



THEME OF THE MONTH

Security

***The Confidence to Believe in Myself!
(Security vs. Insecurity)***

1. Freedom from danger, risk; to be safe
2. Freedom from care, anxiety or doubt; to be confident
3. Something that secures or make safe; to be protected or defended
4. Freedom from care or want; to be content

Why is Security Important?

"...your life is safe in the care of the Lord, secure in his treasure pouch..."

1 Samuel 25:29 NLT

"Your favor, O Lord, made me as secure as a mountain..."

Psalms 30:7 NLT

"They also hired 32,000 chariots and secured the support of the king and his army..."

1 Chronicle 19:7 NLT

"I will provide a homeland for my people, planting them in a secure place where they will never be disturbed..."

2 Samuel 7:10 NLT

How Do We Practice Security?

1. We practice awareness, so as not to put ourselves into danger.
2. We cultivate self-confidence as we commit to a lifetime of training.
3. Through training, we gain confidence in our ability to defend ourselves.
4. We are content with what we have, and avoid being a "gimmie-pig".
5. We practice integrity and leave at peace with others.



MAT CHAT TALKING POINTS

1. Name some ways we can be free of danger or risk? How can we be “safe”?
2. What role does awareness play in personal security? The protection of others?
3. How do care, anxiety or doubt make us less secure?
4. Why is self-confidence an integral part of learning to living a “secure” life?
5. What role does martial arts training play in building confidence and security?
6. What role does fear of bullies play in insecurity? Is this a healthy way to live?
7. We live in a “got-to-have-it-now” world. Why is this a bad thing?
8. What role does contentment play in living a confident, “secure” life?
9. Why is integrity an essential element of the character trait of security?
10. What role does peace play in living a safe/secure life?

Talking Points:

Security is Fundamental: Without security, our lives would be filled with anxiety, worry, dread, doubt and fear. We would be unable to fully function as human beings.

Security requires Commitment: Those who seek to harm us or others in some way never stop. Living a life of security is not a one-time event; rather it is a lifestyle of awareness and action that we adopt and live every day of our lives.

Security required Integrity: If we compromise our integrity, we say or do things that are result in a less secure life. Alcohol, drugs, lying, cheating, stealing all place us in a situation where we are less secure and opens the door for fear, anxiety, worry and leaves us vulnerable.

Security promotes Success: People who are secure are confident and confident people are successful, as they see themselves that way. People who are insecure do not rise to the level of greatness, as their fears, doubts and anxiety limits their ability to perform at their best and results in mediocrity. Remember, “good enough” is the enemy of “greatness”.