

I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid. John 14:27 (NLT)

I have come to call outsiders to turn from their sins, not to spend my time with those who think they are already good enough." Luke 5:32

**Mental health:** The ability to think clearly and accurately, to manage our emotions, so we can act appropriately in daily life.

**When we struggle with destructive emotions...**

- Destructive emotions cause us to \_\_\_\_\_ God, rather than \_\_\_\_\_ God.

**About being "Good Enough":**

- No one is \_\_\_\_\_ God's love.

For they don't understand that Christ has died to make them right with God. Instead, they are trying to make themselves good enough to gain God's favor by keeping the laws and customs, but that is not God's way.

Romans 10:3

But now God has shown us a different way to heaven—not by "being good enough" and trying to keep his laws, but by a new way (though not new, really, for the Scriptures told about it long ago). Now God says he will accept and acquit us—declare us "not guilty"—if we trust Jesus Christ to take away our sins. And we all can be saved in this same way, by coming to Christ, no matter who we are or what we have been like. Romans 3:21-22 (TLB)

- It's not about what we have done, we put our \_\_\_\_\_ in what \_\_\_\_\_ did. ...if we trust Jesus Christ to take away our sins. And we all can be saved in this same way, by coming to Christ, no matter who we are or what we have been like. Romans 3:22 (TLB)

- God's \_\_\_\_\_ to you is a \_\_\_\_\_ you can't afford to miss.

Since it is by God's kindness, then it is not by their being good enough. For in that case, the free gift would no longer be free—it isn't free when it is earned. Romans 11:6

Since we've compiled this long and sorry record as sinners (both us and them) and proved that we are utterly incapable of living the life God wills for us, God did it for us. Out of sheer generosity, he put us in right standing with himself. A pure gift. He got us out of the mess we're in and restored us to where he always wanted us to be. And he did it by means of Jesus Christ. God sacrificed Jesus on the altar of the world to clear that world of sin. Having faith in him sets us in the clear. God decided on this course of action in full view of the public—to set the world in the clear with himself through the sacrifice of Jesus, finally taking care of the sins he had so patiently endured. Romans 3:23-25

Our striving to be good enough shows that we're still longing to  
be \_\_\_\_\_ and \_\_\_\_\_.

25 It is dangerous to be concerned with what others think of you, but if you trust the LORD, you are safe. Proverbs 29:25 (TEV)

**Two things you need to know about you:**

- God's \_\_\_\_\_ of you is \_\_\_\_\_ than you think.

10 For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago. Ephesians 2:10 (NLT)

- God has \_\_\_\_\_ more into you than you think.

7 For who do you know that really knows you, knows your heart? And even if they did, is there anything they would discover in you that you could take credit for? Isn't everything you have and everything you are sheer gifts from God? So what's the point of all this comparing and competing? 8 You already have all you need. You already have more access to God than you can handle... 1 Corinthians 4:7-8 (MSG)

**Putting an end to inadequacy:**

- Focus on \_\_\_\_\_ God instead of \_\_\_\_\_ God's love.

But God demonstrates his own love for us in this: While we were still sinners, Christ died for us. Romans 8:5

- Live \_\_\_\_\_ the approval of \_\_\_\_\_ instead of for the approval of people.

4 On the contrary, we speak as those approved by God to be entrusted with the gospel. We are not trying to please people but God, who tests our hearts. 1 Thessalonians 2:4 (NIV)

- \_\_\_\_\_ what God \_\_\_\_\_ about you.

**God says you are:**

God says you are beautiful (Psalms 45:11)

You are loved. (Jer. 31:3)

You are special. Eph 2:10

You are His temple. Rom 8:11

You are God's possession. 1 Peter 2:9

You are chosen by God. Ephesians 1:3-4

You are a friend of God. (John 15:15)

You are loved. (1 John 4:19, 4:10, 3:16, Romans 5:8, 8:35-39)

You are irreplaceable. 1 Thessalonians 1:4.

You are worth dying for. (1 John 3:16, Romans 5:7-9)

You are forgiven. (Ephesians 1:7, 1 John 1:9).

You are His child. (1 John 3:1, Galatians 3:26)

You are secured for all eternity. (2 Cor 1:22, John 10:28-29)

You are the righteousness of God. 2 Corinthians 5:21

You are set free from the power of sin. (Romans 6:18, Galatians 5:1)

You are precious to Him. (Isaiah 43:4).

You are important. (John 15:16, 19, 1 Peter 2:9)

You are a citizen of heaven. Philippians 3:20

You are a child of God and an heir of God. Galatians 4:7



**TO CREATIVELY LOVE AND LEAD PEOPLE  
IN A GROWING RELATIONSHIP WITH JESUS.**

Questions that can be used in Connection Groups:

*These questions also work well for personal time with God.*

- What scripture and/or point spoke most to you from the Talk on Sunday? Explain.
- Do you struggle with feelings of not being good enough for God? How does that affect how you live your life? How do you think it affects the potential of your life?
- How would you help someone who struggles with feelings that they are not good enough for God?
- In your own words, describe how God accepts us not according to what we've done, but according to what Jesus did.
- Why is it important to understand that being accepted by God is a gift from God?
- We have a longing to be valued and accepted. How do many people try to fill that longing?
- In your own words, describe how you would help someone understand that God's view of them is different than they think.
- How do we focus on loving God instead of earning God's love? What's the difference?
- How do we embrace what God says about us?

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**THE Quest & CHURCH**  **THOMAS ELEMENTARY**  
**Free Grocery Giveaway!**



**VOLUNTEERS NEEDED**  
**SIGN-UP SHEET IN THE COURTYARD**

**Saturday, May 17th**  
11am Prep / Noon -1:30p Food Giveaway

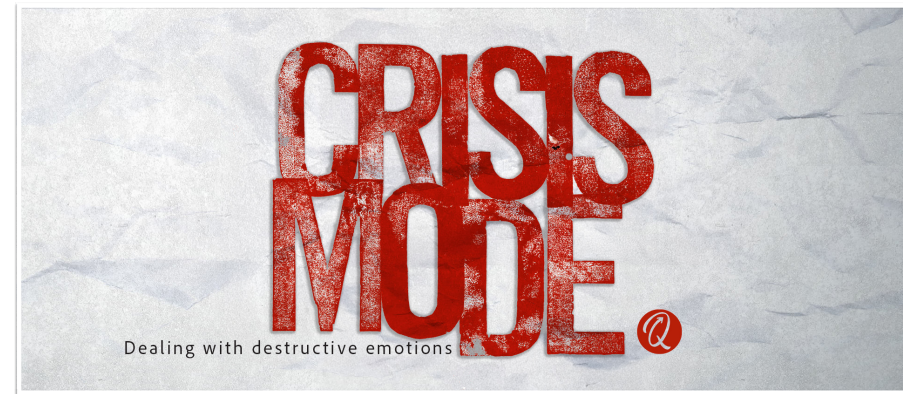
**Sunday, May 11th** Muffins with  
*Mom*



after the Service in the Great Room 



Today's Talk..



**Dealing with feelings of Inadequacy**

Sunday, May 4th, 2025

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