



Stop Dancing with the ENEMY

Beloved daughter of the Most High God, are you tired of limitations and fears? Do you often question your worth and value? Would you like to know the depth and width of God's love?

In this book, you can overcome insecurity, shame and powerlessness!

Mari Plank

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Chapter Six: Dance of Insecurity: Overcoming Insecurity

Book Excerpt:

Chapter 6: Dance of Security: Overcoming Insecurity (excerpt from Stop Dancing With The Enemy)

You'd find me in a minute - you're already there waiting! Then I said to myself, "Oh, He even sees me in the dark! At night I am immersed in the light!" Ps. 139:10-11 The Msg. Bible

Love Letter from Heaven:

Precious One,

How I long for you to be free of insecurity. I long for you to know the powerful work of My perfect love which drives out all fear. I am your Good Shepherd and concerned with your care and wellbeing. I understand how bothersome, destructive, and oppressive insecurity can be. I have come to set you free and teach you the Dance of Security. You are secure in Me. I am your refuge and fortress. You matter. You have a voice. You are not invisible.

Precious One and The Deceiver begin the dance. Insecurity has made her feel invisible. She doesn't count. Her voice is left unheard. The Deceiver comes to steal, kill, and destroy Precious. He knows the power of insecurity and how to wield it as an effective weapon and trap. His goal is to encase her in darkness.

The Deceiver is quick to point out everyone around her who has met the "the standard". They have success, appearance, or recognition. Bitterness and resentment flood her soul. It is not fair that they made it". Following the endless comparisons is self-hatred, condemnation, and depression. The pit of insecurity grows deeper and darker.

Pretend and cover up. That is all Precious has done in the past. Her feeble attempts make The Deceiver laugh and tells her, "It is still there. No matter how much you try and hide or cover up, everyone knows how flawed you really are."

What is insecurity?

Insecurity is a feeling of uncertainty, a lack of confidence or anxiety about yourself. Someone who doesn't have self-confidence is full of doubts about themselves. There is continual anxiety and fear that they are going to be found out and left behind. They feel like everyone judges or condemns them.

Insecurity is a universal human frailty. It falls on a huge continuum with the various

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Where did it begin?

We can trace the beginning of insecurity to Adam and Eve. The Fall of Man was the turning point for all of us. This was where insecurity became a part of the human DNA. As a result, insecurity has passed down through the generations, taken on different forms within individuals and families. Let's take a look at what happened prior to The Fall.

In Genesis 1 we see God creating light, division of night and day, land, and sea. Then we see trees, plants, animal and sea life, and the sun and moon coming into existence. God pronounced "it was good" six times during the creation process. (The word "good" or *tohu* in Hebrew) means good, goodness, whatever is pleasant or happy.

Genesis 1:26-29 was the creation of mankind. Up to this point creation resulted from God speaking. "Let there be..." Now in vs. 26 God says, "Let Us make man in Our image, according to Our likeness; let them have dominion over the fish of the sea, over the birds of the air, and over the cattle, over all the earth and over every creeping thing that creeps on the earth." In vs. 27 God says, "So God created man in His own image; in the image of God, He created him; male and female He created them".

In Genesis 2:7 it says, "And the Lord God formed man of the dust of the ground and breathed into his nostrils the breath of life; and man became a living being".

Why is this so important?

Mankind was the final and crowning glory of God's creation. We are distinct from the rest of creation. The Divine Triune Godhead ("Let Us") determined that man was to have God's image and likeness.

We were not made to be a "god" but reflect our Creator. We are spiritual beings with a soul and body. He gave us intelligence, personality, perception, and self-determination. He gave us emotions, such as compassion, love, joy, just like Himself.

At this point, we were perfect and not marred with the consequences of sin. All of the expressions we learned of insecurity were not present. All man knew was perfect love reflecting in his relationship with God and with each other.

We see in Gen. 2:25 that Adam and Eve were both naked and were not ashamed. There was no need to hide or cover up. There was no fear, guilt, or compensation for insecurity. They were without sin and there was a beautiful intimacy between them and God. They would walk in the cool of the day with God. He would come down and fellowship with them on a regular basis. Gen. 3:8 says that after the Fall, "And they heard the sound of the Lord God walking in the garden in the cool of the day, and Adam and his wife hid themselves from the presence of the Lord God among the trees of the garden."

God breathed into our nostrils His breath of life or the Holy Spirit. Unlike the rest of creation, a human being was created in covenant relationship to God and has an exceptional high and distinct value, purpose, and authority. We were given:

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- His image and likeness. Gen. 1:26
- His breath or Holy Spirit. Gen. 2:7
- Authority over all the earth. Gen. 1:26
- Authority over all the animals as shown in Gen.2:20 where God brings them to Adam to name them. This also shows a beautiful relationship between God Creator and Man. They were working in partnership.

