

Lies We Believe About Life

Lies We Believe and the Truth That Sets Us Free

January 23, 2022

Lies

1. You can have it all.
2. You shouldn't have to wait for what you want.
3. You can do anything you set your mind to.
4. Being happy is the most important thing in life.
5. People are basically good.
6. Life should be easy and fair.

Truths

1. It's not all about you.

Characteristics of Humility

- Aim to serve, not to be served.
- Value others more highly than yourself.
- Think accurately about yourself.
- Submit to one another.

2. Life is difficult.

Secrets to Contentment

- View trials as an opportunity to grow.
- Remember God's sovereignty and sufficiency.
- Tell God what you need.
- Express gratitude.

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.

What particular version of these six lies have you fallen prey to, and what damage have they caused in your life?

What corrections or adjustments in perspective do you need to make to align yourself with the truth? How will those shifts impact your day-to-day life?

2. Read Ecclesiastes 2:4-11 and 1 Timothy 6:6-8.

What do you think you need to be content?

Is your life characterized by contentment or dissatisfaction? Explain your answer.

3. Read Proverbs 16:32.

Where in life have you pursued instant gratification and what did it cost you?

In what area are you finding it difficult to wait for God's timing right now? What benefit is there waiting?

4. Read Genesis 6:5-6, Romans 3:10 and 7:18.

What do these verses tell you about the natural inclinations of people?

In what ways have you seen this reality in your own life? Why is it important to have an accurate view of human nature? Where do you find hope for your human 'condition'?

5. Read Mark 10:45, Philippians 2:3-4 and Romans 12:3.

In what ways does narcissism or self-centeredness show up in how you treat others?

What is the antidote to a self-centered life? What characteristics of humility from the opposite page do you need to work on developing in your life?

6. Read James 1:2-4 and Philippians 4:6-7.

How do you typically respond to the difficulties of life? Which secrets to contentment do you need to work into your daily mindset? How will you do that?