

Two Truths and a Lie

SEPTEMBER 11, 2022

You can't fix some problems until you go to the root of the problem. Almost every destructive behavior or habit we have can be traced back to a lie we've believed. Let's start there.

MESSAGE NOTES AND HIGHLIGHTS

- A lie believed to be true will affect you as if it is.
 - If you believe you can't win, you never will because you'll never try.
 - The lies you believe robs you of the life God wants you to have.
 - The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full. | John 10, v.10
 - To live the fullest life God has for us, we need to break free of the lies that hold us back.
 - Do not conform 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, v.2
 - We have thoughts, not all of them true, that have become patterns.
 - As he thinks in his heart, so is he. | Proverbs 23, v.7
 - The thoughts you have in your heart impact who you are.
 - Your thoughts are the internal soundtrack that become part of your life.
 - From author Jon Acuff—Retire your broken soundtracks. Replace them with new soundtracks. Repeat the new ones until they become as automatic as the old ones.
 - We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. | 2 Corinthians 10, v.5
 - How do you retire your soundtracks? Ask, "Is it true? Is it helpful? Is it kind?"
 - Many of our destructive behaviors are rooted in a lie we've agreed with.
 - From Carlos Whitaker—Don't just clean the cobwebs. Find and kill the spider.
 - Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. | Philippians 4, v.8
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DISCUSSION QUESTIONS

1. What lies or "broken soundtracks" run through your mind often? Which ones aren't true, helpful, or kind?
2. What behaviors or habits have developed as a result of those lies or soundtracks?
3. Are there any truths you have repeated or held onto that have helped shape who you are and help you become more like Jesus?
4. What truths or "new soundtracks" could you repeat to replace your broken ones?