Devastation of The Fall

Gen. 2:16, 17, tells us God gives them free will to eat of every tree in the garden, except the tree of the knowledge (da'at, means knowing, understanding, wisdom, intelligence, and discernment). of good (tohu means good, goodness, whatever is pleasant or happy). and evil (ra, evil something bad, tragedy, trouble, distress, something of poor quality). Partaking of this fruit would result in death.

In Gen. 3:5, the serpent (The Deceiver) tempts Eve to eat from the tree by telling her, "For God knows that in the day you eat of it your eyes will be opened, and you will be like God, knowing good and evil." Eve saw the tree was good for food, pleasant to the eyes and desirable to make one wise. She ate and gave some to Adam. (vs.6). He is lying to them. God never told them that they will become like Him. Rather, He said if they ate the fruit it would result in death (physical, spiritual, relational, emotional).

In Gen. 3:7-12 we see their immediate response was the beginning of insecurity. Fear was the first response and insecurity resulted. It is my professional opinion that fear is at the root of the majority of our emotional, spiritual, and relational problems. Insecurity resulted and as we learned earlier, many expressions of insecurity resulted causing much distress and trouble. Let's take a look at the immediate result of Adam and Eve disobeying God:

Awareness of vulnerability, trying to cover up and shame. Then the eyes of both of them were opened, and they knew that they were naked; and they sewed fig leaves together and made themselves coverings. Gen. 3:7

Hiding from God, fear of rejection. And they heard the sound of the Lord God walking in the garden in the cool of the day, and Adam and his wife hid themselves from the presence of the Lord God among the trees of the garden. Then the Lord God called to Adam and said to him, "Where are you?" vs. 8, 9

Fear and hiding. So, he said, "I heard your voice in the garden, and I was afraid because I was naked; and I hid myself." vs. 10

Blaming, pointing fingers. And He said, "Who told you that you were naked? Have you eaten from the tree of which I commanded you that you should not eat?" Then the man said, "The woman whom you gave to be with me, she gave me of the tree, and I ate." vs. 11, 12

Sin and death affect all mankind. “You know the story of how Adam landed us in the dilemma we’re in—first sin, then death, and no one exempt from either sin or death. That sin disturbed relations with God in everything and everyone, but the extent of the disturbance was not clear until God spelled it out in detail to Moses. So, death, this huge abyss separating us from God, dominated the landscape from Adam to Moses. Even those who did not sin precisely as Adam did by disobeying a specific command of God still had to experience this termination of life, this separation from God. But Adam, who got us into this, also points ahead to the One who will get us out of it.” Rom. 5:12-14, The Msg.

Condemnation to all mankind. Therefore, as through one man’s offense judgment came to all men, resulting in condemnation, even so through one Man’s righteous act the free gift came to all men, resulting in justification of life. Rom. 5:18

All became sinners. “For as by one man’s disobedience many were made sinners, so also by one Man’s obedience many will be made righteous. Moreover, the law entered that the offense might abound. But where sin abounded, grace abounded much more, so that as sin reigned in death, even so grace might reign through righteousness to eternal life through Jesus Christ our Lord.” Rom. 5:19-21

My Testimony: (Mari- author)

I understand the prison of insecurity. I always felt the need to perform for approval. I was raised to believe in the importance of education and achievement. Performance for acceptance in every area of my life was a driving force. The more insecure I felt, the more I performed.

Another expression of my insecurity was the need for love. insecurity, low self-esteem, codependency, the need for love plus the generational curse of domestic violence gave The Deceiver a huge foothold and opportunity for destruction in my life. I found myself in 9-year violent relationship that began in dating and continued through my marriage. The things I just mentioned played off each other reinforced my victim mentality, depression, self-loathing, and powerlessness.

Dance of Security

What is security? It is freedom from danger. It is safety, freedom from fear or anxiety. It is the measure of the stability of an individual's emotional state. It is freedom from feelings of vulnerability or inferiority. It is assurance you matter and have significance. God doesn’t want you to feel invisible and the need to hide behind “fig leaves”.

Remember earlier we learned the root of insecurity is fear? It was the first reaction after mankind sinned. Insecurity has plagued us in various ways, for different reasons, but with a similar outcome.

Just like Adam and Eve, we hide, pretend, and cover up insecurity. They used figs leaves to protect themselves, but we resort to “creative” ways as our “fig leaves”. Even with our most decorated and elaborate “fig leaves” we are left feeling vulnerable and exposed. This makes us want to cover up more.

How do we overcome insecurity?

