

PROJECT WORKSHEET

SUFFICIENCY



INSTRUCTIONS

God is all sufficient and almighty. As His children, His desire is for us to depend on Him for all we need. In fact, Jesus said that unless we become like little children, we cannot inherit the Kingdom of God. This said, relying on an invisible God can often be more challenging for us than relying on ourselves or our own methods.

Use this worksheet as a guide for allowing God to shed light on your level of self-sufficiency vs. finding sufficiency in Him. Pray through and write down a summary of each of the following points.

1. How much do you rely on your own abilities in the following areas? Rate each area from 1 to 5. 1 = I do not rely on this – 5 = I rely on this heavily

- i** Ability to Work: Work-ethic, willingness to work hard, do whatever it takes... _____
- Ability to Provide: Capacity for making money, having enough, making things stretch/last... _____
- Social Skills: Use of your personality, looks, humor, or charisma to appeal to others... _____
- Personal Expertise: Areas of skill, capability, knowledge, know-how, experience/wisdom... _____
- Personal Strength: Bodily strength, emotional strength, spiritual strength, ability to “handle it”... _____
- Use of Technology: Use of technological tools to resolve issues independently... _____
- Use of Treatments: Use of methods, routines, practices, medicines, remedies that work for you... _____

2. In what ways is your sense of security reliant upon your ability to do things for yourself?

- i** Do you have anxiety or fears about not being able to take care of yourself?
Describe a time when you were not able, capable, or strong enough to take care of yourself or a situation in your life. What was that like for you? Did you enjoy it or find it challenging? How so?
What do you think are some potential dangers of self-reliance and/or self-sufficiency?

3. In what ways does your sense of security depend on other people? On experts or authorities?

- i** How much do you rely upon your spouse, parents, family, friends, or social groups for your needs?
 - Share a time when you felt secure because of other people.
 - Share a time when your reliance on other people proved to be problematic or disastrous.
- How much do you rely on of the guidance/approval of professionals, experts, authority figures, ministers, or people who know God better than you?
 - Share a time when you felt secure or safe because of the counsel of a professional or “expert.”
 - Share a time when an “expert,” authority figure, or person you revered led you in the wrong direction.
- What do you think are some potential dangers of trusting in other people, even experts?

4. In what ways are you at ease because of your beliefs, principles, and/or following the rules?

- i** How does knowing you are “being a good person” or “doing the right thing,” help you to feel secure? Do you believe God blesses you more for being good? Punishes you for not doing the right thing?
- Share a time when you felt that God blessed you because you had been obedient.
 - Share a time when you became angry/upset because God blessed someone you considered bad/wrong.
- What do you think are some potential dangers of self-righteousness?

5. How did Jesus demonstrate for us the life of reliance upon God in all things?

- i** Jesus said, “By myself I can do nothing,” or “I say only what the Father tells me,” or “I do nothing on my own initiative.” (See John 5:19,30, 8:28, 12:49) What did He mean?

List at least three examples of how Jesus had to live by faith. In what ways did He rely on God?

1. _____
2. _____
3. _____

How do these examples of Jesus’ dependence on the Father reveal how God wants us to rely on Him as His sons and daughters?

6. What would it be like to trust God with every aspect of your life?

- i** What concerns, fears, or anxieties rise up in you at the thought of trusting God in all things? How do you think your life would be different if you gave up control in order to do only what God said? Is there a particular area of your life that Jesus is asking you to trust Him with right now? How so? In what ways have you been striving to perform or earn something apart from the Lord?

7. How is Jesus asking you to trust and rely on His sufficiency in your life right now?

- i** How is God calling you to rest? Trust in His provision? How is He calling you to co-labor with Him rather than just laboring?

(See Isaiah 55; Matthew 7:11; Matthew 11:28-30; Luke 12:22-32; Romans 4:3-5; Mark 8:36.)

How is God asking you to do and speak only what He reveals by His Spirit rather than your own personality or approach to people?

(Consider 1 John 2:27; Luke 12:12; John 6:29 & 63; Romans 8:7-8 & 32.)

How is God asking you to trust His expertise and strength rather than “handling” things yourself, or trusting in experts, or trusting in principles/rules?

(See 1 Corinthians 1:12; 1 Corinthians 3:18-23; Luke 18:9-14; Galatians 3:2-3; Revelation 3:17)

How does God want you to turn to Him as the One to resolve your issues, answer your questions, give you direction, and heal your body, soul, and mind?

(Consider 1 Peter 2:25; 2 Corinthians 1:9; John 14:26; Hebrews 11:6.)

8. What are your next steps for trusting in God’s sufficiency for your life?