

IDENTITY: DISCOVERING WHAT WE REALLY BELIEVE ABOUT OURSELVES

SESSION 2: REPLACING LIES WITH TRUTH

If we do the work of pinpointing a false belief we're carrying, then we can attack it and replace it with the one thing it can't stand—the *truth*.

BEFORE

For this session, everyone should have an index card and something to write with.

WIN

Learn to replace false beliefs with the truth of how God sees us.

CONNECT

Did you have any insights to share from the five-day reading plan?

Play the game “Two Truths and a Lie.” Each group member will share three things about themselves—two of which are true and one of which is a lie. Have the other group members guess which is the lie. If your group is large, you may consider separating into smaller groups in order to complete this exercise in 15–20 minutes. While we recognize that this is a game, it shows how easy it is to believe something that is untrue!

LEARN

Discovering lies we've believed about ourselves takes work. Some of these beliefs have been established for many years. Do not be discouraged if some people in your group readily see lies they've believed and it takes more time for you to see them. There is comfort in knowing that we can ask God for help. Before beginning the discussion, someone in the group can pray. Feel free to use this prayer as a guide:

Heavenly Father, Thank you for sending us Jesus, who did for us what we couldn't do for ourselves. Because of what Jesus's death and resurrection, we can be called your son or daughter not based on our own efforts but on what Jesus did for us. Thank you that you give us your Spirit to be our helper and to lead us to truth. We pray that each of us will see clearly any lies we may have believed and learn how to replace these lies with the truth of how you see us. Amen.

After praying, watch the video for Session 2.



APPLY

1. What's your initial reaction to the video? What stood out to you?
2. If you haven't done so, take a moment to look at the false beliefs from the Session 1 Discussion Guide and pinpoint one that you feel applies to you. Which one did you pick, and why do you think you started to believe that?
3. Identify situations that trigger your false beliefs. If they've developed over time, it may take some reflection to consider people, places or situations that trigger our false beliefs. The key is to catch the these thoughts early before they have time to grow.
4. Now look at False Beliefs vs. Truths on page 3 of this guide. What is the corresponding truth to your false belief? What is the passage of scripture that corresponds to the truth statement? Share what this truth means to you. How could you re-phrase this to make it personal for you?
5. Take a moment to write down your truth statement on one side of your card, and the passage of scripture on the other side.
6. If you began to replace your false belief with the truth statement, how could that impact your day to day life? Could it help with your satisfaction, security, or significance needs? If so, how?
7. Read **Romans 12:2**. In light of this study, what stands out to you about this verse?

PRAY

End your time with a prayer. Ask God to help each person in the group remember their truth when they are tempted to believe a lie.

Do not confirm to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

—Romans 12:2



FALSE BELIEFS VS. TRUTHS

Look back at the false beliefs you checked during Session 1 and select the corresponding boxes below. Take some time to read through the opposing truths that relate to the beliefs you selected. Next time the false belief crops up, see if you can focus your mind around the truth instead of giving that false belief power over your thoughts and actions.

FALSE BELIEFS	TRUTH
<input type="checkbox"/> 1. I must be in control to be safe, secure, or significant.	I do not need to be in control because God is in control. Many are the plans in a person's mind, but it is the Lord's purpose that prevails. Proverbs 19:21
<input type="checkbox"/> 2. I must please other people to be loved or accepted.	I am to please God, rather than seek the approval of people. <i>Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ.</i> Galatians 1:10
<input type="checkbox"/> 3. I must overcome and make it; I must be tough and independent to survive.	I am dependent on God. Apart from him, I can do nothing. <i>I [Jesus] am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.</i> John 15:5
<input type="checkbox"/> 4. To be safe and secure, I must be guarded and not risk intimacy.	Christ's peace will guard my heart and mind. <i>And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.</i> Philippians 4:7
<input type="checkbox"/> 5. Emotions always represent truth.	Emotions can and will deceive me. <i>The heart is deceitful above all things and beyond cure. Who can understand it?</i> Jeremiah 17:9
<input type="checkbox"/> 6. For me to be content, life must be fair.	I can learn to be content in my circumstances through Christ. <i>I am not saying this because I am in need, for I have learned to be content whatever the circumstances.</i> Philippians 4:11
<input type="checkbox"/> 7. I am unworthy of love or acceptance.	Nothing can separate me from the love of God in Christ. <i>For I am convinced that... [nothing] will be able to separate us from the love of God that is in Christ Jesus our Lord.</i> Romans 8:38–39
<input type="checkbox"/> 8. I must be right to be significant or to know I am of value.	My value and significance come from a humble dependence on God. <i>God opposes the proud but shows favor to the humble.</i> 1 Peter 5:5
<input type="checkbox"/> 9. I must be heard to know I am of value.	My value comes from God, not other people. <i>God opposes the proud but shows favor to the humble.</i> 1 Peter 5:5
<input type="checkbox"/> 10. I cannot be okay or at peace if those around me are not okay.	My peace comes from the Lord, not other people. <i>Peace I [Jesus] leave with you; my peace I give you.</i> John 14:27



11. I deserve special treatment from other people.

I am called to value others above myself.

In humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.

Philippians 2:3–4

12. I must have respect to know I am of value.

True respect and honor come from God, not other people.

Wealth and honor come from [God; he is] the ruler of all things.

1 Chronicles 29:12

13. I must perform/achieve to be accepted.

God accepts me—not because of anything I have done.

[God] saved us, not because of righteous things we had done, but because of his mercy.

Titus 3:5

14. What I do makes me who I am.

What I do does not define who I am.

[God] saved us, not because of righteous things we had done, but because of his mercy.

