



Truth 1: In Christ, You are **LOVED**.

Truth 2: In Christ, the work of measuring up is **FINISHED**.

Truth 3: In Christ, You are **CHANGED** and are being **CHANGED**.

Truth 4: In Christ, You are **SIGNIFICANT**.

	1	2	3	4
TRUTH	God loves you	The work is finished	God is Changing You	You are significant
LIE	I am not fully loved	I must do more	I cannot change	I have nothing to offer

One of the challenges is not to believe a lie while trying to defeat the lies. At any time did you find yourself feeling you had to live up to the expectation of not believing the lies?

Can you share times when you felt like a failure, that you weren't doing a good enough job conquering the lies or simply that you would never beat the lie?

If we don't need to defeat the lies in order to be a "better" Christian; if we are already loved and accepted by Jesus, why bother tackling the lies at all?

Discuss the benefits of not believing the lies, according to the verses below.

John 8:31-32 (NIV)

To the Jews who had believed him, Jesus said, "If you hold to my teaching, you are really my disciples. ³² Then you will know the truth, and the truth will set you free."

1) **FREEDOM**

Each lie traps us in sin and removes joy from our lives. We end up being controlled by the opinions of others and find that we are on a never-ending treadmill of performance. Lies are exhausting and completely unnecessary. God did not create us to live this way; he has planned a much better life for us than the one we choose to embrace when we believe the lies.

The amazing thing is, all it takes to be free is to simply believe what God tells us rather than what the world or Satan tells us. It is simply a perspective shift.



Romans 8:15 (NLT)

So you have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when he adopted you as his own children. Now we call him, "Abba, Father."

2) **RELATIONSHIP**

When we embrace a lie, we are not just rejecting God's truth, we are rejecting God himself. That is never good for the relationship. We are still accepted and loved, but we are missing out on the joy of deeper intimacy with God, simply because we are choosing not to trust him.

When we embrace his truth and become free of the trap of the lies, we grow deeper in the joy of relationship with Jesus. We discover a new freshness to life and a more exciting walk with Christ.

**Defeating the lies isn't about living up to expectations,
it is about enjoying God and life!**

These lies came into existence at the time Adam and Eve disobeyed God and embraced sin in their lives. The resulting break in their relationship with God left two deep voids in their soul. The curse that was pronounced on them reveals the nature of these voids and how they impact us specifically as male and female.

Discuss the nature of the curse for both Adam and Eve.

EVE

Genesis 3:16 (NIV)

To the woman he said, "I will greatly increase your pains in childbearing; with pain you will give birth to children. Your desire will be for your husband, and he will rule over you."

What was the focus of Eve's curse?

Eve's curse was focused on the how she would experience her most intimate relationships. Eve would experience pain in the birth process, sorrow in the process of raising children and sorrow in relationship with her husband.

Why do you think Eve experienced this specific impact as a result of God's Spirit leaving her life?

When Adam was first created, he discovered there was a relational void in creation. Eve was the answer to that void. She was specifically created to image the love and compassion of God in this world. Creation was incomplete until this great capacity of love and relationship was introduced through Eve.



When she broke relationship with God, she experienced loss in the very area she was created to experience life to the fullest: relationship. This was most painfully experienced when her husband, Adam, accused her of being to blame for the apple being eaten. At this time Adam, in order to protect himself, not only tried to pass the blame to his wife, but with it, the penalty of death. Eve was now abandoned by her husband to die in attempt to save his own life.

What God-sized void would Eve have experienced in her life as a result?

LOVE: Eve's relationships would never be what she longed them to be.

How do you think this void might have affected Eve as she went through life?

Eve would long for intimate relationship, but never fully experience it. As a result, she would strive for relationship, but at the same time would put up defences to protect herself from possible future rejection.

What are some of the types of defences we put up to protect ourselves from relational hurt and rejection?

- We wear masks so people cannot reject the "real" us
- We withdraw from people
- We play the role of comedian
- We are critical of other people
- We control or manipulate relationships
- We do whatever it takes to please people
- We strive to perform hoping people will value us
- Etc.

ADAM

Genesis 3:17-19 (NIV)

¹⁷ To Adam he said, "Because you listened to your wife and ate from the tree about which I commanded you, 'You must not eat of it,' "Cursed is the ground because of you; through painful toil you will eat of it all the days of your life. ¹⁸ It will produce thorns and thistles for you, and you will eat the plants of the field. ¹⁹ By the sweat of your brow you will eat your food until you return to the ground, since from it you were taken; for dust you are and to dust you will return."

What was the focus of Adam's curse?

The consequence of Adam's sin affected his relationship with creation. Adam would now have to work hard against creation simply to survive. Creation would no longer bend to his will and would work in opposition to his will. The end result would be that he would ultimately fail and die. Death would be the ultimate great threat that hangs over everyone.



