**Truth/Lies about ourselves – Leader’s Notes**

**HOOK**

**Play the game: 2 truths and Lie. Tell 3 things about yourself; two truths and one lie. Have others in the group guess what is the lie.**

**How easy was it to guess the lies? (**The closer you are to someone else, the easier it is to discern the lie. The closer you are to the truth of God’s Word, the easier it is to discern the lie.)

**Did you have a nickname growing up? Was it positive or negative?**

**BOOK/LOOK**

**Read 2 Cor. 10:4,5. What are the weapons that Paul is talking about that can demolish strongholds? (**Prayer is the obvious answer. But God’s Word is also a spiritual weapon that helps us take captive thoughts to Christ. Declaring God’s truth is a way to make our thoughts obedient to Christ).

**Read Prov. 23:7.** **Is our sense of self-identity something we’re born with or something that changes in life? What kind of things impact the way we view ourselves?** (Successes or failures; our interpretation of events; media impacts the group that we compare ourselves with; messages from parents or significant others; God’s Word. Ultimately, many factors can influence the way we see ourselves).

**Lie #1 – You’re an accident.**

**Truth - You were created by God for God’s glory.** **Read Gen. 1:27; Eph. 2:10; Eph. 1:4**

**Congregational Declaration: “I’m made in God’s image – I am who God says I am.”**

**Read Romans 3:23,24.** How does this verse speak against lies about the inherent goodness/evil in humanity?

**Lie #2a –** **I’m a good person. God’s happy if we do more good than bad.**

**Lie 2b – I’m a bad person. God could never forgive me.**

**Truth – We weren’t righteous, but** **Jesus is righteous and He makes us righteous.**

**Declare - I’ve been made righteous by Jesus Christ.**

**Read Romans 12:2 and 2 Cor. 3:18**

**Lie #3 – I can’t change who I am or my behaviours.**

**Truth – you can change with God’s help.**

**Declare: I can change and do all things through Christ who strengthens me.**

**Is it possible to renew your mind and not be transformed? (**No. If we try to change our behaviours without changing our beliefs, the chances of experiencing long lasting change will be unlikely).

**How do you try to effect change in others (coworkers, family members, spouses): focus on what they’re doing wrong, or affirming what they do that’s good? How might Phil. 4:8 give advice about this?**

**Lie #4 – My past determines my identity**

**Truth – Our identity is determined by our relationship with God**

**Declare: I’m a child of God. (Jn. 1:12)**

**I have the anointing of the Holy Spirit. (1 John 2:20; Eph. 1:13,14)**

**I’m redeemed and forgiven, a recipient of God’s grace (Eph.1:7)**

**I’m loved. (John 3:16)**

**I’m a chosen person, a royal priest, a holy saint who belongs to God. (1 Pet. 2:9)**

**I’m a citizen of heaven (Phil.3:20)**

**How do we prevent our negative experiences from marring our God-given identity?** (Renounce agreement with the negative label; Reframe the experience to see the positive that came out of it; Focus on the truth of God’s Word; Listen for God’s voice and his interpretation of our experiences; Adapt your thinking and beliefs to the truth of God’s Word)

**Agree or disagree: Your identity isn’t determined by who other people say you are, or who you feel you are. Our identity is rooted in who God says we are and by our relationship with Him.**

**Lie #5** – **I’m not doing enough to please God**

**Truth – Gal. 3:5 – God’s Spirit and power are gifts of grace, not earned.**

**Declare: Jesus has done enough to please God on my behalf!**

**Lie #6 – My prayers don’t make a difference. Prayer is useless.**

**Truth & Declaration – I’m a saint made righteous by God and my prayer is powerful and effective**

**HOOK**

**What’s at stake in the process of challenging lies and declaring God’s truth?** (The truth sets us free; lies restrict us and keep us from experiencing the abundant life Jesus wants to give us)

**Which of the lies about us do you struggle with the most?**