**OBSESSED Session 3 outline: More Than Enough**

**Bottom Line: When we know true things, false things have less power**.

INTRODUCTION

All of our favorite moments in life come down to one thing: *acceptance*

When we feel like we fit. When we feel like we are accepted just as we are, exactly as we are, we feel okay. And it’s one of the best feelings in the world.

TENSION

We all have moments that come to mind when we felt the *opposite* of accepted.

Based on movies and TV shows we watch, the songs we listen to, the ads and magazine covers we see, the message seems loud and clear:

We aren’t skinny *enough.*

We aren’t pretty *enough.*

We aren’t sexy *enough.*

We aren’t confident, secure, popular, athletic, talented, or good *enough.*

You don’t have to live as a victim to these messages your whole life.

TRUTH

While in captivity, the people of Jerusalem probably felt afraid, alone, and overlooked by God.

*But now this is what the Lord says—he who created you, O Jacob, he who formed you, O Israel: “Fear not, for I have redeemed you; I have summoned you by name; you are mine” (Isaiah 43:1 NIV84).*

God reminded them of three things that are true of *them* and of *Him.*

* I am God.
* I made you.
* I redeem you.
* I know your name.
* You are mine.

He knows that with the right messages in their minds, it doesn’t matter what their circumstances are—they will know the truth.

APPLICATION

We aren’t ever going to be able to outrun the messages of culture fast enough.

Learn what God says about you, so that when you’re faced with a bunch of different messages, you can discern what’s *true*.

Don’t let what you *feel* trump what is *true*.

LANDING

Start thinking about the messages you hear the most.

You don’t have to keep *trying* so hard. Because the God who made you says you are enough just as you are