

Navigating Imposter Syndrome

Prayer Guide

This prayer guide is designed to be used with the audio prayer guide recorded on the Faith at Work podcast. You can access the audio version of this prayer guide on Apple Podcasts, Spotify, or YouTube.

Introduction

There are times where all of us, at one point or another, feel like an imposter at work. Maybe you've just started a brand new job and feel underqualified, or maybe you don't think you're as smart as the other people who are on your team. However you're feeling, we're going to take some time to bring it before God.

As we begin, go ahead and take a few deep breaths, and bring your attention towards God. Wherever you're at in this moment, invite the Holy Spirit to meet you where you currently are.

Pause for 30 seconds to become aware of God

Exodus 4:10-12

“Moses said to the Lord, ‘Pardon your servant, Lord. I have never been eloquent, neither in the past nor since you have spoken to your servant. I am slow of speech and tongue.’ The Lord said to him, ‘Who gave human beings their mouths? Who makes them deaf or mute? Who gives them sight or makes them blind? Is it not I, the Lord? Now go; I will help you speak and will teach you what to say.’”

God Qualifies the Called

At the time that God called Moses to lead the people of Israel out of slavery from Egypt, he certainly didn't feel qualified. He tells God that there is no way he can lead the people — he's not a good public speaker. And even though that may have been true, God doesn't let Moses off the hook. Instead, he reminds Moses of who God is, and that he will help him with what he should say. God is asking Moses to trust him. And while Moses may not have the right kind of resume according to human standards, God still chooses to use Moses despite his lack of qualifications.

If you're in a job thinking to yourself “there's no way that I should be here” or “I'm not good enough”, be reminded that God has called you and has placed you in this particular job for a reason, and that he wants you to trust him even if you feel insufficient. Being used by God to do good work does not depend on your qualifications — instead, it depends on a willingness to be used by God.



Praise

When we feel insufficient, like Moses did, it's important to focus our attention on who God is. What attribute of God do you need to be reminded of today? For Moses, it was being reminded of God's power and presence. For you, it might be being reminded of God's providence and that he's placed you exactly where he wants you. Or maybe it's being reminded of God's personal presence in your life — that God dwells in you through the Holy Spirit. Whatever it is, pick 1 or 2 attributes of God, and spend meditating and praising God for them.

Pause for 2 minutes to praise God

Surrender

Now, take a posture of surrender, and offer to God the areas where you feel insufficient. If you want, you can face your palms up as a physical act of surrendering before God. Name what you are feeling and experiencing, and offer it to God. You may want to say something like, “God, this is how I'm feeling. Help me to trust in you despite how I feel at this moment.”

Pause for 2 minutes to surrender before God

Closing Prayer

Father, it is easy for me to forget your greatness, power, and majesty just as Moses did when you called him. In the moments when I feel insufficient and underqualified, help me to focus my vision on your greatness instead of my weakness. Help me to see that I do not need to rely solely on myself to accomplish the work that you have for me, but instead, I can trust that you will give me exactly what I need.

Amen.