

Creekside LifeGroup Study
Get Over Your Selfie: Truth Over Lies

LEADER NOTES

Sunday, October 20th, 2019

Hi leaders! Well, here we go with week one of our brand new series. I think it's going to be awesome. Start off the night having fun with the icebreaker! Read the instructions to the group, then give them your own example. The purposes of the icebreaker are to get to know one another more and to start warming up to the topic of truth over lies. Have fun!

"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 this 5-minute video to set up this week's discussion!

<https://www.lifegroupleaders.ca/studies/>

STUDY

The purpose of your study time together is to get your group members thinking more about the source and nature of lies and how to get over them and pursue God's truth. Make sure you leave lots of time for the end where they will choose a truth to pursue over a lie this week.

Have someone in your group read the following Scripture out loud to the group.

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 Pharisee's accusations.

READ ALOUD:

“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

Read the following or have someone in the group read aloud.

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

- ... the world system/way of thinking/values
- ... the flesh ... Romans 7:5 – our sinful nature
- ... the devil

3 KINDS OF LIES

1. TEMPTATION ... lies that lure us to sin (sin in our actions and thoughts)
2. ACCUSATION ... the lies that label us wrongly
3. DECEPTION ... the lies that distort reality (relationships, facts, etc.)

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.

TIP: When you ask a question of the group, it’s OK to allow significant time for them to respond. Here’s a tip. Ask a question, then count to ten in your head, slowly, to give time for people to think and respond.

- What does it mean to hold to Jesus’ teaching? To hold to Jesus’ teachings mean to know them, believe them and live by them. To hold to implies we hang onto them even when it’s tempting to compromise.
- How can holding to Jesus’ teaching help us conquer lies? Jesus’ truth helps us to battle the lies Satan brings our way. Just as Jesus answered Satan’s lies with truth when he was tempted in the wilderness, so we can answer Satan’s lies with the truths of Jesus.

SUBGROUP EXERCISE.

What teaching do we need to hold to that relates to ... TEMPTATION to ... ACCUSATION to ... DECEPTION? Subgroup into two teams. Team 1 will look at TEMPTATION and team 2, DECEPTION. As a team, read the Scripture passages for your area, write down your insights and then prepare to share them with the other team.

TO TEMPTATION:

- Unpack what Satan is saying to Eve in Genesis 3:1-6. What does this account teach us about the nature of temptation? What teaching from Jesus could counteract this temptation? **Temptation is meant to get us to doubt God's character – His goodness, love, sovereignty and so on. An example of Jesus' teaching is – "I am the way, the truth and the life. No one comes to the Father but by me." (John 14:6) Eating the fruit wasn't going to reveal the truth. Only God can reveal truth to us through His Son, Jesus.**
- 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? **Satan appeals to Jesus' hunger (appetite) when he tempts him to turn stones to bread. He appeals to putting God to the test when he tempts him to jump off the temple so God would save him. Satan tempts Jesus with the lure of power and fame when he tells Jesus he will give him all the kingdoms of the world to rule. Jesus responds to each of these temptations with the truth of God's word. Our approach should be the same, to counteract Satan's lies with God's truth as we read in the Bible.**
- Unpack what Satan is saying to Peter when he chooses to "sift him as wheat". Luke 22:31-32. What teaching from Jesus could counteract this temptation? **Satan's desire was to break the disciples' dedication to Jesus. He wanted to prove each of them disloyal, starting with Peter's denial that he even knew Jesus. "Everyone who acknowledges me publicly here on earth, I will also acknowledge before my Father in heaven. But anyone who denies me here on earth, I will also deny before my Father in heaven." Matthew 10:32-33**

TO DECEPTION:

- When it comes to relationships, we need to stop judging. READ Galatians 6:1-5.
- According to Gal. 6:1-5, how can we be deceived by the sins of other people? **We can have an attitude of pride and think we are above falling to the sins of others. We can have a judgemental attitude and forget that we all are susceptible to sin. We can get involved and try to "help" only to find ourselves caught up by the same sin.**
- Rather than judge others, what are we to do to help others caught in sin?

