

UNMASKED

Hiding from Self

TALK IT OVER

Key Scriptures

In their blind conceit, they cannot see how wicked they really are... Psalm 36:2 NLT

Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life. Psalm 139:23-24

If you listen to constructive criticism, you will be at home among the wise. Proverbs 15:31

If you reject discipline, you only harm yourself; but if you listen to correction, you grow in understanding. Proverbs 15:32

But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves. James 1:22

And you will know the truth, and the truth will set you free. John 8:32

Jesus told him, "I am the way, the truth, and the life. No one can come to the Father except through me. John 14:6

Start talking. Find a conversation starter for your group.

- What is one of the biggest lies you ever told? What were the results of your deception?
- Why is it so easy to see the deception other people are believing, but so hard to see our own self-deception?

Start thinking. Ask a question to get your group thinking.

- Who are some of the people you listen too most in life? How have their words impacted your life?
- Why is prayer such a vital component to overcoming the lies we believe?

Start sharing. Choose a question to create openness.

- Why do we so often hide from ourselves and deny what we know to be true? What steps can we take to stop hiding?
- What is God or a loved one trying to tell you currently? How have you responded so far to what you are being told?
- What distorted truths do you continue to believe about yourself? How have believing these lies impacted your relationship with God and others? What steps do you need to take to let go of those distorted truths and begin to embrace the truth?

Start praying. Be bold and pray with power.

Father, thank You for being the truth that will set us free. Help us to recognize and repent from the lies we believe about ourselves and give us the courage to listen and change when you speak to us. Thank you for allowing us to walk in truth and not in lies. In Jesus' name, amen.

Start doing. Commit to a step and live it out this week.

- Ask God to show you the lies you believe about yourself that you refuse to admit. Open your heart to God and allow Him to expose and remove the lies.
- One way to stop deceiving yourself and believing lies is to go to the source of God's truth and read His Word. In fact, the Bible has much to say about the dangers of self-deception and how it can negatively impact our life. Take time this week to read the following verses that discuss self-deception and how God can deliver us into truth: 1 John 1:8-10, Revelation 3:17-20, Jeremiah 17:9, and Galatians 6:1-10