



WOMEN WHO PRIZE  
BEING FOUND IN CHRIST

## Not Enough

By: Sarah Blount

Hashtag enough. Look it up sometime on Instagram. I did just a few minutes before I sat down to write this blog and it was just as I expected: mostly used by females, plenty of Christian typography, and so many encouraging posts that I got tired of scrolling to get to the bottom.

The hashtag "enough" has been used over one million times on Instagram. It's a word that comes up often among Christian women. We declare it over one another. We order t-shirts from Etsy to spell it out for everyone. We attend conferences themed around it and purchase books written to try to convince us that we are in a word- enough.

As well-meaning as all of those things are- **the truth is, we are not enough.**

That's right. I am not enough, and neither are you.

**Somewhere along the line, we subscribed to an idea that we never see in God's Word.** It sounds like gospel. It seems like Jesus, but it's not. It's a J-Lo movie and a self-love trend.

Every time I hear someone telling women they are enough, it makes me cringe a little because I know once we start to believe we are enough, it puts us at a disadvantage. We begin to think that we are capable of carrying everything alone. We lean on our own understanding instead of fully trusting in God. **We refuse to ask people for help because someone who is enough shouldn't have to depend on anyone else.** We exhaust ourselves trying to be smart enough, funny enough, fit enough, spiritual enough, or tough enough. And we put ourselves through unnecessary hurt every time someone comes along who is more enough than we are.

Paul wasn't preaching you are enough. Paul was preaching the exact opposite.

**2 Corinthians 3:5** *Not that we are sufficient in ourselves to claim anything as coming from us, but our sufficiency is from God.*

If Paul was not sufficient in himself who are we to indulge in this idea of self-sufficiency?

**Our sense of *enough-ness* must have nothing to do with who we are and everything to do with who God is.** And He is more than enough! We can be great, but only because the Greater One lives in us. The more we understand this, the freer we become.

The enemy loves to come and whisper to us that we are not enough. I think it's because he knows how we will react. With something like, *"Not today, Satan! I'll show you who is enough!"* and then we proceed to expound vast amounts of mental, physical, emotional, and spiritual energy trying to prove to the accuser of the brethren, the one whose native tongue is lying, that he was wrong about us!

What if we turn the tables on him? **What if when he tells us we are not enough, we throw him a curve ball and agree with him?** We could run him off a lot more effectively if we replied to his "not enough" threats like this:

*"True story. I am not enough, but Jesus was, is, and always will be more than enough. And I happen to live and move and have my being in him, so bye."*

**Boom. Instead of working yourself into a frenzy trying to prove that you are enough, you have preserved your energy for things that genuinely matter.**

Allow me to give you some more freeing scriptures to keep in your comeback arsenal.

**2 Corinthians 12:9** *But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.*

Don't boast about being enough. **Boast about being weak- it's there, in our weaknesses where we get to showcase God's glory.**

**Philippians 4:13** *I can do all things through him who strengthens me.*

Not in our sufficiency, but through Him, we can do ALL things- we can climb the highest mountains, swim through the roughest waters, and cross every finish line victoriously.

**It was for freedom that Christ set us free, so come to terms with your insufficiency and step into His grace that is more than enough for you.**

# conversation starters

1. Christ came to set us free. Are you bound by the pressure of trying to live up to this word "enough" that has crept into our Christian culture?
2. In what areas are you ready to stop identifying with "enough" and start identifying with "nothing apart from Christ"?
3. Describe what your dependency on God looks like on a daily basis. How often do you rely on His strength?
4. Do you feel like the enemy comes at you with thoughts of being "not enough." What's your typical response?
5. Are you ever low on energy? Do you think you could be wasting your energy trying to prove you're enough?
6. In what ways has God proved that He is more than enough for you?

# his heart work

## **STUDY**

Memorize each scripture in this study by meditating on them, confessing them with your mouth, writing them down on your mirror, and talking about them with your friends!

## **ACT**

Post a photo, graphic design, video, or blog on Facebook or Insta about how this study has helped you. Use the #newsongHIS and be entered to win a special prize! Be creative and have fun!

# prayer needs

Write down the prayer requests of your group members, and pray fervently for them! Let your group members know when you are praying for them, if you have any scriptures or encouraging words for them, etc.