



## Fear Not

*Mary: Fear of Inadequacy* (Luke 1:26-38)  
By Pastor David Hillis, 24 December 2015

**BIG IDEA:** Mary's story reminds us that rather than fearing our feelings of inadequacy, we should embrace and celebrate them.

*When feelings of inadequacy rise up in us, what's the best way to handle them?*

1. Attempt to mask, hide, or avoid our feelings. (wrong answer)
2. Attempt to control people and the environment around us. (wrong answer)
3. Tell ourselves that we are capable and self-sufficient and just need to believe in ourselves. (wrong answer)
4. Embrace & celebrate your fears & feelings of inadequacy. (right answer)

*How do we stop fearing our inadequacies in life and get comfortable with them?*

1. Realize that when God wants you to do something that feels (and probably is) impossible, He will give you the strength & abilities when you need it (John 15:5, Philippians 4:13). Mary realized that whatever happened was through God working in her life, not through her own strength.
2. Focus and believe what the Lord has promised you, rather than how you feel. Mary came to a place where she focused on and believed what the Lord had promised her, rather than what she felt.

*Feeling inadequate? Celebrate it! Why?*

1. Inadequacy drives us to God, to depend upon Him more.
2. It gives God the opportunity to demonstrate what He can do with little, and be glorified ... and that builds up our own faith.
  - God doesn't call the equipped; He equips the called!

## Your Mary moment:

- We all face fears of inadequacy because we are inadequate. Admit your inadequacy and affirm to God that He is sufficient for your life.

## My Next Step

*How is God asking you to embrace any fears of inadequacy that you have tonight? Are you willing...even excited yet?*

## FOR FURTHER STUDY/REFLECTION THIS WEEK:

1. Review Luke 1:26-38 again this week, as well as Mary's response of praise to God in Luke 1:46-56. Ask God to help you see insights from the story that you can apply to your own life. What new opportunities lay before you? What dreams lay hidden in your heart? Are you letting any fear of inadequacy hinder you from fulfilling God's purpose for your life?
2. Read 2 Corinthians 3:1-6 (NASB). What does it say about the source of your adequacy? Can you think of a time you've ever obeyed God despite your inadequacies? What did you learn from the experience? Did any blessings come your way? Do you tend to focus more on your inabilities or on God's promises? How would fixing your attention on God affect your attitude and confidence in the situation(s) you face today?
3. In 2 Chronicles 20, we see the story of a king named Jehoshaphat who felt inadequate and afraid as war approached. How did he work out his feelings and dependency upon God? (One great place to focus in this chapter is at verse 12.) Have any feelings of inadequacy ever driven you to God? How was your relationship deepened because of your dependence upon Him?