

Talk It Over

Questions are prepared each week by the teaching pastor and are designed to prompt insights, questions, and the life experience of each listener. If these are used in a group immediately following the talk, it would be much the same as what was done in Israel at the time of the early church. They will also be useful to individuals who want a deeper understanding of the message.

You don't need to answer all of the questions. Choose one or several to think about on your own or to discuss if you are meeting in a group.

IMPOSTER SYNDROME

1. Why might Christians struggle with imposter syndrome even more than others, and what factors contribute to this struggle?
2. What prominent figures from the Bible experienced doubts and feelings of inadequacy similar to imposter syndrome, and how did they overcome these feelings?
3. What role does comparison play in exacerbating imposter syndrome, and how can we combat this tendency?
4. Reflect on a recent accomplishment or success in your life. Did you experience any feelings of imposter syndrome or doubt about your abilities during that time? How can you remind yourself that your achievements are valid and deserving?
5. Take a moment to reflect on your identity in Christ. How does knowing that your worth and competence come from God's grace and empowerment change the way you view yourself and your capabilities?
6. Think about a specific area of your life where you struggle with doubt or insecurity. How can you incorporate prayer and intentional reflection on God's promises into your daily routine to combat these feelings of imposter syndrome and find confidence in your identity as a beloved child of God?

