

Get Over Your Selfie: Truth Over Lies

Since you have heard about Jesus and have learned the truth that comes from him, throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God — truly righteous and holy. Ephesians 4:21-24 NLT

Icebreaker – Two truths and a lie

Here's a chance for you to see how much you know about your fellow group members! For this icebreaker, have each group member tell the group two truths about themselves and one lie. (For example, when I was a kid, I lived in London, Ontario. When I was a kid, one time I rode backwards on a pig. When I was a kid, my parents took me to Disney World. Can you guess which one is the lie? It's the third one! My parents never took me to Disney. I was deprived as a child!)

Video

Watch the following five minute video to set up this week's discussion.
(insert URL)

Study

For context, in John 8, the Pharisees (Jewish religious leaders) are challenging Jesus about His authority to teach and heal, and His identity as the Son of God. The following verse is part of Jesus' response to the Pharisees' accusations.

Have someone in your group read the following Scripture aloud to the group.

You belong to your father, the devil, and you want to carry out your father's desire. He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies. John 8:44 NIV

Lies are satanic in nature. They have their ultimate source in Satan. They are then pushed through:

- the world system, our ways of thinking, and our values
- the flesh (Romans 7:5; our sinful nature)
- the devil

Three kinds of lies:

- **Temptation** – Lies that lure us to sin (sin in our actions and thoughts)
- **Deception** – Lies that distort reality (relationships, facts, etc.)
- **Accusation** – Lies that label us wrongly

How do we conquer lies?

To the Jews who believe in him, Jesus said, 'If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free.' John 8:31-32 NIV

Everyone seems to know the final sentence of Jesus' teaching here. But the first sentence is very important. Jesus tells us to hold to his teaching.

- What does it mean to hold to Jesus' teaching?
- How can holding to Jesus' teaching help us conquer lies?

What teaching do we need to hold to that relates to temptation, accusation, or to deception? From your group, create two teams. Team 1 will look at temptation and team 2 will look at deception. As a team, read the Scripture passages for your section, write down your insights, and then share them with the other team.

Teachings on temptation

- Unpack what Satan is saying to Eve in Genesis 3:1-6. What can this tactic teach us about the nature of temptation? What teachings from Jesus could counteract this temptation?
- Unpack what Satan is saying to Jesus when he is tempting Him in Matthew 4:1-11. What strategies does Satan use to tempt Jesus? What does Jesus teach us here about how to fight temptation?
- Unpack what Jesus is saying to Peter when he tells him that Satan wants to "sift him as wheat" in Luke 22:31-32. What teachings from Jesus could counteract this temptation?

Teachings on deception

- When it comes to relationships, we need to stop judging. Read Galatians 6:1-5.

- According to Galatians 6:1-5, how can we be deceived by the sins of other people?
- Rather than judge others, what are we instructed to do to help others caught in sin?
- What should our attitude or posture be for how we help others caught in sin?
- A troublemaker plants seeds of strife; gossip separates the best of friends” Proverbs 16:28 NLT
How can gossip deceive us and negatively impact a relationship?
- Deceiving ourselves about people in our lives can be a big deal. We can spend a day ruminating over thoughts like, “Why did she say that to me?” or “Why did he seem angry when he looked at me?” We can deceive ourselves into thinking a person is angry with us when they aren’t, or that they are avoiding us when they aren’t. What can we do to get past this?

Teachings on accusation – Getting over the lie and embracing the truth

On the next page is a table of lies, their corresponding truths, and promises that we can take from God’s word. Each truth provided can counteract the lie we believe about ourselves, and the corresponding promise is a way to replace the lie with God’s truth.

As a group, read aloud each line (lie, truth, and promise), and then take a few minutes to choose one of these lies you believe or have recently struggled with. If you’re comfortable doing so, share which lie it is and what has caused you to buy in to that lie.

This coming week, focus on the promise that is there to overcome the lie. Write the Scripture down on a card. Memorize it. Allow God to work His truth into your heart!

