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“Imposter Syndrome”

Intro Verses

Proverbs 4:23 **“Keep your heart with all vigilance, for from it flow the springs of life.”**

1 John 3:19-21 **“By this we shall know that we are of the truth and reassure our heart before him; for whenever our heart condemns us, God is greater than our heart, and he knows everything. Beloved, if our heart does not condemn us, we have confidence before God”**

Ephesians 2:8-10 **“For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast. For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.”**

Imposter Syndrome Defined **“The persistent INABILITY to believe that one’s success is deserved or has been legitimately achieved as a result of one’s own efforts or skills.”**

- The Oxford Dictionary Definition of Imposter Syndrome

Signs You Might Struggle With Imposter Syndrome

- Do you feel unworthy of success?
- Do you feel that you got where you are by luck or chance?
- Do you underestimate your competence and skills?
- Do you criticize yourself even after others give you praise?
- Do you set unrealistic goals and expectations for yourself?

The main question to be asked is what does the Bible say about WHO we are and WHAT we can do through Christ and the Holy Spirit?

Important Verses to Remember WHO WE ARE in the Kingdom of God

1 Peter 2:9 **“ But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light.”**

John 1:12-13 **“But to all who did receive him, who believed in his name, he gave the right to become children of God, who were born, not of blood nor of the will of the flesh nor of the will of man, but of God.”**

Romans 8:1-2; 16-17 **“There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death.”**

Verses 16-17 “The Spirit himself bears witness with our spirit that we are children of God, and if children, then heirs—heirs of God and fellow heirs with Christ, provided we suffer with him in order that we may also be glorified with him.

Ephesians 2:10 “For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.”

Self Loathing Can Be Just As Bad As Pride!

Mark 12:30-31 “And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ The second is this: ‘You shall love your neighbor as yourself.’ There is no other commandment greater than these.”

John 8:34-36 “Jesus answered them, “Truly, truly, I say to you, everyone who practices sin is a slave to sin. The slave does not remain in the house forever; the son remains forever. So if the Son sets you free, you will be free indeed.”

We Are Not Alone in this Struggle (The Holy Spirit and The Church)

Acts 1:8 “But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth.”

Romans 8:26-27 (NKJV) “Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered. Now He who searches the hearts knows what the mind of the Spirit is, because He makes intercession for the saints according to the will of God.”

Ecclesiastes 4:9-10 “Two are better than one, because they have a good reward for their toil. 10 For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up!”

Outro Verses

Philippians 4:12-13 “I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me.”

1 John 3:19-21 “By this we shall know that we are of the truth and reassure our heart before him; for whenever our heart condemns us, God is greater than our heart, and he knows everything. Beloved, if our heart does not condemn us, we have confidence before God”