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# THE LIES WE BELIEVE

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*"The truth will set you free" -John 8:32*

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## **The Truth about Lies**

Truth # 1: \_\_\_\_% of Americans say that honesty is an important value.

Truth # 2: The average American is lied to directly \_\_\_\_x per day.

Truth # 3: The average American is lied to indirectly \_\_\_\_x per day.

Truth # 4: One in \_\_\_\_ conversations between spouses includes a lie.

**Reality #1** - Every day you are being told \_\_\_\_\_.

*John 8:44 - You belong to your father, the devil...He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies.*

**Reality #2** - Distinguishing between what is the truth and what is a lie is both \_\_\_\_\_  
and \_\_\_\_\_.

**Reality #3** - Lies are beliefs, attitudes, or expectations that don't fit \_\_\_\_\_.

Agree/Disagree:

- ✓ Most of a person's **unhappiness** comes from lies.
- ✓ The longer lies are played on our mental playlist, the **more** we believe them.
- ✓ A lie believed as truth affects the **truth**.
- ✓ Unless we refute the lies we believe, we are at their **mercy**.

**Reality #4** - What you believe shapes your **emotions** and **behavior**.

**Reality #5** - When you believe lies it will marginalize your **spiritual**, **emotional**, and **physical** health.

**Reality #6** - Most of our emotional struggles, relationship difficulties, spiritual set-backs are caused by \_\_\_\_\_.

## Combatting the Lies We Believe

1. Remember that the real battle is \_\_\_\_\_.

*Romans 12:2, Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.*

*Ephesians 4:20-24, That, however, is not the way of life you learned <sup>21</sup> when you heard about Christ and were taught in him in accordance with the truth that is in Jesus. <sup>22</sup> You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; <sup>23</sup> to be made new in the attitude of your minds; <sup>24</sup> and to put on the new self, created to be like God in true righteousness and holiness.*

2. Remember that the \_\_\_\_\_ sets you free.

*Psalms 119:9-11, How can a young person stay on the path of purity? By living according to your word. <sup>10</sup> I seek you with all my heart; do not let me stray from your commands. <sup>11</sup> I have hidden your word in my heart that I might not sin against you.*

*Philippians 4:8, Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.*

3. Remember that \_\_\_\_\_ is powerful!

*Ephesians 1:17-19 (Paul's prayer paraphrased), Lord, give me a spirit of wisdom and of revelation so that I may know You better, that the eyes of my faith would be enlightened to know the hope to which You have called me..."*

4. Remember that we walk by " \_\_\_\_\_," not by sight.

*Hebrews 11:1-2, 6 - Now faith is confidence in what we hope for and assurance about what we do not see. <sup>2</sup> This is what the ancients were commended for... And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.*

5. Get a " \_\_\_\_\_ - \_\_\_\_\_" partner.

*Ecclesiastes 4:9-10, 12, Two are better than one, because they have a good return for their labor: <sup>10</sup> If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. <sup>11</sup> Also, if two lie down together, they will keep warm. But how can one keep warm alone? <sup>12</sup> Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.*

*Ephesians 4:15-16, Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. <sup>16</sup> From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.*

## Identifying Beliefs Inventory

Uncover your beliefs by taking this inventory. Mark each statement according to your gut, not your head, ranking (7) = Strongly Agree to (1) = Strongly Disagree. Avoid using 4 (Neutral) as an answer. *(Adapted and Taken from The Lies We Believe, by Dr. Chris Thurman)*

- \_\_\_\_\_ If it feels right, than it must be what I should do.
- \_\_\_\_\_ Do I really need to right a wrong, if it turns out okay?
- \_\_\_\_\_ The destination is more important than the journey.
- \_\_\_\_\_ I can only feel good about myself if I do it perfectly.
- \_\_\_\_\_ I hate it when people aren't happy with me.
- \_\_\_\_\_ If only \_\_\_\_\_ would change, I know I would be happier.
- \_\_\_\_\_ Based on my past, nothing will change.
- \_\_\_\_\_ I am the way I am.
- \_\_\_\_\_ Things never work out for me.
- \_\_\_\_\_ I won't be happy unless they do it my way.
- \_\_\_\_\_ I know it is always my fault, even if they don't say so.
- \_\_\_\_\_ People never thank me for what I do for them.
- \_\_\_\_\_ If only my spouse would take better care of me.
- \_\_\_\_\_ I don't think you should have to wait for what you want.
- \_\_\_\_\_ How well I do something really determines how good I feel about myself.
- \_\_\_\_\_ God's love must be earned.
- \_\_\_\_\_ Life should be fair.
- \_\_\_\_\_ God should always be fair.
- \_\_\_\_\_ Life is supposed to be relatively easy.
- \_\_\_\_\_ People are basically good.
- \_\_\_\_\_ Relationships should meet my emotional needs.
- \_\_\_\_\_ I'd be happier if my spouse acted more like me.
- \_\_\_\_\_ If there is conflict in a relationship, then it isn't meant to be.
- \_\_\_\_\_ I know exactly how this is going to turn out.
- \_\_\_\_\_ All my problems are caused by my sins.
- \_\_\_\_\_ God should protect me from all pain and suffering.
- \_\_\_\_\_ God doesn't have time for my problems.

- \_\_\_\_\_ I don't feel good enough to go to God on my own.
- \_\_\_\_\_ A good Christian doesn't get angry, anxious, or depressed.
- \_\_\_\_\_ I shouldn't have to change who I am to make my marriage better.
- \_\_\_\_\_ I tend exaggerate things.
- \_\_\_\_\_ I tend to minimize the importance of things.
- \_\_\_\_\_ Everything is black or white.
- \_\_\_\_\_ All of our marital problems are my spouse's fault.
- \_\_\_\_\_ My spouse owes me for what I have done.
- \_\_\_\_\_ I often take things personally.
- \_\_\_\_\_ My spouse should be like me.
- \_\_\_\_\_ The past predicts the future.
- \_\_\_\_\_ God's love must be earned.
- \_\_\_\_\_ It is my Christian duty to meet he needs of others.
- \_\_\_\_\_ God can't use me if I am not spiritually strong.
- \_\_\_\_\_ Life should be fair.
- \_\_\_\_\_ Life should be easy.
- \_\_\_\_\_ My unhappiness is someone else's fault.
- \_\_\_\_\_ God plays favorites.
- \_\_\_\_\_ I must be perfect.
- \_\_\_\_\_ I must have everyone's love and approval.
- \_\_\_\_\_ I tend to make mountains out of molehills.
- \_\_\_\_\_ Everybody's doing it, so it must be ok.
- \_\_\_\_\_ I can interpret the Bible anyway that I want.
- \_\_\_\_\_ Sin is relative. Compared to other people, I do better than most.
- \_\_\_\_\_ I know what the Bible says, but every situation is unique.

The more you agree with a statement, the more you are believing a lie. Highlight any that are over 4. These are lies that you'll want to specifically focus on and seek to replace with the Biblical truths that God reveals in his Word.