



Secure in Heart: IN LIGHT OF A PANDEMIC

Part 2: Am I enough - brings the hidden, but golden secret that you are enough because God pours his goodness into you.

Keep me safe **O mighty God.** I run for dear life to you, my safe place. So I said to the Lord God, "You are my Maker, my Mediator and my Master. **Any good thing in me** has come from you.

And he said to me, "My holy lovers are wonderful, my majestic ones, my glorious ones, fulfilling all my desires.

Psalm 16 (TPT) has an unexpected message. Outwardly, we cling to our not-enough-ness while inwardly we chase perfection. God, the bodyguard of your identity, urges you to see yourself through his goodness.

Your starting point

What not-enough messages do you tell yourself? What is the first time you remember having that thought?

"We've passed
through **fire and
flood**, yet in the end
you always bring us
out better than we
were before,
**saturated with your
goodness.**"

Psalm 66:12 (TPT)



God's goodness is the
foundation for a secure
heart. Read *Secure in
Heart*, pp. 105 through
107 (2nd ed).

Read John 8:1-11. How did Jesus step between the woman and her self-judgment? What new understanding did she likely leave with?

How does mediated love apply to being enough? What would it look like to allow Jesus to stand between you and your failures? What new story do you need to tell yourself?

The first arrow: Your wound or experience of not-enough-ness.

The second arrow: The judgments you've placed around the wound. All the ways you secretly believe you are not worthy.

The first wing: Light. This was painful. The wound is real, but it was me who judged myself for it.

The second wing: Tender compassion. With my wounds, God saturates me with goodness, making me better than before.

*Lord, I am ready for a new story to be born.
I am enough.*