

Lies We Believe About Ourselves
Lies We Believe and the Truth That Sets Us Free
January 9, 2022

Lies

1. It's not OK to be human and make mistakes.
2. My worth is determined by how I perform.
3. I must have everyone's love and approval.
4. It's easier to avoid my problems than to face them.
5. My unhappiness is externally caused.

Truths

1. To err is human.
2. You can't please everyone.

Characteristics of a People Pleaser

- *Rarely say 'no'*
- *Pretend to agree with everyone*
- *Go to great lengths to avoid conflict*
- *Fear negative emotions in others*
- *Feel responsible for how others feel*
- *Act like those around them*
- *Hesitate to admit when their feelings are hurt*
- *Can be easily impressed*
- *Tend to overexplain*
- *Need external praise to feel good*
- *Apologize too often*

Questions for Personal Reflection and Group Discussion

1. Read Genesis 1:26 and Psalm 139:13-18.

What is the basis for human worth?

2. 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, talk and act?

Consider the truths you just read in Genesis 1 and Psalm 139. Are you living, thinking and speaking like you really believe what God's Word says about your value? If not, why not?

Why is it important to truly believe and live out what God's Word says about you?

Is there a change that you need to make in the way you think about yourself?

How could changing the way you think impact the way you live?

3. Read Romans 3:22-23.

What is your typical reaction when you make a mistake or fail in some way? How do you respond when others do?

How does the truth in this passage help you understand the grace of God? In what way does this help you experience the freedom that Jesus promised truth would give us?

4. Read Matthew 5:43-48 and Galatians 1:10.

Which of the people-pleaser characteristics fit you? What change do you need to make in that area? How and when will you do that?

Ponder the two truths on the opposite page. For each one, identify one way you can begin to live out the freedom of those truths and move toward the perfection that Jesus calls you to.