



GOING DEEPER

STOP BELIEVING THE LIES

WHAT LIES ARE YOU BELIEVING?

The lies we believe about who we truly are...

- that shape us,
- keep us from the life God designed for us,
- and keep us from walking in intimacy with God.

LABELS AND MESSAGES

The labels we embrace

- What your parents said regularly.
- Name Calling from our peers.
- Repeated experiences.

Our Self-Talk

- The messages we rehearse

STEPS TO CONFRONTING THE LIES

- Recognize the Lie
- Renounce the Lie
- Embrace the Truth

THE LIES

“I’m worthless”

“I am an accident”

“I have no purpose”

THE TRUTH

Psalm 139:13–16 13 For you formed my inward parts; you knitted me together in my mother's womb. 14 I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. 15 My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth. 16 Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them.

THE LIES

“I am beyond God’s grace.

“I am UNFORGIVEABLE”

“There is something wrong with me!”

THE TRUTH

Romans 8:1–2 1 There is therefore now no condemnation for those who are in Christ Jesus. 2 For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death.

Colossians 1:13–14 13 He has delivered us from the domain of darkness and transferred us to the kingdom of his beloved Son, 14 in whom we have redemption, the forgiveness of sins.

THE TRUTH

1 John 1:9

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

THE LIES

“I am unwanted.

“I am unloved.”

“My value is conditioned by...”

THE TRUTH

John 3:16 ¹⁶ “For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.

John 15:9–10 ⁹ As the Father has loved me, so have I loved you. Abide in my love.

THE TRUTH

Rom 8:35–39 35 Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword? 36 As it is written, “For your sake we are being killed all the day long; we are regarded as sheep to be slaughtered.” 37 No, in all these things we are more than conquerors through him who loved us. 38 For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, 39 nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

WEEKLY CHALLENGE

Develop Awareness:

What messages or labels have you embraced?

Listen to your “Self-Talk”

Practice Confronting the Lies:

- Recognize the Lie
- Renounce the Lie
- Embrace the Truth