We are to help that person get back on the right path, to repent of the sin and be reconciled to God.

- What should our attitude or posture be in how we help others caught in sin?
Our attitude should be one of gentleness and humility.
- **“A troublemaker plans seeds of strife; gossip separates the best of friends.”**
Proverbs 16:28 NLT. How can gossip deceive us and negatively impact a relationship?
On the website, Got Questions, they say this about gossip – “The Hebrew word translated “gossip” in the Old Testament is defined as “one who reveals secrets, one who goes about as a talebearer or scandal-monger.” A gossip is a person who has privileged information about people and proceeds to reveal that information to those who have no business knowing it.”
Gossip can deceive us as we begin to believe something that is not true about our friend. We can perceive a situation based on something we heard about our friend, rather than talking directly to our friend to confirm the truth. When we begin to believe false things about our friend, it hurts the relationship.
- Deceiving ourselves about people in our lives can be a big deal. We can spend a day ruminating – “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 are not, or they are avoiding us when they are not. What can you do to get past this?
As followers of Jesus, we are to “... be humble and gentle. Be patient with each other, making allowances for each other’s faults because of your love. Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace.” Eph. 4:2-3. NLT. Rather than worry and imagine what another person is thinking, we are to go to our brother or sister and do all we can to be united. We do this from a posture of humility and gentleness, being patient and bearing with one another in love.

TO ACCUSATION ...

GETTING OVER THE LIE AND EMBRACING THE TRUTH

God’s great desire is to set us free from lies we believe about ourselves. Be sure to allow time for your group members to really process what key lie they have believed. We all struggle with these lies at some level. Invite your group members to choose one that is particularly difficult for them. Some of us aren’t even aware we believe these lies. Ask God’s Spirit to reveal to each group member the particular lie they need to get over. Be sure to check in during the week, or to ask at the beginning of the next study how it has gone with focusing on the truth over lies.

Here is a list of 10 lies along with a truth to counteract the lie and a promise to believe to replace the lie. As a group, read aloud through the lie, the truth and the promise for each example, then take a few minutes to choose one lie you believe or have recently struggled with. Share with the group which lie it is and what it is that has caused you to listen to that lie. This coming week, focus on the promise, the Scripture 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!

1. The Lie

The Truth

"I'll never be good enough"

"I am fully loved and accepted by God."

The Promise:

"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. The Lie

The Truth

"My negative past defines me."

"I am a new creation in Christ."

The Promise:

"Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!" 2 Corinthians 5:17 NIV

3. The Lie

The Truth

"My troubles will never end."

"My troubles are temporary."

The Promise:

"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. The Lie

The Truth

"This temptation is too strong for me." "In Christ, I can win over this temptation."

The Promise:

"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. The Lie

The Truth

"God doesn't care about me."

"God cares about what I am going through."

The Promise:

"Give all your worries and cares to God, for he cares about you." 1 Peter 5:7 NLT

6. The Lie

The Truth

"I can't be forgiven."

"I am fully forgiven because of Jesus."

The Promise:

"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. The Lie

The Truth

"I am insignificant."

"I am significant."

The Promise:

"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. The Lie

The Truth

"I am alone."

"I am part of God's family."

The Promise:

"All of you together are Christ's body, and each of you is part of it." 1 Corinthians 12:27 NLT

9. The Lie

The Truth

“My serving isn’t needed.”

“I am gifted by God to serve.”

The Promise:

“A spiritual gift is given to each of us so we can help each other.” 1 Corinthians 12:7 NLT

10. The Lie

The Truth

“I can’t change.”

“God is working on me.”

The Promise:

“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 your lives during this series, to help you get over yourself and experience God’s best for you!