	The lie	The truth	The promise
1	I’ll never be good enough	I am fully loved and accepted by God	How great is the love the Father has lavished on us, that we should be called children of God! And that is what we are! 1 John 3:1 NIV
2	My negative past defines me.	I am a new creation in Christ.	Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come! 2 Corinthians 5:17 NIV
	The lie	The truth	The promise
3	My troubles will never end.	My troubles are temporary.	For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we

			fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, what is unseen is eternal. 2 Corinthians 4:17-18 NIV
4	This temptation is too strong for me.	In Christ, I can win over this temptation.	The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure. 1 Corinthians 10:13 NLT
5	God doesn't care about me.	God cares about what I'm going through.	Give all your worries and cares to God, for he cares about you. 1 Peter 5:7 NLT
6	I can't be forgiven.	I am fully forgiven because of Jesus.	But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness. 1 John 1:9 NLT
7	I am insignificant.	I am significant.	For we are God's masterpiece. He has created us anew in Christ Jesus, so that we can do the good things he planned for us long ago. Ephesians 2:10 NLT
8	I am alone.	I am part of God's family.	All of you together are Christ's body, and each of you is part of it. 1 Corinthians 12:27 NLT
9	My service isn't needed.	I am gifted by God to serve.	A spiritual gift is given to each of us so we can help each other." 1 Corinthians 12:7 NLT
10	I can't change.	God is working on me.	And I am certain that God, who began a good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns. Philippians 1:6 NLT

Prayer

Spend some time praying for each other. Ask God to work in our lives during this series, to help you get over yourself and rise up to what God has for you!

LifeGroup video script

Hey there Creekside LifeGroups! Welcome to session one of our LifeGroup study, Get Over Your Selfie. My name is Jeff and I will be your host for the next six weeks. If this is your first LifeGroup study here at Creekside, way to go! I'm so glad you're in on this. If this is your second

study or your hundredth, my prayer for you is that God will use the next six weeks to change your life and make you more like His Son, Jesus. Ready to dive in? Let's go!

Here's the big question we're going after in this LifeGroup series—how can I get over myself and rise up to God's best for my life? All of us have obstacles in our life that keep us down, that block us from God's best for us. Over the six weeks of this series, we're going to identify six of those obstacles and look at how, with God's help, we can get over them and embrace God's best for our lives.

If you have a copy of this week's study, you'll see Ephesians 4:21-24 at the top of the page. Read along with me, or just listen to what it says.

²¹ Since you have heard about Jesus and have learned the truth that comes from him, ²² throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. ²³ Instead, let the Spirit renew your thoughts and attitudes. ²⁴ Put on your new nature, created to be like God—truly righteous and holy.”

OK – let's talk about three steps we can take to get over ourselves and rise up to what God has for us. The first step is in Ephesians 4:21. It says, “you have heard about Jesus and have learned the truth that comes from him.” The first step to get over myself is to **change my focus**. I need to change my focus from myself to Jesus. This happens as I read about and think about the truths Jesus teaches in the Bible and how they apply to my life. Over the next six weeks we'll be doing that. Each week we'll be looking at how the truths of the Bible can help us get over ourselves and rise up.

To get over myself I need to change my focus from myself to Jesus. That's the first step. Check out what it says next. “... throw off your old sinful nature and your former way of life, which is corrupted by lust and deception.” The second step to get over myself is to **throw off the old** sinful nature that keeps me down. Each week of this study we're going to look at the old things that keep us down, and we're going to work on how to get over them, how to throw them out of our lives.

To get over myself I need to **change my focus**—that's the first step. I need to **throw off the old**. That's the second step. The third step is the power step. It's the secret sauce for changing my life. In verse 23, Paul says, “... let the Spirit renew your thoughts and attitudes.” I can't get over myself by myself. Say that out loud with me—everybody in group. I can't get over myself by myself. I can't get over myself by myself. I need God's power, His Spirit, to renew my life. This is the third step—**let God renew my life**. To get over myself, I need to change my focus, throw off the old, and let God renew my life.

Listen to how Paul wraps up this section. “Put on your new nature, created to be like God— truly righteous and holy.” Getting over myself is way more than just giving up some bad habits or

taking up some positive thinking. God wants to help me put on the new nature He has for me. His nature! Your LifeGroup is the ideal place to encourage one another and pray for one another as you take steps to rise up.

So, here's the first area we're going to go after to get over ourselves. The topic we're looking at this week is "truth over lies." Ephesians 4:25 says, "So stop telling lies. Let us tell our neighbors the truth, for we are all parts of the same body."

The secret to change in my life is not about willpower. It's about facing the truth about myself, my relationships, and my nature. To do that I need to stop telling myself lies and stop believing lies about myself. The goal of today's topic is to get over the lies I believe and to rise up to the truth that God has for my life.

What would it look like for me to embrace the truth over the lies? That's the question we're going to look at this week. In your study hand-out you'll see ten common lies that many of us believe. Take a look through those lies and choose the one that has been an obstacle for you and share it with the group. Then this week, focus on the promise that God has for you to replace that lie.

Ready to get over your selfie? Ready to rise up to what God has for you? That's what the goal of this series is! Have a fantastic study together!