

# Two Truths and a Lie

## Curiosity Heals

**SEPTEMBER 25, 2022**

Anytime we do something that hurts ourselves or others, there's something going on beneath the surface. What do we do about that? We need to start being curious.

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### MESSAGE NOTES AND HIGHLIGHTS

- Do you ever wonder why you do what you do?
  - I do not understand what I do. For what I want to do I do not do, but what I hate I do. | Romans 7, v.15
  - “What’s really going on with me?” When you’re brave enough to start asking questions, you’re on the cusp of real growth.
  - In Esther 3, verses 2 - 15, we find the story of a man, Haman, who lets his ego push him to try to kill an entire group of people.
  - If we don’t muster the courage to look beneath the surface to see if there’s more of a problem, our potholes can become sinkholes.
  - Will I accept the invitation to look deeper, or will I run away?
  - When you find yourself acting hysterical, it’s probably historical—there is a wound from your past affecting the situation.
  - THING - an acronym to help you deal with the THING beneath the thing.
  - T = Triggers. What sets you off? If your response is bigger than the situation, something is wrong. Be curious, and ask why.
  - H = Hideouts. Where you run when you feel shame. Be curious about where you go and what you do when you feel shame.
  - I = Insecurities. The false stories we believe about ourselves.
  - N = Narratives. The false stories we believe about other people. Be curious about this.
  - G = Grace. The free gift of life we have through Jesus. Be curious and let grace do its work.
  - What triggers you?
  - Where are your hideouts? Where do you typically go to soothe?
  - What are the false stories you tell yourself about yourself? (Insecurities)
  - What are the false stories you tell yourself about others? (Narratives)
  - Curiosity heals. Be curious so that your potholes don’t become sinkholes.
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### DISCUSSION QUESTIONS

1. What triggers you? (What situations cause you to react or respond in a way that’s bigger than the situation and/or in a way that feels out of your control?)
2. Where are your hideouts? (Where do you typically go to soothe, distract, or numb yourself when you’re feeling a way you don’t want to feel?)
3. What are the false stories you tell yourself about yourself? (What are your insecurities, or the stories you repeat about your insecurities?)
4. What are the false stories you tell about others? (What narratives do you repeat about the behavior of others that may not be true?)
5. What can you learn from being curious about what’s going on under the surface of your problems? What opportunities do you see for God and grace to do their work?