

Don't Believe The Lie  
Digging Deeper  
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*But whenever anyone turns to the Lord, the veil is taken away.*

**2 Corinthians 3:16 NIV**

The snake wrapped himself comfortably around a low hanging branch of the big tree and settled in to wait for the young woman to stroll by. When she arrived, he hissed a greeting and offered her a piece of fruit from the tree he had been hiding in. She refused at first, saying

God had forbidden her to eat from the tree of knowledge of good and evil. But the snake lied to her, saying that if she ate the fruit, she would be like God. So she took a bite and offered some fruit to her husband, who did the same.

And with that, the idyllic life that Adam and Eve had enjoyed was over and mankind's eternal struggle with the big lie had begun (Genesis 3).

**Lies are powerful things.** They can corrupt our view of who we are. They can blind us to the value of others. They can even cause us to turn away from God.

And all too often we believe them.

**We believe the lies that come from Satan, the father of lies (John 8:44).** He tells us we can't when we can (Philippians 4:13), God won't when He will (Matthew 19:26), we're alone when we're not (Matthew 28:20) and God doesn't care when he does (1 Peter 5:7).

**We believe the lies we tell about ourselves.** We say we're not good enough (Exodus 3:11-12), strong enough (Judges 6:1-15) or old enough (Jeremiah 1:5-8) to do the things God has called us to do, even when He tells us we are.

**We believe the lies we tell about others.** We see someone that's different and think different is bad when it's good (1 Cor 12:7-27). We believe someone should be perfect, or at least like us, when nobody's like that and that's OK (Romans 15:7). And we tell ourselves we could never get along with people who aren't like us when there's real strength in being united (1 Cor 1:10).

**We believe the lies we tell about God's character.** We think He's angry, judgmental, indifferent or fake when He's loving, accepting, caring and real.

**And we believe the lies we tell about Jesus and how he sees us.** We think Jesus isn't interested in us when he is (Mark 5:25-34) and we believe we're not worthy in his eyes when we are (Luke 7:6-7).

**We all struggle with believing lies.** It's one of those things that is common to mankind (1 Cor 10:13). And knowing that is the first step to overcoming the lies and the guilt that comes with them.

**But overcoming lies is not something we can do on our own.** Lies grow big and fast when we spend a lot of time alone, listening to our own thoughts instead of talking to God and seeking input from others.

**Prayer opens our eyes to God's truth and silences the voice of the evil one who fills our head with lies.** It helps us see ourselves as God sees us. It heals the pain of past hurts that makes us vulnerable to believing lies about others. And it reminds us who God really is, bringing us closer to Him.

**Humility and a willingness to be vulnerable with people we can trust brings relief from the lies and helps us overcome them.** When we speak the lie out loud to others, God speaks truth to us through them and the hold the lie has on us is broken. When we share our feelings with them, we receive the support and encouragement we need to move forward. And when we talk about how much the lies have hurt us, we receive the love we need to heal.

Turning to God for truth lifts the veil of lies that clouds our life (2 Cor 3:16). Talking to people about our struggle with lies gives us the strength and support we need to overcome them (Ecclesiastes 4:12, James 5:16). Doing both brings about real transformation. Our life becomes grounded in truth and rooted in love and our relationships with God and each other are restored (Rev 12:11).

**And that is truly something worth celebrating.**

## **Reflect**

The power that lies have over us is broken by Gods truth and the love and support we get from sharing our life and our struggles with each other.

## **Pray**

Heavenly Father, I pray that I will always turn first to you for the truth I need to overcome the lies that cloud my mind and harden my heart. I pray also for the humility and courage I need to be vulnerable with those who can support and encourage me and help me heal. Open my eyes and show me the lies that are separating me from you and those you have placed in my life and help me restore those relationships with truth and grace.

Amen

## **Discuss**

What kind of pain or struggle might make us vulnerable to believing lies about ourselves? About others? About God?

What are some of the lies you believe, and how does that affect you?

Tell us about a relationship you have with someone that has been restored by overcoming the lies you have believed about yourself or that person.