Titus 3:5

15. My loved ones must change for me to be content and at peace.

Peace and contentment come from God.

Do not be anxious about anything, but... present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6–7

16. Other people must meet my needs.

God is the ultimate source of provision for all my needs.

And my God will meet all your needs according to the riches of his glory in Christ Jesus.

Philippians 4:19

17. I must get revenge on those who have wronged me.

Do not repay evil with evil.

Do not repay anyone evil for evil... live at peace with everyone.

Romans 12:17–18

18. I must be protected to know I am safe and secure.

The Lord is my safety and refuge.

The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge.

Psalms 18:2

19. I must have the approval of other people to know I am of value. Their opinions of me determine my worth.

My approval comes from God, not from pleasing people.

Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ.

Galatians 1:10

20. I must be in a relationship or married to be satisfied, secure, or significant.

Only God, not a relationship, will ultimately meet my needs.

And my God will meet all your needs according to the riches of his glory in Christ Jesus.

Philippians 4:19

21. If I follow the Lord, life will be hard.

Trouble happens to everyone.

I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.

John 16:33

22. I am a victim.

I'm a conqueror, not a victim.

In all these things we are more than conquerors through [Christ] who loved us.

Romans 8:37

23. My past determines who I am.

My past is not who I am. I am new.

If anyone is in Christ, the new creation has come: The old has gone, the new is here! **2 Corinthians 5:17**

24. I must meet certain standards to love, accept, and feel good about myself.

God loves me not based on what I do, but because of his mercy.

When the kindness and love of God our Savior appeared, he saved us, not because of the righteous things we had done, but because of his mercy. **Romans 5:8**

25. I must have a child to fill my emptiness.

Only God, not a child, promises to fulfill me.

And my God will meet all your needs according to the riches of his glory in Christ Jesus. **Philippians 4:19**

26. I must figure out my future to be secure.

My future is secured by God.

Consider the ravens: They do not sow or reap... yet God feeds them; [so consider] how much more valuable you are than the birds. **Luke 12:24**

27. I can't handle this.

I can do all things through Christ.

I can do all this through him who gives me strength. **Philippians 4:13**

28. I must be appreciated to know I am of value.

God sees what I do, regardless of appreciation from other people.

She gave this name to the Lord who spoke to her: "You are the God who sees me." **Colossians 3:32**

29. I do not measure up.

Because of Jesus, I am enough.

For by one sacrifice [Jesus] has made perfect forever those who are being made holy. **Hebrews 10:14**

30. I'm worthless. I will never amount to anything.

I was valuable before I was born.

I am fearfully and wonderfully made. **Psalms 139:14**

31. I am responsible for the happiness of other people, and they are responsible for mine.

I am not responsible for the happiness of other people. God is.

May the God of hope fill you with all joy and peace... so that you may overflow with hope. **Romans 15:13**

32. I must fix problems to know I am secure.

I must be still and wait for the Lord to rescue me.

I waited patiently for the Lord; he turned to me and heard my cry... he set my feet on a rock and gave me a firm place to stand. **Psalms 40:1-2**

33. In order to feel worthy, I must not fail.

My weakness becomes strength by the power of Jesus.

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." **2 Corinthians 12:9**

34. I must be the best to know that I am of value.

I am to value others above myself.

In humility value others above yourselves, not looking to your own interests but each of you to the interests of the others. **Philippians 2:3-4**



35. I must get my way to be satisfied and content.

My satisfaction comes from God.

*For [God's] thoughts are not your thoughts, neither are your ways [God's] ways. **Isaiah 55:8***

36. I must earn love.

I am already loved by God.

*God demonstrates his own love for us in this: While we were still sinners, Christ died for us. **Romans 5:8***

37. Real men do not show they need help.

Pride is followed by destruction.

*Pride goes before destruction, a haughty spirit before a fall. **Proverbs 16:18***

38. I cannot be happy unless my circumstances change.

I can be content in my circumstances through Christ who strengthens me.

*I am not saying this because I am in need, for I have learned to be content whatever the circumstances. **Philippians 4:11***

39. I must be understood to have peace and contentment.

I am known and understood by God.

*You have searched me, Lord, and you know me. You know when I sit down and when I rise. **Psalms 139:1-2***

40. I cannot allow other people to see my flaws. I must be perfect to know I am of value and to be secure.

Christ's power is made perfect in my weakness.

*But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." **2 Corinthians 12:9***

41. The shame of my past is my fault, and I am to blame for the consequences of it.

I am no longer condemned.

*Therefore, there is now no condemnation for those who are in Christ Jesus. **Romans 8:1***

42. I am who I am. I shouldn't have to change.

God's plan for me is to mature and grow.

*Speaking the truth in love, we will grow to become in every respect the mature body of [Jesus] who is the head. **Ephesians 4:11***

43. I deserve what I have. I worked hard for it.

I am entitled to nothing. It is given as a gift.

*Every good and perfect gift is from above, coming down from the Father. **James 1:17***

44. I must prove myself to know my worth.

I am valuable regardless of my works or successes.

*For it is by grace you have been saved... it is the gift of God— not by works, so that no one can boast. **Ephesians 2:8-9***

45. I must take care of myself.

God will take care of me.

*The Lord is my strength and my defense; he has become my salvation. **Psalms 118:14***

46. Others cannot be trusted.

I can trust God, even when I cannot trust people.

*Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. **Proverbs 3:5-6***



47. I must protect my reputation to feel valued.

I can trust God with my reputation. I don't need to fear what people think.

Fear of man will prove to be a snare, but whoever trusts in the Lord is kept safe. Proverbs 29:25

Did you have a false belief that is not listed above? If so, write it out here and find corresponding truth from scripture to remember.

