

THIS WEEK'S PRAYER:

Jesus,
Help me recognize every voice that has influenced the way I see myself.
Reveal the lies I have believed and replace them with Your truth.
Teach me to hear Your voice above every other voice.
Help me stop defining myself by my failures, my wounds, or my past.
Remind me that I am chosen, forgiven, loved, redeemed, and Yours.
Help me walk in the freedom You have promised.
In Jesus' name,
Amen.

THIS WEEK'S CHALLENGE:

Each day this week, ask yourself: "Who told me that?"
When a negative thought, fear, label, or insecurity comes to mind, stop and ask:

- Is this something God said about me?
- Does this agree with God's Word?
- Am I listening to the voice of shame or the voice of God?

Write down one lie you recognize this week and replace it with a truth from Scripture.

**Week 2 – Who Told You That?****Genesis 3:8-11****BIG IDEA:**

Many of the struggles we face today can be traced back to beliefs we have accepted about ourselves. Not every voice that has spoken into our lives has spoken the truth. Shame distorts identity, causes us to hide, and convinces us to believe things about ourselves that God never said. Freedom begins when we learn to recognize the difference between the voice of shame and the voice of God.

KEY TRUTHS FROM THIS WEEK:

- Shame changes the way we see ourselves.
- Shame distorts identity.
- Shame causes us to hide.
- What happened to me is not who I am.
- Not every voice deserves access to my identity.
- Just because a voice spoke to me does not mean it spoke the truth.
- Shame turns experiences into identities.
- God's voice sounds different from the voice of shame.
- God is pursuing me, not rejecting me.
- If God didn't say it, I don't have to believe it.

SCRIPTURES TO REMEMBER:

Genesis 3:9: "Then the Lord God called to Adam and said to him, 'Where are you?'"

Genesis 3:11: "And He said, 'Who told you that you were naked?'"

Romans 8:1: "There is therefore now no condemnation to those who are in Christ Jesus."

Ephesians 2:10: "For we are His workmanship, created in Christ Jesus for good works..."

PERSONAL REFLECTION:

What voice or message from my past has most influenced the way I see myself?

VOICES THAT MAY BE SHAPING ME

- Have I believed any of these statements?
- I'm not good enough.
- I'll never measure up.
- I'm damaged.
- I'm unwanted.
- I'm a disappointment.
- God could never use me.
- I'll never change.
- My past defines me.
- My failure is final.
- I am what happened to me.

REPLACING LIES WITH TRUTH

Lie: "My failure defines me."

Truth: My failure is a moment, not my identity.

Lie: "I'm not good enough."

Truth: _____

Lie: "God could never use me."

Truth: _____