all that apply or write your own:

- I'm a failure
- I'm worthless
- I'm not smart enough

- I'm not enough
- I'm unlovable
- I'm insignificant
- I'm ugly
- I'm broken
- I'm not good at _____
(Examples: finances, relationships, prayer)
- Other: _____

→ RESPOND

Now that you've identified when you're most vulnerable to lies and what the lie is, it's time to create a new battle strategy so you can form your thoughts by design, not by default. You don't have to be held hostage by the words of the enemy or others because the truest thing about you is what God says about you.

Take time to identify the truth from God's Word about the lie you're facing. If you need help with this exercise, scan the QR code to access the resource "Replacing Lies with Truth."



Once you've identified the truth, the next step is writing a battle strategy. Here's an example.

When I'm in meetings at work, I may encounter the lie that I'm not smart enough.

But I will replace it with the truth that I have the mind of Christ (1 Corinthians 2:16).

Write your new battle strategy below:

When I'm _____, I may encounter the lie that _____.

But I will replace it with the truth that _____.

