



## DEALING WITH FEELING POWERLESS

In this video, we discuss how the debilitating sense of feeling out of control comes from our view of ourselves. That's right, feeling powerless comes from believing you are powerless. Who you believe you are will determine what you believe you can do.

### INTRODUCTION (00:00)

We can go our whole life believing less-than about ourselves — living out of our insecurities and failures rather than who God created us to be and do what He designed us to do.

1. *What past circumstances or relationships have contributed to a discouraging view of yourself?*

### OUR ORIGIN STORY (02:26)

Our past — specifically our growing up years — often create a devalued or distorted perception of ourselves. This perception is often compounded by our own doubts, sins, failures, and mistakes.

2. *What was the most encouraging thing your parents did or said to you?*
3. *What was the most discouraging thing your parents did or said to you?*

### DIFFICULT CIRCUMSTANCES & TOXIC RELATIONSHIPS (03:22)

Often, our outlook toward disappointing circumstances and relationships are based upon our own perceptions and unhealthy expectations.

4. *What's the most recent circumstance or relationship that made you feel discouraged?*
5. *What specifically about this circumstance or relationship was so disappointing?*

### OUR IDENTITY DETERMINES OUR DESTINY (03:22)

Who we believe we are will determine what we believe we are capable of doing (or not doing). God created you in His image and likeness — to live in an empowering relationship with Him.

6. *What thoughts come to mind when you hear that you are created in the image and likeness of God?*
7. *Why do you think this was your immediate thought?*
8. *If you found it difficult to believe, what makes it most difficult to accept this truth?*

### ACTIVATION (06:04)

Read out loud through The Identity Guide every morning and evening. Circle the one that you find most difficult to believe or accept. Ask the Holy Spirit, “Why is it so difficult for me to believe \_\_\_\_\_?”

### RESOURCE RECOMMENDATIONS:

[www.CultivateRelationships.com/Resources](http://www.CultivateRelationships.com/Resources)

- The Identity Guide
- The Cultivate Journal