

Lies Men Believe

Lies We Believe and the Truth That Sets Us Free

February 6, 2022

Lies

1. I don't have what it takes to be a man.
2. It's not OK to feel sad, scared, or hurt.
3. My good intentions ought to satisfy everyone.
4. Sex is about my pleasure and enjoyment.
5. I can do life by myself.

Truths

1. You are a person of great worth.

Toxic Shame says:

- *I'm worthless.*
- *I'm unworthy of being loved.*
- *It's always my fault when relationships go bad.*
- *It's not OK to be human and make mistakes.*

Three Aspects of Self:

Worth - Identity - Self-esteem

2. The world owes you nothing.

Marks of an Entitlement Problem:

- *Make everything about themselves.*
- *Come off as a manipulative, demanding bully.*
- *Take more than they give.*
- *Step on others.*
- *Has double standards.*
- *Lack empathy for others.*
- *Refuse to compromise.*

How to Beat Entitlement:

Turn away – Change your terms – Learn to ask
React with grace – Be grateful to God

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 is the one that 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 Psalm 139:13-18.

Write down all of the phrases from this passage that describe the ways that God was attentive to His creation of you. Which words stand out to you and why?

Which of the four toxic shame messages does the enemy whisper most loudly in your mind? How does that voice impact you?

Humans are the only part of God's creation that is made in His image. You are an image-bearer of God. What do these verses tell you about your worth?

In what do you find your identity? In the different roles you play, the feelings you have, or by what God says about who you are?

So, write it out...who does God say you are? How is that identity expressed through the relationships you have and the words you speak?

Consider the different areas of your life. How accurate is your self-esteem, given your ability and performance in those areas?

3. Read John 8:1-11 and Luke 17:11-19.

In what ways do you see an entitlement problem in each passage?

How does Jesus respond in each situation?

From the list of Marks of an Entitlement Problem, which two or three do you identify with most?

How can you apply the ways to beat entitlement in your relationship(s)? Do you trust that God wants to meet your legitimate needs? How will you change your words or attitude to reflect that trust and to express gratitude to Him and to those He uses in your life?