

Identifying and Overcoming a Limiting Mindset

A limiting mindset constrains us and makes us feel insecure, **powerless**, not good enough, and unlovable.

Limiting Mindset Test

Do you seek approval from others or allow others to decide for you because you doubt yourself?

Have you missed an opportunity because you question your ability?

Are you afraid of sharing your ideas with others?

Do other people's success make you angry?

Do you compare yourself with others?

Everyone has some level of self-doubt but taken to the extreme it can paralyze into inaction.

Overcoming a Limiting Mindset

Lean on Jesus. Ask Him to help you get out of the way so you can accomplish His purpose for your life.

Rather than seeking approval from others, look to Jesus. He has given you everything you need to fulfil your calling (2Peter 1:3).

Follow God's leading and take action-motion beats meditation.

Scriptures (The Voice; <https://www.biblegateway.com>)

Psalm 56:3-4

When struck by fear, I let go, depending *securely* upon You *alone*.

In God, whose word I praise, in God I place my trust. I shall not let fear come in, for what can measly men do to me?

2Peter 1:3

His divine power has given us everything we need to experience life and to reflect God's true nature through the knowledge of the One who called us by His glory and virtue.

Romans 12:2

Do not allow this world to mold you in its own image. Instead, be transformed *from the inside out* by renewing your mind. As a result, you will be able to discern what God wills and whatever God finds good, pleasing, and complete.

2 Timothy 1:7

You see, God did not give us a cowardly spirit but a powerful, loving, and disciplined spirit.

1 John 4:4

My children, you have come from God and have conquered these spirits because the One who lives within you is greater than the one in this world.

Philippians 4:6-8

Don't be anxious about things; instead, pray. Pray about everything. *He longs to hear your requests*, so talk to God about your needs and be thankful *for what has come*. And know that the peace of God (*a peace* that is beyond any and all of our *human* understanding) will stand watch over your hearts and minds in Jesus, the Anointed One.

Finally, brothers and sisters, fill your minds with *beauty and truth*. Meditate on whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is good, whatever is virtuous and praiseworthy.

Isaiah 26:3

You will keep the peace, a perfect peace, for all who trust in You, for those who dedicate their hearts *and minds* to You.

Matthew 11:28-29

Come to Me, all who are weary and burdened, and I will give you rest. Put My yoke upon your shoulders—it *might appear heavy at first, but it is perfectly fitted to your curves*. Learn from Me, for I am gentle and humble of heart. *When you are yoked to Me*, your weary souls will find rest.

2 Corinthian 10:3-5

For though we walk in the world, we do not fight according to this world's rules of warfare. The weapons of the war we're fighting are not of this world but are powered by God and effective at tearing down the strongholds *erected against His truth*. We are demolishing arguments and ideas, every high-and-mighty philosophy that pits itself against the knowledge of *the one true* God. We are taking prisoners of every thought, *every emotion*, and subduing them into obedience to the Anointed One.