

LIVE NO LIES

GROUP DISCUSSION QUESTIONS WEEK TWO

SERMON RECAP

What if the lies you believe about yourself and about God are keeping you from experiencing the freedom Jesus offers?

We played a little game of two lies and a truth to introduce the idea that not everything we hear, or believe, is true. That matters because Jesus tells us that the enemy is “the father of lies.” From the beginning, Satan’s strategy has been to distort truth, causing us to question who we are and whether we can really trust God.

In Matthew 4, we see this strategy clearly when Satan comes to Jesus in the wilderness. His first attacks begin with the words, “***If*** you are the Son of God...” He challenged Jesus’ identity and then challenged His trust in God’s character. The same two categories of lies continue to surface in our own lives: what we believe about ourselves and what we believe about God.

We explored five common lies we believe about ourselves: *I am what I have. I am what I do. I am what other people say or think about me. I am nothing more than my worst moment. I am nothing less than my best moment.*

But the answer to these lies isn't simply trying harder to think positively. The answer is knowing the truth. Jesus said, “You will know the truth, and the truth will set you free.”

We also looked at the lies we believe about God. Satan asked Eve, “Did God really say...?” and convinced her that God was withholding something good from her. The enemy still whispers the same question today: *Can you really trust God? Does He really know what's best? Is He really good?*

The way we fight lies is not by arguing with them, it is by **wielding the Word** and walking in the Spirit. Jesus responded to every temptation with Scripture, and we have the same weapon available to us. The Holy Spirit, whom Jesus calls the Spirit of truth, guides us into truth and reminds us of what Jesus has said.

The message challenged us to recognize the lies we have believed, replace them with God's truth, and remember that freedom comes when we know, believe, and live in the truth of God's Word.

GET STARTED

- If you could instantly become an expert at something, playing an instrument, speaking a language, cooking, a sport, etc., what would you choose and why?

TAKE IT IN

- What encouraged and/or challenged you from the message this week? Why?

TALK IT OVER

Read John 8:31-32, 44

- Jesus says that Satan is “the father of lies,” but He also says that knowing the truth will set us free. **Why do you think lies can have such a powerful influence over us, even when they aren't true? What makes it difficult to recognize a lie when we've believed it for a long time?**
- The first category of lies we talked about was what we believe about ourselves: *I am what I have. I am what I do. I am what other people say or think about me. I am nothing more than my worst moment. I am nothing less than my best moment.* **Which of these lies do you think is easiest for women to believe? Why? Where do you see this lie showing up in your own life?**
- In Matthew 4, Satan begins two of his temptations by saying, “If you are the Son of God...” **Why do you think Satan attacked Jesus' identity before tempting Him? How does our understanding, or misunderstanding, of who we are affect the choices we make? What does Scripture tell us about who we are because we belong to Christ?**
- The second category of lies was what we believe about God. In Genesis 3, Satan asked Eve, “Did God really say...?” and then convinced her that God was holding something good back from her. **Why do you think questioning God's goodness or His Word is such an effective strategy of the enemy? What are some lies about God that people commonly believe when life doesn't go the way they expected?**
- Romans 1:25 says, “They traded the truth about God for a lie.” **What does it look like in everyday life to trade God's truth for a lie? Can you think of an area where you are tempted to believe what you feel, what culture says, or what other people say instead of what God says? What would it look like to choose truth in that area?**
- Jesus responded to every temptation in Matthew 4 by using Scripture. Jacob called this “Wield the Word.” **Why is it important to know God's Word before we are in the middle of a temptation**

or difficult circumstance? What is one lie you regularly believe that you could begin fighting with a specific truth from Scripture?

● Jesus also promised that the Holy Spirit would “guide you into all truth” and remind us of what He has taught us. **What does it look like practically to “walk in the Spirit” when you are being tempted to believe a lie? What is one habit you could develop this week to become more aware of the Spirit's guidance?**

LIVE IT OUT

This week, pay attention to the lies that surface in your thoughts. When you hear yourself thinking things like *I am what I do, I am what people think about me, I am my past, God doesn't really care, God isn't good, God can't be trusted*, stop and identify the lie. Then **wield the Word**. Write down the lie and find a specific truth from Scripture that speaks directly against it. Read it. Write it. Pray it. Say it out loud. Ask the Holy Spirit to remind you of it when that lie returns. And remember: you don't overcome lies by simply trying to think more positively. You overcome lies by knowing the truth.

Ask God this week:

“What lie have I believed about myself?”

“What lie have I believed about You?”

Then bring those lies into the light of God's Word and allow His truth to replace them.

MEMORIZE

“And you will know the truth, and the truth will set you free.” John 8:32 (NLT)