



LISTENING GUIDE

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Listening Guide

In a world where “never enough” is the norm, how do you avoid comparing yourself to others who seem to have it all? Do you attempt to keep up or simply give up?

In Letting God Be Enough, seasoned bible study teacher, Erica Wiggernhorn reveals we aren't the first people to deal with feelings of inadequacy, insecurity, or imposter syndrome. The life of Moses was plagued by self-doubt, fear, and comparison to others. Yet, God repeatedly worked miracles through Moses' weakness. Likewise, Erica explains how you can learn to:

- Jump off the merry-go-round of other people's opinions
- Exchange past regrets with God's exciting plan for your future
- Experience freedom from nagging fears of self-doubt and inadequacy
- Walk in confidence that God can handle everything that happens today

Letting God Be Enough is the modern book for tackling an age-old problem, resting in God when life doesn't make sense. You no longer have to strive, compare, or appease others to secure your worth. Instead, you can let a loving God be enough.

To find additional free resources to accompany this study visit EricaWiggernhorn.com



Week One

LETTING GOD FORGE OUR IDENTITY



REVIEW:

What labels have other people put on you?

What labels have you put on yourself?

Why is God the only One who can truly state the facts about who we are?

Erica states: Feelings are indicators but they are not dictators. Share some examples of how people allow their thoughts to determine their feelings about someone or something.

Do you find it harder to meet other people's expectations or your own expectations that you place upon yourself? How so?

TRUTH FOR THE JOURNEY:

Paul implored the Ephesians to "Put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of our minds," (Ephesians 4:22-23). What are some old labels that you need to take off of yourself?

Read through Psalm 139:1-6. If God knows all of our thoughts, then God also knows everything we feel. How comfortable are you in talking with God about your feelings, even your negative ones? Does reflecting upon the fact that God already knows your thoughts and feelings make it easier or harder for you to talk with Him?

In Psalm 139:14 David says that God intricately formed him and numbered all of his days before he was even born. When was the last time you sought God regarding your purpose or how He uniquely created you?

LETTING GOD FORGE OUR IDENTITY



Read Exodus 3:10-12. What specific question does Moses ask God to answer? Does God answer it?

Read Acts 7:17-38. God could have cited lots of reasons why He chose Moses for the job of deliverer of the Israelites. Moses wanted God to give him props as to why he was the guy for the job, but God did not do that. He simply promised Moses His presence. What is a role, responsibility or current assignment in your life for which you desperately need the assurance of God's presence?

Read Exodus 2:11-15. How do you think Moses' previous failure to be recognized as God's chosen deliverer impacted his confidence? What area of your life do you struggle the most with confidence?

PROCESSING THE JOURNEY:

Read:

A Moment of Decision to Pursue the Promised Land and Chapters 1-3 from Erica's book *Letting God Be Enough: Why Striving Keeps You Stuck and How Surrender Sets You Free*

Reflect:

On the labels, perceptions others have of you and ask God to help you understand who He created you to be. Write out some of those destructive labels on a 3x5 card and on the other side write a verse of Scripture that speaks to your true identity.

Replace:

Those old labels with the new label of His. Identify a relationship or role in your life and how putting on that new label of His would impact your thoughts and feelings toward that person.

LETTING GOD FORGE OUR IDENTITY



Recite:

Psalm 139 daily over yourself and this Prayer from Erica's book *Letting God Be Enough*

Dear Jesus, I confess there are things I don't like about myself. I acknowledge that you made me the way you did on purpose and with a purpose. No one knows me more fully than You. Show me what it means to find my identity in and through You. Help me believe that what others have said are only perceptions. You alone know the facts about who I really am.

Week Two

LETTING GOD SQUASH OUR FEARS



REVIEW:

How do you respond to fear? Does it paralyze you or cause you to run away?

What is something that currently causes worry, anxiety or fear in your life? How do you deal with it?

What types of circumstances cause you to flee because you prefer not to deal with them?

