



# MENTORING LADIES

## MATERIAL

Limiting belief:

I'm not (good)  
enough



2



# Limiting belief: I'm not (good) enough

## Introduction:

The Bible teaches us that our weaknesses are not a failure; they are an opportunity for God's strength to shine through us. By acknowledging our shortcomings, we can invite His grace into our lives. It is liberating to know that grace is granted, especially during our low moments.

## Belief system:

Feeling inadequate is a common experience that can lead to self-doubt and discouragement. In our journey through life, we often face moments when we question our worth and capabilities. However, the Bible offers profound reminders of our inherent value and purpose, assuring us that we are loved and accepted just as we are.

Let's read what the Bible says:

- Genesis 1:27: *"So God created man in His own image..."*  
This means that if God is enough, then we are enough as well.
- Psalm 139:14 reminds us: *"I praise you because I am fearfully and wonderfully made."* This means your value isn't based on achievements or others' opinions—it's rooted in God's design.
- 2 Corinthians 12:9 says: *"My grace is sufficient for you, for my power is made perfect in weakness."*  
Feeling inadequate can actually draw us closer to God, because His strength shines through our weakness.
- Romans 8:1: *"There is now no condemnation for those who are in Christ Jesus."* If you belong to Christ, you are fully accepted — your identity is secure, regardless of flaws or failures.
- Jeremiah 29:11: *"For I know the plans I have for you... plans to give you hope and a future."*  
Even when you feel "not enough," God sees your potential and has a plan tailored for you.
- Philippians 4:13: *"I can do all things through Christ who strengthens me."*  
We cannot do things out of our own strength; we need to be grafted in Christ.
- Isaiah 41:10: *"Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, yes, I will help you, I will uphold you with My righteous right hand."*  
This verse reassures us of God's presence and support in times of fear and uncertainty.

- Romans 8:31: *"What then shall we say to these things? If God is for us, who can be against us?"*  
This verse emphasizes the assurance that God is on our side, providing us with strength and support against any adversities we may face.
- 1 Peter 5:7: *"casting all your care upon Him, for He cares for you."*  
This verse encourages us to entrust our worries to God, it reassures us that God is attentive to our struggles and invites us to seek His support in times of anxiety.
- Luke 12:7: *"But the very hairs of your head are all numbered. Do not fear therefore, you are of more value than many sparrows."*  
This verse highlights God's intimate knowledge and care for each of us, reminding us of our inherent worth and value in His eyes.
- Isaiah 40:31: *"But those who wait on the Lord, shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint."*  
This verse reminds us that if we trust in God, we will find renewed strength and resilience in our lives.

These verses remind us that our worth is not determined by our achievements or the opinions of others. Instead, it's based on the unwavering love of God, who sees our struggles and promises to give us strength. As we reflect on these verses, let them wash over you with reassurance and hope, reminding you that you are enough in His eyes.

## **Conclusion:**

The only way we can change our limiting belief of "I'm not (good) enough", is to replace those thoughts with the Word of God (Romans 12:2) and to remind ourselves that

- our worth comes from God, not performance
- God's grace covers our shortcomings
- we are accepted in Christ; and
- God has a purpose for each of us.

We need to encourage ourselves to trust in God's providence and love, and we need to remember that the Bible emphasizes that even the smallest creatures are significant to Him, how much more are we.

## Prayer:

Dear heavenly Father,

In moments when I feel inadequate and overwhelmed, I turn to You for strength and comfort. Remind me that Your love is greater than any doubt I have about myself.

Help me to see that my worth is not determined by my achievements or failures, but by the grace You freely give.

When feelings of inadequacy creep in, fill my heart with Your peace. Teach me to trust in Your plan for my life, knowing that You created me perfectly in Your image.

Let me rest in the assurance that I am enough because You are enough.

Guide me to recognize the gifts You have bestowed upon me and to use them for Your glory. Surround me with encouragement from family and friends and help me to be a source of support for others who also struggle with their self-worth. May we uplift one another as we seek to fulfil our unique callings.

Thank You for Your unwavering love and for reminding me that in my weakness, Your strength is made perfect. I place my trust in You, knowing that through Your grace, I am more than enough. In Jesus' name, I pray, Amen.

## Practical Application:

- o **Pray honestly:** Tell God how you feel; He invites your honesty.

- o **Replace lies with truth:** When you think "I'm not good enough," remind yourself: "*I am chosen, loved, and equipped by God.*"

- o **Lean on community:** Surround yourself with people who speak life and truth into you.