

## A SENSE OF SECURITY

### LIVING IN A THREATENED STATE

- When we don't feel secure
  1. Fight or Flight
  2. Freeze or Fawn
- The counter to feeling insecure
  1. Believing you are safe and loved
  2. Directly connected to what you believe about God
  3. We can learn from those with divine insight (*Psalms 86:15-17 NLT*)

### WHEN THE DISCIPLES LOST ALL SENSE OF SECURITY (Mark 4:35-41 NLT)

- They did not believe in the power of Jesus' words
  1. Everything He said came to pass
  2. His idea was to cross over - His idea, His command, Solid truth
- The disciples did not believe they were safe or loved
  1. They encountered a dangerous storm
  2. They believed they were going to drown
  3. They accused Jesus of not caring - you don't love us
- Jesus addressed their faith, not their character
  1. He did not call them weak or cowardly
  2. Questioned why they did not believe

### GAINING A GREATER SENSE OF SECURITY

- This is an area you can grow in
  1. Spiritual growth is the only unlimited part of your life
  2. Adopt a spiritual growth mindset (*2 Thessalonians 1:3 NLT*)
- Become intentional in believing two things
  1. Believing you are going to make it - safe with God (*Psalms 118:7 NLT*)
  2. Believing God cares about you - you are loved by God (*1 John 4:16 NLT*)
- Two key areas that produce change (*Psalms 19:14 NLT*)
  1. Words you speak
  2. Thoughts you consistently think - change your thoughts, change your life