

THE LIES WE BELIEVE

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

Identifying the Lies You Tell Yourself

(1) avoid using 4 as your answer if at all possible (try not to sit on the fence in reacting to these statements); and (2) answer from your gut, not from your head. (Don't answer in terms of how you think you should think. Answer in terms of how you really think!)

Lie Questionnaire

1	2	3	4	5	6	7
strongly Disagree			Neutral			Strongly Agree

Self-Lies:

1. I must be perfect.
2. I must have everyone's love and approval.
3. It is easier to avoid problems than to face them.
4. I can't be happy unless things go my way.
5. My unhappiness is somebody else's fault.

Worldly Lies:

6. You can have it all.
7. My worth is determined by my performance
8. Life should be easy.
9. Life should be fair.
10. You shouldn't have to wait for what you want.
11. People are basically good.

Marital Lies:

12. All my marital problems are my spouse's fault.
13. If my marriage takes hard work, my spouse and I must not be right for each other.
14. My spouse can and should meet all of my emotional needs.
15. My spouse owes me for what I have done for him/her.
16. I shouldn't have to change who I am in order to make my marriage better.
17. My spouse should be like me.

Distortion Lies:

18. I often make mountains out of molehills.
19. I often take things personally.
20. Things are black and white to me.
21. I often miss the forest for the trees.
22. The past predicts the future.
23. I often reason things out with my feelings rather than the facts.

Religious Lies:

24. God's love must be earned.
25. God hates the sin and the sinner.
26. Because I'm a Christian, God will protect me from pain and suffering.
27. All of my problems are caused by my sins.
28. It is my Christian duty to meet all the needs of others.
29. A good Christian doesn't feel anxious, angry, or depressed.
30. God can't use me unless I'm spiritually strong.

Look back through your responses, and circle any marked 5, 6, or 7. Add up the number of circled answers. Write down your responses to each statement from the first time you took the questionnaire to the left of your responses this time. Compare the two. Overall, did you have as many 5s, 6s, and 7s this time? Were there any lies you no longer believe as strongly? What were the most significant changes from this time to last as far as your answers to each specific lies?

Now, look back through your responses this time, and identify the three lies you still believe the most strongly. In the spaces provided, write each lie, write a short statement on why it is a lie, and then write a Bible verse that opposes this lie.

Lie #1:

This is a lie because...

The Bible verse that opposes this lie is...

Lie #2:

This is a lie because...

The Bible verse that opposes this lie is...

Lie #3:

This is a lie because...

The Bible verse that opposes this lie is...

If you have a computer, I want you to type these three lies in large, bold-faced print and put "My Top Three Lies" at the top of the page (do this by hand if you don't have a computer). Then, print numerous copies, and post them in various places (on the bathroom mirror, on the refrigerator, on your car dashboard, on your office wall). Make sure you post these lies wherever you can so that you are reminded of them frequently. These three lies are destroying you, and you have to stay aware of them.

Finally, I want you to get a close friend involved in this effort. Let someone you trust know about these three destructive lies, and ask him to check with you once a week on how your effort to fight them is going. (p. 234-237)