
THE LIES WE BELIEVE

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

Life, Liberty, & the Pursuit of Happiness

Dealing with the Big Three

Video: Story of Madison Holleran

Self Lies - The Number One Enemy to Spiritual Health

Lie # 1 - I Must Be Perfect

1 John 1:8, If we claim to be without sin, we deceive ourselves and the truth is not in us.

Issues in Play: 1) _____; 2) Motivation

Question to ask: Who is this about - me or Jesus?

Impact on my life: Places the bar far beyond reach; my worth is measured by meeting that bar; impairs discipleship; robs me of humility and joy.

Keys to consider: a) preparedness vs. perfection, b) excellence vs. perfection

Lie # 2 - I Must Have Everyone's Love & Approval

Galatians 1:10, Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ.

Issues in Play: 1) Idolatry; 2) Identity

Question to ask: Where am I at in my relationship with Jesus?

Impact on my life: Leads to a loss of mission and purpose for my life; places my emotional well being in the hands of others; end up being the victim full of bitterness, resentment, and depression.

Keys to consider: a) Play to an Audience of One; b) 80/20 principle

Lie # 3 - It is Easier to Avoid Problems than to Face Them

1 Corinthians 1:10, I appeal to you, brothers and sisters, in the name of our Lord Jesus Christ, that all of you agree with one another in what you say and that there be no divisions among you, but that you be perfectly united in mind and thought.

Issues in Play: 1) People Pleasing; 2) Sin Avoidance

Question to ask: Why am I not dealing with the problem?

Impact on my life: Problems usually get worse, emotional toll as it creates stress, leads to self medication, causes lie multiplication, can allow someone to continue in a sinful path, parents who avoid it with kids = lack of coping skills

Keys to consider: a) No pain, no gain; b) Identify the win

Lie # 4 - I Can't be Happy unless Things Go My Way

Philippians 4:11-13 - I am not saying this because I am in need, for I have learned to be content whatever the circumstances. ¹² I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. ¹³ I can do all this through him who gives me strength.

Issues in Play: 1) Contentment; 2) Selfishness; 3) Control Issues

Question to ask: Why am I reacting the way that I am?

Impact on my life: Situational depression that can impact my life at home and work, "life is not about what happens to you as much as how you handle what happens to you" - when I don't handle it well it can lead to overreaction, anger, bitterness; relationship train wrecks.

Keys to consider: a) Events > _____ > Feelings > _____, b) Fear vs. Faith

Lie # 5 - My Unhappiness is Someone Else's Fault

Proverbs 4:23 - Above all else, guard your heart, for everything you do flows from it.

Issues in Play: 1) Projecting; 2) Shifting Blame

Question to ask: Who's to blame and what's my role?

Impact on my life: Justify my behavior and sin, unwillingness to accept responsibility for my actions = alienation of others, lack of thanks for all that God has done for me (Psalm 13), allows my life to be driven by external circumstance, not spiritual truths

Keys to consider: a) Happiness vs. Joy; b) Internal vs. External

Keys for Dealing with the Big 3

John 8:31-32, If you hold to my teaching, you are really my disciples. ³² Then you will know the truth, and the truth will set you free.

Psalms 1:1-3, Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, ² but whose delight is in the law of the Lord, and who meditates on his law day and night. ³ That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither— whatever they do prospers.

Ecclesiastes 3:12,13, I know that there is nothing better for people than to be happy and to do good while they live. ¹³ That each of them may eat and drink, and find satisfaction in all their toil— this is the gift of God.

Psalms 68:3, But may the righteous be glad and rejoice before God; may they be happy and joyful.

Philippians 4:4,7 - Rejoice in the Lord always. I will say it again: Rejoice!...⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Key # 1 - Identify - Validate - Align

Identify What are the emotions that I am having? What events are causing the feelings that I am having? What is the truth about my emotions and behavior?

Validate Is this emotion and behavior valid? Why or why not? Is my behavior something that is based on a lie?

Align What issue of the heart do I need to address? What do I need to correct or repent of? How will I use the truth to guard my heart going forward and what verse will I adopt to renew my mind?

Key # 2 - Straight A's

1. **Acknowledge** ... you believe the lie
2. **Assess** ... the damage caused by believing the lie
3. **Ask** ... for forgiveness (God & others)
4. **Adopt** ... a verse from the Bible that speaks to the truth
5. **Apply** ... live the truth you have adopted (Matthew 7)