The first step is to accept Jesus into your heart . The first step is stated in Rom. 5:15-17. “Yet the rescuing gift is not exactly parallel to the death-dealing sin. If one man’s sin put crowds of people at the dead-end abyss of separation from God, just think what God’s gift poured through one man, Jesus Christ, will do! There’s no comparison between that death-dealing sin and this generous, life-giving gift. The verdict on that one sin was the death sentence; the verdict on the many sins that followed was this wonderful life sentence. If death got the upper hand through one man’s wrongdoing, can you imagine the breathtaking recovery life makes, sovereign life, in those who grasp with both hands this wildly extravagant life-gift, this grand setting-everything-right, that the one-man Jesus Christ provides?” The Msg Bible

What does this mean? “in those who grasp with both hands this wildly extravagant life-gift, this grand setting-everything-right, that the one-man Jesus Christ pro-vides?” It is so beautiful and simple, yet so profound. The first step is to accept Jesus into your heart. Only He can heal, restore, and deliver us from the ravages of sin.

Believe in your heart that Jesus died for you. This is how much God loved the world: He gave His Son, his one and only Son. And this is why: so that no one need be destroyed; by believing in Him, anyone can have a whole and lasting life. God did not go to all the trouble of sending His Son merely to point an accusing finger, telling the world how bad it was. He came to help, to put the world right again. Anyone who trusts in Him is acquitted; anyone who refuses to trust Him has long since been under the death sentence without knowing it. And why? Because of that person’s failure to believe in the one-of-a-kind Son of God when introduced to Him. John 3:16, The Msg. Bible

Confess with your mouth. that if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved. Rom. 10:9

We have the confident assurance that if we ask Jesus into our heart, He will never leave or forsake us. His Holy Spirit will dwell inside and change us from the inside out. His love and Word will bring peace, healing, and transformation.

How do I overcome insecurity?

Work on yourself. Diligently incorporate The Dance of Freedom, especially in the area of your lyrics and belief system. Recognize insecurity is a result of fear. God has not given you a spirit of fear, but power, love, and a sound mind, according to 2 Tim. 1:7

Stop looking to others to validate you. Remind yourself that God sees you as acceptable. “to the praise of the glory of His grace, by which He made us accepted in The Beloved”. Eph. 1:6. Give yourself some grace and keep reminding yourself that Jesus sees you as acceptable.

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Is your mirror your enemy? Mirrors can be cruel. They show us every wrinkle, flaw, flab etc. Stop with self-hatred or self-loathing. God doesn't see you crow's feet, muffin top, thinning or grey hair. In fact, He sees you as His masterpiece, a beautiful tapestry or symphony!

“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.” Eph. 2:10 NLT

God made you with His own hands and gave you His Spirit. You were made in the image of the Triune God. A masterpiece is a work done with extraordinary skill, a supreme intellectual or artistic achievement. That is, you! Just receive it! Not receiving God’s truth is calling Him a liar. Ask the Holy Spirit to help you receive and believe!

There is nothing wrong with wanting to look our best. I wear makeup, try to exercise, and enjoy wearing clothes that flatter. I have learned to love myself as Christ loves me. It is not vanity, but God helping me not to hate myself.

When I look in the mirror and I see a new wrinkle which seems to happen more often, I try not to go into the self-loathing. When I do, I remind myself of Ps. 139: 14, “I will praise you, for I am fearfully and wonderfully made; Marvelous are your works.”

Stop comparing yourself with others. Comparisons, or wishful thinking, “I wish I was....” I would be better if....,” “If only I was....” then I could be” are traps of The Deceiver with the intention to steal, kill and destroy. All this will result in feeling worse and reinforce insecurity.

Remember, fear is the root of insecurity. My go to scripture when any kind of fear tries to attack me is, “For God has not given us a spirit of fear, but of power and of love and of a sound mind.” 2 Tim. 1:7 so much of my healing journey was dealing with all kinds of fear. These are the fears I (Mari) was facing:

- Fear of failure
- Fear of rejection
- Fear of divorce
- Fear of staying married to Fred
- Fear of not making it
- Fear of Fred discovering where I was hiding when I ran away
- Fear of my kids becoming abusive
- Fear of the abuse
- Fear of the unknown

Repent of jealousy and bitterness towards others. These behaviors imprison your soul and reinforce insecurity.

In conclusion, insecurity is a feeling of uncertainty, a lack of confidence or anxiety. Someone who doesn't have self-confidence is full of doubts about themselves. People who are insecure have continual anxiety and fear that they are going to be found out and left behind. Fear is the root of insecurity. They often feel they are “not enough”, “don’t matter” or “do not have voice”.

The root of insecurity is fear. It was the first reaction after mankind sinned. Insecurity has plagued us in various ways, for different reasons, but with similar outcome. Just like Adam and Eve, we hide, pretend, and cover up insecurity. They used figs leaves to protect themselves, but we resort to “creative” ways as our “fig leaves”. Even with our most decorated and elaborate “fig leaves” we are left feeling vulnerable and exposed. This makes us want to cover up more.

The Beloved has not given you a spirit of fear, but power, love, and sound mind. He is your refuge and high tower. You can rest confidently in the truth that you matter. You have a voice. There is no longer a need to “cover up” with your fig leaves. You are His workmanship created in Christ Jesus for good works.