Why do you think Adam experienced this specific impact as a result of God's Spirit leaving his life?

Genesis 2:15 (NIV)

The LORD God took the man and put him in the Garden of Eden to work it and take care of it.

Before Eve was even created, God gave Adam the mandate to care for creation. Adam was specifically designed and equipped for this task. It was his God-given responsibility. Jesus said that with faith one could move mountains or plant trees in the ocean. Adam would have had perfect faith and as a result could lovingly rule over all creation. It was also the very work that would have given Adam a sense of fulfilment and joy as he modelled the earth after God's example of the garden.

When Adam broke relationship with God, he experienced loss in the very area he was designed to find fulfilment: caring for creation. He lost his capacity to rule and now would struggle just to survive.

What God-sized void would Adam have experienced in his life as a result?

Adam would have constantly struggled with his own inadequacy to not simply rule creation, but to survive. His sense of significance and accomplishment would have been deeply diminished.

How do you think this void might have affected Adam as he went through life?

Adam would constantly strive to prove himself competent and capable. He would yearn for the respect that was once given him by all creation, but never find it. Fear of failure and not being respected would start to influence everything he did to regain his lost status.

What are some of the types of defences we put up to protect ourselves from inadequacy?

- We avoid area of potential failure and exposed inadequacy.
- We let others assume the risk of responsibility
- We strive hard to prove ourselves competent and worthy of respect
- We strike back at anyone who challenges our respect.
- We criticize others for their failures, feeling better about our abilities
- We become competitive
- Etc.



These deep needs can be summed up in the two words:

- 1) LOVE
- 2) RESPECT

How might striving to meet these needs cause harm to our relationships with others?

How might meeting these needs in others strengthen our relationships?

Ephesians 5:33 (NIV)

However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.

How does the Apostle Paul's advice to married couples counter the effects of the fall?

Paul's directive calls each spouse to stop focusing on their own needs and allow God to work through them to fill the void in their spouse. We can only truly do this if we surrender our lives to Christ and trust him to meet our personal needs. When we trust our needs to Christ, then we are free to meet the needs of others. If both spouses are focussed primarily on how they can, through Christ, meet the emotional needs of one another, then the voids created at the fall will be filled.

Paul's advice of showing love and respect does not just apply to married people, it applies to every relationship. How might Christ work through you to meet the relational needs of those around?

In what ways might you build up men and women differently?



Our sin nature does not want to allow us to focus on others. Until we deal with our identity in Christ we will always be manipulated by our insecurities. Trace the flow

THE FLOW:

Insecure Identity



Fear of Failure/ Fear of Rejection



Judgment against Self/Others/God when expectations not met



Condemnation of Self/Others/God



Perceived justified consequence against Self/Others/God:

- Anger
- Withdrawal
- Lack of respect
- Withhold love
- etc.

Why is simply trying to deal with the reactions at the bottom of the flow, ineffective for life change?

We can not truly change our behaviour until we change what is driving that behaviour. Someone might learn to “manage” their anger, but the very term “anger management” implies there is still an un-dealt-with source for that anger that will always find some way to negatively express itself.

Just because I change my behaviour does not mean I am not still judging and condemning others, living in fear and devaluing self and others.

What is the ultimate solution that will set us free?

If we truly want to be free, we need to root out the lies about who we are and understand our identity in Christ. When God’s truth takes hold in our life, we are then free to be who he created us to be with a full sense of worth, love and purpose. We will not need to strive after these things, because we will know who we are in the same way Jesus knew who he was.

Will we ever be completely free?



Revelation 21:1-4 (NIV)

¹ Then I saw a new heaven and a new earth, for the first heaven and the first earth had passed away, and there was no longer any sea. ² I saw the Holy City, the new Jerusalem, coming down out of heaven from God, prepared as a bride beautifully dressed for her husband. ³ And I heard a loud voice from the throne saying, "Now the dwelling of God is with men, and he will live with them. They will be his people, and God himself will be with them and be their God. ⁴ He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away."

Revelation 22:3-5 (NIV)

³ No longer will there be any curse. The throne of God and of the Lamb will be in the city, and his servants will serve him. ⁴ They will see his face, and his name will be on their foreheads. ⁵ There will be no more night. They will not need the light of a lamp or the light of the sun, for the Lord God will give them light. And they will reign for ever and ever.

What excites you most about eternity with God?

What about this series did you find the most challenging?

What about this series did you find the most helpful?

The lies will take years to dismantle, but the more you embrace God's truth, the more freedom and joy you will experience. Continue to persevere in identifying the lies in your life and allow God to use whatever circumstances he may to expose them. Having lies exposed is always painful, but once rooted out, your emotional/spiritual healing will begin.