

## THE FOUNDATION FOR HAPPINESS

### MYTHBUSTERS - Part 1

MYTH #1: It doesn't matter what you believe, as long as you are sincere.

#### SIX TRUTHS ABOUT WHAT WE BELIEVE:

##### 1. My Beliefs are My CHOICE.

Romans 1:25 They traded the truth about God for a lie. So they worshiped and served the things God created instead of the Creator himself, who is worthy of eternal praise!

##### 2. My Beliefs Determine My BEHAVIOR.

Proverbs 4:23 Guard your heart above all else, for it determines the course of your life.

##### 3. The World has Taught Me Many FALSE Beliefs.

1 John 4:1 (MSG) My dear friends, don't believe everything you hear. Carefully weigh and examine what people tell you. Not everyone who talks about God comes from God. There are a lot of lying preachers loose in the world."

##### 4. Untrue Beliefs can CAUSE Emotional Problems and Unhappiness.

John 8:32 (Jesus) And you will know the truth, and the truth will set you free."

##### 5. The Only Source of Absolute Truth is GOD.

Romans 3:4 Even if everyone else is a liar, God is true.

- What is going to be the AUTHORITY for my life?

Luke 21:33: Heaven and earth will disappear, but my words will never disappear.

Hebrews 6:18 "It is impossible for God to lie."

6. Building My Life on God's Truth is the Key to Emotional HEALTH and STABILITY.

Matthew 7:24 Anyone who listens to my teaching and follows it is wise, like a person who builds a house on solid rock.

## II. THE FIRST STEP TO FREEDOM: A COMMITMENT

Romans 12:2 Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think.

1. I Commit Myself to Seeking the Truth.

2 Timothy 4:3-4 For a time is coming when people will no longer listen to sound and wholesome teaching. They will follow their own desires and will look for teachers who will tell them whatever their itching ears want to hear. 4 They will reject the truth and chase after myths.

1 Timothy 4:7 Do not waste time arguing over godless ideas and old wives' tales. Instead, train yourself to be godly.

1 Timothy 3:15 This is the church of the living God, which is the pillar and foundation of the truth.

2. I Commit Myself to Living the Truth.

Ephesians 4:14-15 Then we will no longer be immature like children. We won't be tossed and blown about by every wind of new teaching. We will not be influenced when people try to trick us with lies so clever they sound like the truth. 15 Instead, we will speak the truth in

love, growing in every way more and more like Christ, who is the head of his body, the church.

### 3. I Commit Myself to Believing in the Truth.

John 14:6 Jesus told him, "I am the way, the truth, and the life. No one can come to the Father except through me.