

## Lesson 3

# When your heart believes lies

## Read

Read Chapter 2 of Twelve Inches

1. “See to it that no one takes you captive by philosophy and empty deceit, according to human tradition, according to the elemental spirits of the world, and not according to Christ.”

Colossians 2:8

- a. Is there any lie about God that you have believed and identified as you read chapter 2?
  - b. What about certain sectors of the Christian faith? Could you identify any unbiblical lies that are told from the pulpits and that God’s Word demystifies?
  - c. What about our society? What are some of the lies about God that we hear all the time?
2. I describe a time when Satan started to whisper lies in my ears, using one of my weaknesses to plant doubt and fear (p.18)... in my case, my health was the weapon he used. Could you identify a time in your life when Satan used one of your weaknesses to plant doubt about God’s goodness in heart? Discuss.

3. One of my biggest “Aha” moments in this journey was found in the 4th chapter of Matthew, “Jesus’ temptation by Satan.” The realization that Jesus was LED by the Spirit to be tempted by the devil made me realize that God had planned that event all along (p.20). Could you think of something that happened in your life that looked like a wilderness moment, but that today you can look back and see that God was preparing you, strengthening you, and that He planned that particular wilderness in your life for you good? Pray and think about it, then write and share your thoughts.

4. *“Don’t believe the lie. God is still good when the worst happens. Though our circumstances may have tossed us about like the waves of a raging sea, God’s love and goodness never change, because He never changes. He is forever merciful. Forever good. But He loves you too much to leave you as you are. And that, my friend, is no lie.”* Take a minute to meditate on this quote from page 21. Ask God to work in your heart and help you defeat the lies you have believed about Him, regarding your difficult circumstances. Then repeat out loud, **Telling Your Heart** this Truth: *God’s love and goodness never change, because He never changes. He is forever merciful. Forever good. But He loves me too much to leave me as I am. Thank you, Father.* Jot down your thoughts or a prayer below.

5. “Have you bought it hook, line and sinker?”

In this part of the chapter, I address the lies that we are told about ourselves... by others, or even by our own self-deprecating minds. Because of a perception of beauty, and perfectionist views, I grew up thinking I was overweight, although I never was. Is there any lie that you have believed about yourself? Take a moment to think about it, and write down any insights regarding how this lie impacts your faith. This may even bring to your attention your attitude towards a child or a spouse. Write down anything that the Holy Spirit may reveal to you.

6. On “The Perils of Perfectionism”, I list three types of perfectionism: Physical, Performance and Spiritual (pgs. 24-26). Could identify with any of them? Whether as a perfectionist, or as someone who lives (or lived) with a perfectionist? How does (did) this impact your view of others and yourself? How did (does) this impact your relationship with God?
7. *“Perfectionism often involves raising the bar to absurd heights and striving in our own efforts for something that only God can do.”* If you struggle with perfectionism, have you ever considered that it could be a control issue? Could it be that we think that if WE don’t do it a certain way, we lose control... whereas God wants us to give control of all things up to Him? Jot down any thoughts about the issue.
8. *“We live in an age of moral relativeness, where everything is permissible, so long as it does not hurt others. Our society’s moral compass has shifted immensely in the past fifty years. We are told that, unless we accept immoral choices as truth, we become intolerant, ignorant, even hateful. That is another lie. We must love people, not their sin. Jesus walked among the worst of His day: adulterers, tax collectors, blasphemers, to name a few. He loved them, but He always confronted their sinful condition with truth. We should do the same (p.28).”* Do you agree with this quote? What are some of the moral relatives that we face today? How do you think that we, as Christians, can “love the sinner, hate the sin”, in a way that we convict, not condemn. Discuss and List some practical ideas.

9. *“The Bible has a truth antidote for every lie that we believe.”* Find one truth for a lie that you have believed in your life, write it down on a 3x5 card and post it somewhere in your house, where you can see often. Commit to memorize that Truth. Write it down below: