

Insecurity & Self-Hate: A Biblical Way Out of a Harsh Cycle
Morning Session

An Introductory Scenario

1. Common Themes in the Experience of Insecurity & Self-Hate

- **Insecurity is the tendency to obsess about something you perceive as wrong with yourself. It involves intrusive thoughts, negative feelings, and altered behaviors.**
- **Self-hate is your heart's attempt to condemn the person you are in preference for who you wish you were.**
- **Self-hatred is often accompanied by self-pity, which is indulging in the sorrow of your unique suffering.**

2. Relevant Themes in Scripture for the Experience of Self-Hate

- **We were made to perceive ourselves as God perceives us.**
- **You do not have the authority to condemn anyone, including yourself.**
- **Who you wish you were is being informed by someone.**

- **Insecurity is not just sin. It is also suffering.**

3. Living by Faith When Experiencing Self-Hate

- **The opposite of self-hatred is not self-love, but humility.**
- **Humility means identifying, expressing, and submitting your desires for self to God's desires for you.**
- **Self-pity is ultimately an accusation that God is not adequately pitying me in my suffering—both in his assessment of my situation and in the action he takes in response.**
- **In Christ, we always have everything we need to respond to suffering in faith.**