

## *The Impostor Syndrome*

*Mrs. Gail White-Biggers, Presenter*

*For you have not received a spirit of slavery leading to fear again, but you have received a spirit of adoption as sons by which we cry out, “Abba! Father!” The Spirit Himself testifies with our spirit that we are children of God, and if children, heirs also, heirs of God and fellow heirs with Christ, if indeed we suffer with Him so that we may also be glorified with Him. Romans 8:15-17*

The **Impostor Syndrome (IS)** or **The Impostor Phenomenon (IP)** is a universal human experience. This internal struggle describes self-doubt about one’s gifts, talents, abilities, and competence. The individual might question their accomplishments and believe that recognition and esteem are not duly deserved.

### **A. Objections to El Shaddai~ Exploring Moses’ Arguments in Response to Lead**

- ◆ “Who am I?” - Identifying appropriate and reasonable inquiries about competence and capacity
- ◆ “What if they will not believe me or listen to what I say..?”- Recognizing the sin in “Me” and “I” in response to a divine summons
- ◆ “Please, Lord, I have never been eloquent...”- When the IS encounters grace

### **B. Fear of being Exposed as a “Fraud”**

- ◆ Understanding the source of private intense feelings
- ◆ Internalized core beliefs and their behavioral and emotional consequences
- ◆ The complex interaction between social image and an awareness of personal reality

### **C. Common Self-Reported Experiences: \*(Should be subjectively defined)**

Fear of failure	I am different
Fear and feelings of guilt about success	I am not good enough
A personal need to be “special” or the “best”	I must get more to prove self-worth
Desire to be extraordinary– to save the day	Others are worthy

#### **GROUP DISCUSSION:**

**Does the environment play a role in eliciting the IS? Does the family dynamic, the work environment, or the church play a role in this internal phenomenon?**

### **D. Soul Care and The Impostor Syndrome**

- ◆ Increase godly humility in and ego driven culture
- ◆ Deliberate self-reflection and Biblical meditation
- ◆ Is it Spirit-filled leading or fleshly perfectionism?
- ◆ Intentionally plan to challenge the impostor cycle by the truth of the Gospel

#### *References*

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