Has God ever asked you to go back and revisit something you preferred to avoid or asked you to face one of your fears head on? If so, describe the situation and what happened?

Have you ever argued with God about a circumstance or assignment in your life?

Why do you think it is important to God that we find freedom from our fear(s)?

TRUTH FOR THE JOURNEY:

Read Exodus 4:1. If Moses obeyed God and went back to Egypt to speak to the Israelites, what did he fear would happen? What is an area of obedience to God that makes you afraid?

Read Exodus 4:2-9. What three signs did God give Moses to provide him reassurance that God was with him? What are some signs in your life that provide you reassurance that God is with you?

LETTING GOD SQUASH OUR FEARS



Read 2 Corinthians 12:9-10. The Corinthian church began to question Paul's apostleship and claim that other visiting speakers were much more eloquent and persuasive than Paul in their speech and their teaching. How does Paul respond to this?

Look back at Exodus 3:17-21 and list all of the things God would do to free His people from the Egyptians. How does this put Moses' position to speak God's words in perspective?

PROCESSING THE JOURNEY:

Read:

Chapters 4-7 in *Erica's book Letting God Be Enough: Why Striving Keeps You Stuck and How Surrender Sets You Free*.

Reflect:

What is a mistake you have made that you prefer to keep buried?

How does realizing God purposefully gave us gifts, and left us areas of lack, change your perspective over your inabilities?

Replace:

Confess to God those areas of your life where you are most afraid. Write out your weaknesses and invite God's limitless power to overcome your lack. Draw a cross over your list and write 2 Corinthians 12:9 over your weaknesses, relying on Christ's work in your life.



LETTING GOD SQUASH OUR FEARS

Recite:

Memorize Psalm 28:7 The LORD is my strength and my shield; in him my heart trusts, and I am helped.

This Passionate Prayer from *Letting God Be Enough*:

Dear Jesus, help me stop deferring or hiding behind others. Give me courage to step forward in faith and follow You in obedience. Help me believe that when I am obeying You, I will never fail, because obedience is what You desire most. Help me to face my fears and stop running away from people and situations that You are calling me to hand over to You in faith. Give me wisdom to know what I need to let go of and what I need to conquer by Your power.

Week Three



WHY DOES GOD GET US STUCK?

REVIEW:

We can feel stuck in circumstances, relationships, emotions, and even our relationship with God. What is an area of your life in which you currently feel stuck?

Erica states that God allows His people to be stuck on purpose for a purpose. What purpose do you think God might possibly have in your “stuck” place?

How have you seen God build your trust in Him through trouble or trial?

In what ways do you see the enemy coming against you currently?

What might it look like or feel like to hand your fear over to God?

TRUTH FOR THE JOURNEY:

Read Exodus 14:1-3. Why did God want Pharaoh to think?

Read Exodus 14:4. What did God want the Egyptians to know?

Read Exodus 14:5-9. How were the people of Israel marching while they continued to move forward? What is a current area of your life where God has made the path plain to you and you feel like you are finally moving forward?

Read Exodus 14:10-12. Who did the people begin to blame the moment they felt stuck? Why do you think feeling stuck tempts us to give way to fear?



WHY DOES GOD GET US STUCK?

Read Exodus 14:13-14. What three commands did Moses give to the people in this place of being stuck and pursued by their enemy? What two promises did Moses make on God's behalf?

PROCESSING THE JOURNEY:

Read Chapters 8-11 in Erica's book *Letting God Be Enough: Why Striving Keeps You Stuck and How Surrender Sets You Free*.

Reflect:

What area of your life do you think God is asking you to trust Him with right now? Has He allowed circumstances to escalate into situations that are clearly beyond your ability to control? As a tangible reminder of your willingness to let God be enough, write that area of trust on a slip of paper and then destroy the paper signifying your desire to not try and take it back after handing it over to God to control.

