

Lies Women Believe

Lies We Believe and the Truth That Sets Us Free

February 13, 2022

Lies

1. It's my job to make everyone happy.
2. It's not OK to speak my mind.
3. I am facing my flaws.
4. I am not enough.

Truths

1. The victory is in the effort, not the result.
2. You are going to die.

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.

In what way have you fallen (or still fall) for each of these lies?

Which lie traps and trips you up the most? What can you do to replace that lie with truth? How will you apply that truth to your daily living?

2. Read Luke 10:27.

According to this verse, what is your most important job?

To what degree do you find yourself feeling responsible for the happiness of others? What emotional impact does this have on you?

3. Read Ecclesiastes 12:11 and Proverbs 16:24.

When you have a different idea, opinion or perspective, do you express it or suppress it? Why?

What do you learn from these verses about how to use words?

4. Read Matthew 7:3-5.

We are all flawed. Honestly consider your own shortcomings. Where do you need to grow? Identify one practical step you can take to make progress in that area.

5. Read Psalm 139:13-18.

What insecurity keeps you from being at peace with who God made you to be?

What truth will you hold onto from this passage to break free from the lie that you are not enough?

6. Read Philippians 3:12 Galatians 6:9, and Hebrews 12:1-2.

Learning to walk in truth is a process. It requires consistency, community, and courage. Which of those 'ingredients' do you need more of right now? What can you do this week to press in to greater consistency, community, or courage?

7. Read Psalm 39:5.

We have a short time here on earth. What needs to become more important in your life, and what needs to become less important?