

---

# THE LIES WE BELIEVE

---

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

---

## **Misshapen Mirrors**

*Addressing our distorted reality and negative self-talk*

*Do you ever blow up over small things? Or take things too personally? Are you driven more by feelings than facts? If so, then you might be seeing things through a faulty lens or misshapen mirror (like those at a carnival). When we distort reality we open ourselves up to some lies that will impact our lives dramatically. In order to combat them we need to see the whole truth.*

Do you...

- ◆ Take things personally?
- ◆ Tend to use words like *always* and/or *never*?
- ◆ Often rely on feelings more than facts?
- ◆ Tend to exaggerate or stretch the truth?
- ◆ If any or all of the above are true, what impact might it have on your emotions...behaviors...relationships...faith?

## Unpacking the Distortion Lies - Breakout Groups

### **Lie # 1 - Magnification - Mountain vs. Molehill**

Think of some examples of when you or people have made an event much “bigger than” it really is. Be specific.

When we magnify an event, we ratchet up the emotions. Why is this so dangerous?

Come up with one practical way we can use the truth to overcome this lie.

### **Lie # 2 - Personalization - Taking things too personally**

A co-worker criticizes your work...what's your response? A friend seems to always avoid your texts and is always slow to respond...your reaction? Your spouse says something hurtful to you at home...your reaction?

When we personalize an event, what tends to happen? Why is this especially dangerous to relationships?

Why is the question “Is this a reflection of me or the other person?” a good one to ask to help us overcome this lie with the truth?

### Lie # 3 - Polarization - **Everything is Black or White**

What's your "black and white" blind-spot? (things or areas of life we believe we are better or worse than we actually are...think of "always" or "never" moments).

A/D: Pride is a big factor in causing people to believe this lie.

Explain your answer and the spiritual implications.

Let's align with God's Word:

**1 Corinthians 10:11-13** *These things happened to them as examples and were written down as warnings for us, on whom the culmination of the ages has come. 12 So, if you think you are standing firm, be careful that you don't fall! 13 No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.*

**Proverbs 16:18** *Pride goes before destruction, a haughty spirit before a fall.*

### Lie # 4 - Selective Abstraction

We focus so much of our attention on a small part of something that we can't see the bigger picture.

*Psalm 13:1-4 How long, Lord? Will you forget me forever? How long will you hide your face from me? 2 How long must I wrestle with my thoughts and day after day have sorrow in my heart? How long will my enemy triumph over me? 3 Look on me and answer, Lord my God. Give light to my eyes, or I will sleep in death, 4 and my enemy will say, "I have overcome him," and my foes will rejoice when I fall.*

Where in these words do you see this lie perhaps affecting David?

Psalm 13:5-6 *But I trust in your unfailing love; my heart rejoices in your salvation. 6 I will sing the Lord's praise, for he has been good to me.*

What is the truth that helps us overcome this lie?

### **Lie # 5 - Overgeneralization - History always repeats itself**

In this distortion, any event, such as failing an exam or fighting with a spouse, leads to the lie that the future will inescapably hold more of the same. History, supposedly, always repeats itself.

How might this lie impact your relationships? Consider these statements - "We have never gotten along, and we never will." or "Here we go again...it's the same thing."

Grace moment - "The cards we were dealt, aren't the cards we ended up with". How does this statement speak to the truth we need to consider when dealing with this lie?

Use the following Bible verses to show why history doesn't have to repeat itself?

Luke 1:37 *For no word from God will ever fail.*

Matthew 19:26 *Jesus looked at them and said, "With man this is impossible, but with God all things are possible."*

### **Lie # 6 - Emotional Reasoning - Emotions trump facts**

A/D: "In our culture we worship feelings." (Back your answer up with facts/examples)

A/D: "A life run by feelings is destined to ruin our life". Why did you answer that way?

Of all these lies how might this one be one of Satan's biggest tools to affect us spiritually? What's the answer to combat him and this lie?

## Key # 1 - Know Your A-B-Cs

The A-B-C model says that events ("A") do not cause your reactions ("C"); your self-talk ("B") does. In other words, how you think about an event—not the event itself—determines how you react to it.

If we think about events unrealistically, our lives will be in constant turmoil. (Garbage in, garbage out.)

This week record events where you break down the three parts of the model. Become more conscious of the fact that what you tell yourself at "B" plays a significant role in how you react at "C." As you do your assignment, pay special attention to the events that you become upset over or feel that you mishandled. These are the scenarios where your tapes are most likely to be faulty, something we will work on in future chapters.

In writing down your A-B-Cs, your entries need to look something like this:

<u>"A" (Event)</u>	<u>"B" (Self-Talk)</u>	<u>"C" (Response)</u>
late to work because of an accident	Why aren't people more careful?!	Muscles tensed; felt angry and resentful; honked horn
Husband forgot to empty the	Why can't he remember stuff like this! I can't depend on him for anything!	shallow breathing; became irritated and frustrated; slammed briefcase down when get home and

### **Closing Thoughts and Points to Ponder**

1. What distortion lie do you most struggle with? Why do you think that is? Ask your accountability partner to ask you which one you struggle with and why? What one truth will you apply to your life to help confront that lie?
2. In one form or another, most of us struggle with perfectionism in some area of our life. Why is that? Why is it such a damaging lie to believe spiritually and emotionally? What/Who is the answer to debunking this lie? Pick a passage to commit to memory this week to help you combat it. Be ready to share it next week.