

# Adulting Is Hard

Part 3: Whose Voice Is That?

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## INTRODUCTION

The virus of insecurity presents in many ways. That makes identifying and treating the virus difficult. Most of us attempt to treat the symptoms, but unless we root out the real cause, we will never fully heal. So how do we discover the real cause?

## DISCUSSION QUESTIONS

How old were you when you first remember experiencing insecurity? What happened as a result of that insecurity?

Buck talked about insecurities can cause us to feel inadequate, exhausted and envious. Can you relate with any of these? If so how?

We all have that inner voice (conscience) that talks to us. Why do you think it's important to recognize that inner voice? What can happen when we don't pay attention to that inner voice?

Have you ever heard of the five voices? (God, Soul, Satan, Flesh, World) How is asking the question, whose voice is that helpful in your life?

Read Psalm 86:5, Ephesians 2:4-5, Matthew 11:28-29. Are there any other passages that help us understand God's voice? How is knowing His voice helpful in overcoming our insecurities?

Would you be willing to ask an important question that could change your life, "whose voice is that" this week? How can this group encourage you to ask and answer that question?

## CHANGING YOUR MIND

*For you created my inmost being; you knit me together in my mother's womb.*

*I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. Psalm 139:13-14*

*Yet all of this was so that he would redeem and set free all those held hostage to the written law so that we would receive our freedom and a full legal adoption as his children. Galatians 4:5*

*Who could ever separate us from the endless love of God's Anointed One? Absolutely no one! Romans 8:35*

*...because of the tender mercy of our God... Luke 1:78*