

Lies We Believe About Others

Lies We Believe and the Truth That Sets Us Free

January 16, 2022

Lies

1. People can meet all my emotional needs.
2. Others should accept me just the way I am.
3. To get along, everyone needs to think, feel and act the same.
4. Others are more messed up than me.
5. People who hurt me have to earn my forgiveness.

Truths

1. There's no gain without pain.
2. Love never fails.

Questions for Personal Reflection and Group Discussion

1. Read through the list of lies on the opposite page. Ask God to reveal to you which of those lies you've believed.

How have the lies of the Enemy impacted the way you think about others, the things you say to or about others and your expectations of others?

2. Read *Philippians 4:19*.

Whom do you tend to turn to for meeting your emotional needs?

Who is identified as the one who will meet our needs in this verse?

In what ways has God met your needs in the past? What encouragement does this give you for the future?

3. Read *Proverbs 27:17*.

What flaw or defect have you expected others to accept about you rather than making the effort to grow and change?

How might another person help sharpen you in this area?

4. Read *Matthew 7:5*.

This verse challenges us to interact with others with humility and grace. How do these qualities help us to have healthy relationships?

Are your relationships characterized by humility and grace? What does, or could, that look like? Is there an apology you need to make or something you need to own in order to reconcile a relationship?

5. Read *1 John 2:15-17* and *Philippians 3:19*.

In what ways have you struggled with the temptation to feel, to have, or to be?

How has the desire for instant gratification hindered you from growing toward spiritual maturity?

6. Read *Galatians 5:13*.

Agape love is choosing the best right action, thought, or words in every situation. In what situation do you need to choose agape love? What will that look like?