

**REVIEW:**

LIE: I AM NOT FULLY LOVED  
TRUTH: GOD LOVES YOU

LIE: I MUST DO MORE  
TRUTH: THE WORK OF MEASURING UP IS FINISHED

**Which of the following applied to you this past week?**

- Did you try to impress someone?
- Did you get defensive over anything?
- Did you worry or get anxious at any point?
- Did you get frustrated that you didn't perform in some way as well as you had hoped?
- Did you condemn yourself or anyone else for not meeting your expectations?
- Did you feel like a failure?
- Did you avoid an opportunity because you were afraid you might not do it well enough?
- Did you find it hard to love someone who wanted to cause you harm or discredit you?
- Did God seem like a critical, watching judge to you?
- Were you critical about your appearance?
- Were you unable to rejoice with someone else's success?
- Did you get angry with someone this week?
- Were you competitive?
- Were you afraid to speak in front of people?
- Were you afraid to confront conflict?
- Did you avoid talking to someone about God out of insecurity or fear of rejection?
- Did you need to get your way in a conflict?
- Did you avoid talking to God due to shame?
- Did you view your self-worth as less than 10 out of 10?

**Spend time sharing one way you saw these lies at work in your life this past week.**

**Were you able to act on the truth instead of the lie in any situation this week? Share your experience.**

**Can you recall a time in your life when you were feared failure? How did it determine your actions?**

What types of scenarios might you **AVOID** for fear of failure?

What things might you **WORK HARDER** at for fear of failure?

**Why are both of the reactions sin-based responses?**

Both of these responses are rooted in a distrust of God's love and provision. When we choose to act based on a lie and reject God's word to us, we sin against God.

**Romans 14:23 (NIV)**

*everything that does not come from faith is sin.*

At these times, fear is our motivation and guide. Protecting self becomes our main agenda. It is impossible to honour and glorify God when we reject his truth and take matters defensively into our own hands.

**Why is trusting God to be based more on a decision as opposed to a feeling?**

**Jeremiah 17:9 (NIV)**

*The heart is deceitful above all things and beyond cure. Who can understand it?*

**Jesus in the Garden of Gethsemane**

**Luke 22:44 (NIV)**

*And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground.*

**If Jesus made decisions based on his emotions, how would that have affected his life...and ours?**

**Matthew 26:39 (NIV)**

*Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will."*



**On what did Jesus base his actions?**

Jesus did not make decisions based on how he felt about things, but based on the will of the Father. As a result, Jesus was not manipulated or hindered by fear. He was free to accomplish every purpose the Father set before him.

**How has fear hindered you in the past, in ways that you now regret?**

**How would trusting God's love and provision have freed you in that area?**

**If you chose not to be manipulated by fear, how might it change your life and ministry now?**

**Review the freedom process:**

- 1) Identify the LIE
- 2) CONFESS IT to God
- 3) Affirm the BIBLICAL TRUTH
- 4) Correct any UNGODLY ACTIONS
- 5) LIVE OUT the truth

**Is there anything you avoided last week you now realize you need to embrace this week?**

**Is there anything you tried to control last week that you need to let go of this week?**



**Philippians 4:12-13 (NIV)**

*<sup>12</sup> I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. <sup>13</sup> I can do everything through him who gives me strength.*

**What was Paul referring to when he said he could do “everything”?**

Paul was referring to his ability to be in need or have plenty, to be well fed or hungry. It didn't matter in what circumstances Paul found himself, he was able to stay content. The “everything” refers to both good and bad scenarios in which we find ourselves. Paul could experience it all and still be content because he discovered a truth that sustained him.

**What do you think was Paul's secret?**

Paul discovered that he could hand his whole life over to the purposes of God and that God would be faithful to help him accomplish his mission on earth.

**Philippians 1:20-21 (NIV)**

*<sup>20</sup> I eagerly expect and hope that I will in no way be ashamed, but will have sufficient courage so that now as always Christ will be exalted in my body, whether by life or by death. <sup>21</sup> For to me, to live is Christ and to die is gain.*

Paul knew that God would only allow him to go through those experiences that were necessary for changing him, building up others, or glorifying God's name. He didn't need to grasp after anything, but relax and simply do whatever he did for the glory of God.

The key to contentment, then, is to surrender everything to the Lordship of Jesus Christ. Only then are we free from the need to defend or protect our worth and value. Only then are we free from anxiety and worry; free to represent God's love in a world that does not value God or his followers.

