



75% of girls with low self-esteem reported engaging in negative activities like cutting, bullying, smoking, drinking, or disordered eating. This compares to 25% of girls with high self-esteem.

Low self-esteem often presents in one of three patterns: (Source: Counseling and Mental Health Center at The University of Texas at Austin):

1. Imposter Syndrome
2. Rebellion
3. Victimhood

Insecurity often leads to eating problems, depression, social anxiety, codependency and even self-harm.

Genesis 2:15-17

Insecurity is idolatry.

“For My people have committed two evils: they have forsaken Me, the fountain of living waters, and hewn themselves cisterns – broken cisterns that can hold no water.” Jeremiah 2:13

Insecurity leads to insanity.

Insecurity vs Identity:

Insecurity is into titles, identity is into towels.

Insecurity is into competing, identity is complete

Insecurity focuses on weight, identity focuses on worth

Insecurity looks in bathroom mirror, identity looks in the mirror in the word

Insecurity is jealous, identity is joyful

Insecurity is focused on issues, identity is focused on intimacy

Insecurity is into self-pity, identity is into self-care

Insecurity live out labels, identity live out of love

Insecurity hides from God, identity hides in God

Insecurity feels abandoned, identity walks as adopted

Insecurity leads to idolatry, identity leads to inheritance

1. When you have a reason to feel insecure, you have a choice not to feed on insecurity.

Your paradise has a parasite. Everyone's does.

It's not the tree that made Adam feel shame, eating from it did that.

Focusing - Feeding - Feeling

2. When you don't eat from tree of life, you end up wearing fig leaves.

Wealth, position, anointing, and good looks can't cure insecurity...all these are leaves.

Fig leaves can't fix insecurity, feeding on the fruits can.

Intimacy with Holy Spirit hurts insecurity.

When you are aware of God - you lose attention to self.

When you're aware of self - you lost attention of God.

Your body came out of dirt. You came out of God.

Before you ask for what you need, thank God for what you have.

3. When you can't remove the tree of knowledge, you must resist it.

Forbidden tree has a voice.

Devil will use your issue to question your identity.

Devil will use your situation to doubt your revelation.

Devil will use your condition to overthrow your position.

Devil seeks to question in the dark what God revealed in the light.

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