Replace:

Instead of ruminating over your situation, choose to obey God and be silent (Exodus 14:14). When your thoughts begin to consume your mind, re-read Exodus 14 and focus especially on verse 14. Pray and ask God what the one next thing is He is asking you to do and focus solely on that instead of all of the "what ifs" in front of you.

WHY DOES GOD GET US STUCK?



Recite:

Write out Exodus 14:14 and put it somewhere where you will see it often or make it your lock screen on your phone. When you feel stuck or hopeless, recite it aloud, reminding yourself that God is in control and fighting on your behalf.

The Passionate Prayer from *Letting God Be Enough*:

Dear Jesus, help me see where I am trying to take matters into my own hands by relying on worldly knowledge instead of Your wisdom. Help me trust that You are orchestrating my circumstances in order to uncover my fear. Help me trust that You will be enough when I can't see all the "hows." Help me surrender the route to Your perfect path You have for me.

Week Four



HOW TO SURRENDER DIFFICULT RELATIONSHIPS

REVIEW:

When God puts us in a place where our only hope is Him, we have no choice but to lay down our fear of inadequacy and embrace God's sufficiency. What is something you are currently hoping on the LORD to fulfill in your life?

Erica laid out five signs of healthy relationships:

- Sharing all the things
- Celebrating each other's successes
- Keeping our Circles Open
- Calling each other out
- Entrusting each other to God

Which of these things is easiest for you to do as a friend. Which one is hardest for you?

Why does acting like we have everything under control stifle friendship?

Do you struggle with asking for help from others? Do you think it's harder to handle life on your own or to be vulnerable and ask for help?

HOW TO SURRENDER DIFFICULT RELATIONSHIPS



TRUTH FOR THE JOURNEY:

Read Exodus 18:1-8. Moses shared all the good, the bad and the ugly with Jethro that had occurred in his life. Have you ever experienced this type of friendship in your life? What made them that kind of friend to you?

Read Exodus 18:9-11. Jethro rejoiced over Moses' news of miracles and God's mighty intervention on his behalf. How do you normally respond when you see God so richly blessing others and making you wait for answered prayers?

Read Exodus 18:12. How easy is it for you to always leave room for one more at your table? Why do you think our natural tendency is to get comfortable or even cliquish in our relationships not wanting to invite others into our lives?

Read Exodus 18:13-18. Have you ever faced a circumstance or a situation that was too big to handle on your own? Who in your life holds you accountable, and speaks the facts, drowning out feelings?

Read Exodus 18:19. Have you ever given someone advice and they refused to listen to you? How did you respond in that situation? How could entrusting them to God and His ability to direct their decision bring peace to the relationship? Do you think two people can disagree in a friendship and still love one another?

PROCESSING THE JOURNEY:

Read:

Chapters 12-16 in Erica's book *Letting God Be Enough: Why Striving Keeps You Stuck and How Surrender Sets You Free*.

HOW TO SURRENDER DIFFICULT RELATIONSHIPS



Reflect:

Who is someone in your life with whom you can intentionally begin to build authentic friendship? Make a commitment to spend time with them this week.

Replace:

Figure out one thing you can remove from your life in order to spend more quality, face to face time with people who are important to you. What can you eliminate or cut back on? Television? Social media? Take an honest assessment of how much time you spend on distracting activities.

Recite:

Memorize Jeremiah 17:9 and write the name of someone who can speak truth into your life, helping to guard your heart.

The Passionate Prayer from *Letting God Be Enough*:

Dear Jesus, help me to be a friend that honors others and honors You. Help me rejoice in others' successes and be willing to speak truth into others' lives. Remind me of the tremendous vulnerability You endured leaving the glory of heaven and clothing Yourself in human flesh. Help me see vulnerability as a strength and a place of trust in Your sufficiency to fill in the gaps of lack in humanity. Help me to long for Your presence.



Resources



*Letting God Be Enough: Why Striving Keeps You
Stuck and How Surrender Sets You Free*

Ericawiggenhorn.com

