

## Conversation Starters

- Have you ever believed something that ended up not being true?
- Were there any ramifications?

## Discuss

Most conspiracy theories are lies, yet many of us still believe them. There are even lies we believe about ourselves and that we tell ourselves, sometimes without even knowing it. Many times those who are attempting to follow Christ don't stop and analyze how they think. We tend to be very focused on how we're acting or living, not how we are thinking. Here are four lies people can believe about themselves:

**Lie #1: I must have everyone's love and approval.**

**Truth: Some people aren't going to like you or like what you do.**

*"Am I now trying to win the approval of men, or of God? Or am I trying to please men? If I were still trying to please men, I would not be a servant of Christ."* ([Galatians 1:10 NIV](#))

- What are the dangers of believing this lie?
- How do you cope with this truth?

**Lie #2: It's not okay to be human and make mistakes.**

**Truth: You are a broken person living in a broken world who is going to make a lot of mistakes and need a lot of grace and forgiveness from God to try and correct them.**

*If we claim that we're free of sin, we're only fooling ourselves.* ([1 John 1:8 Msg](#))

- How do you feel when you make mistakes?
- How do you combat against letting this spiral out of control?

**Lie #3: My unhappiness is externally caused.**

**Truth: We mold our own emotional lives by the way we choose to think about what happens to us.**

*...as a man thinks in his heart, so is he.* ([Proverbs 23:7 KJV](#))

- Can you relate to the ABC scenario?
- What are some other examples of how this can play out in your life?

**Lie #4: It's not okay to feel sad, scared or hurt.**

**Truth: It's not only okay to feel sad, scared or hurt – it's essential.**

*"My soul is overwhelmed with sorrow to the point of death."* ([Matthew 26:38 NIV](#))

- Do you have healthy ways of coping with sadness, fear or hurt?
- Have you ever viewed depression and faith to be at odds with each other?

## Next Steps

Review these lies and truths this week as you go about your days. Do you believe any of these without realizing it? Are there any that you are more prone to believing than the others?

Don't miss out on these upcoming events at Meck:

[Rooted: Foundations of a Strong Marriage \(Online\)](#)

[The Meck Trail: A Walk through our Past and a Step into our Future](#)

## Further Reflection

Read [Colossians 3:23-24](#); [Romans 3:23](#); [Luke 6:45](#).

## Pray

God, thank you for your truth that will expose the lies that try to creep into our lives. Thank you that even when we believe lies without realizing it that you are ready to meet us with love and grace. Help us to overcome any false beliefs we have and find peace in your truth.