**Would you be able to experience any life situation with contentment?**

- Could you be demoted and still be content?
- Could you lose your job and still be content?
- Could you fail at something and still be content?
- Could you be content watching a co-worker get a promotion?
- Could you be content with a disability?
- Could you be poor and still be content?
- Could you be hungry and still be content?
- Could you have a car with scratches and dents and still be content?
- Could you be average and be content?
- Can you be content with the salary you are presently making?
- Can you be content in the job situation where you are presently?
- Can you be content with the relationships you currently have?
- Can you be content with the possessions (house, car, TV, clothes, etc.) that you presently have?



**Which of the above statements creates the most tension for you and why?**

The issue is not that you have to stay in any one circumstance; it is a question of whether you believe things need to be 'better' in order for you to feel good about yourself and how God is working through you.

**We know we are living by the lie of performance if anger arises when our personal expectations are not met. Read the following verses and discuss how we should handle anger.**

**Proverbs 29:11 (NIV)**

*A fool gives full vent to his anger, but a wise man keeps himself under control.*

**Psalm 37:8 (NIV)**

*Refrain from anger and turn from wrath; do not fret--it leads only to evil.*

**Ephesians 4:31-32 (NIV)**

*<sup>31</sup> Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. <sup>32</sup> Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*

**James 1:19-20 (NIV)**

*<sup>19</sup> My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, <sup>20</sup> for man's anger does not bring about the righteous life that God desires.*

**Proverbs 15:1 (NIV)**

*A gentle answer turns away wrath, but a harsh word stirs up anger.*

**What are some of the implications of these verses?**

- Anger that results from our unmet expectations is not glorifying to God
- Anger is not to rule us, we are to rule and control our anger.
- We are to make a decision to set anger aside when it arises.
- We are not to act out of anger, but in a manner consistent with God's grace.
- We are to communicate to people in ways that turn away anger...other's and ours.

**Psalm 139:19-24 (NIV)**

*<sup>19</sup> If only you would slay the wicked, O God! Away from me, you bloodthirsty men! <sup>20</sup> They speak of you with evil intent; your adversaries misuse your name. <sup>21</sup> Do I not hate those who hate you, O LORD, and abhor those who rise up against you? <sup>22</sup> I have nothing but hatred for them; I count them my enemies.*

*<sup>23</sup> Search me, O God, and know my heart; test me and know my anxious thoughts. <sup>24</sup> See if there is any offensive way in me, and lead me in the way everlasting.*

**Why do you think David changed his tone so dramatically in verse 23?**

David had just spent the previous portion of Psalm 139 declaring the wondrous glory of God in how he created and cares for us. He was so enthralled with God that when he thought of others rebelling against God, it evoked intense anger in his spirit. David invited God to bring down his fierce wrath against all those who sin against him...then David realized that might not go so well for him. David was not innocent. He knew there were times when he too rebelled against God's holiness. He realized that instead of focusing his judgment on others, he was responsible for the condition of his own heart.



**Why does scripture tell us to search our hearts when we are angry?**

When we become judgmental of others, we forget that we ourselves have failed to live up to God's expectations. If we are willing to vent our wrath on others for their failures, we need to question whether we are willing to have that same wrath vented on us for our failure. Before we start to judge and condemn others for their failures, we had better do a check our own hearts to see if we are free from all wrong doing.

When we judge and vent anger, we are acting on the lie that when one fails, they do not deserve to be fully loved but deserve to be condemned. We set ourselves up as judge and give people the very penalty we asked God to remove from us. By checking our own heart, we give time to reflect and act based on God's truth instead of the lie.

***Ephesians 4:15 (NIV)***

*Instead, speaking the truth in love, we will in all things grow up into him who is the Head, that is, Christ.*

**Choosing not to condemn another person does not mean we do not acknowledge tensions, but it does affect how we work through those tensions. What difference does embracing God's truth have on how you resolve conflict?**

**How might you approach conflict differently this week?**

**AT HOME:**

***Psalm 4:4 (NIV)***

*In your anger do not sin; when you are on your beds, search your hearts and be silent.*

**As you reflect on your day, consider the moments when you became angry or frustrated with others. What insecurity in your life was threatened that allowed this emotion to rise to the surface?**

**What truth, if embraced, would have freed you from your anger?**

**Do you need to go back and apologize to anyone?**

**Do you need to ask anyone for their forgiveness?**