

## **About Ourselves**

Psalm 86:11

Teach me your way, O Lord, and I will walk in your truth;  
give me an undivided heart, that I may fear your name.

### **Lies That We Believe:**

I'm not worth anything.

### **Lies That We Believe:**

I need to love myself more.

### **Lies That We Believe:**

Physical beauty matters more than inner beauty.

### **Lies That We Believe:**

Real men don't cry.

I don't need male friends

## **Where do I find my value/Identity?**

1 Peter 2:4

<sup>4</sup>As you come to him, the living Stone—rejected by men but chosen by God and precious to him

### **Lies That We Believe:**

I can't help the way I am.

### **Lies That We Believe:**

I'm not responsible for my actions.

## **Victimhood Mentality**

**Circumstances form me,**

#### Romans 6:8-14

<sup>8</sup>Now if we died with Christ, we believe that we will also live with him. <sup>9</sup>For we know that since Christ was raised from the dead, he cannot die again; death no longer has mastery over him. <sup>10</sup>The death he died, he died to sin once for all; but the life he lives, he lives to God.

<sup>11</sup>In the same way, count yourselves dead to sin but alive to God in Christ Jesus. <sup>12</sup>Therefore do not let sin reign in your mortal body so that you obey its evil desires. <sup>13</sup>Do not offer the parts of your body to sin, as instruments of wickedness, but rather offer yourselves to God, as those who have been brought from death to life; and offer the parts of your body to him as instruments of righteousness. <sup>14</sup>For sin shall not be your master, because you are not under law, but under grace.

#### Deuteronomy 30:19-20

<sup>19</sup>This day I call heaven and earth as witnesses against you that I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live <sup>20</sup>and that you may love the Lord your God, listen to his voice, and hold fast to him. For the Lord is your life, and he will give you many years in the land he swore to give to your fathers, Abraham, Isaac and Jacob.

#### Ephesians 4:17-24

<sup>17</sup>So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking. <sup>18</sup>They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts. <sup>19</sup>Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, with a continual lust for more.

<sup>20</sup>You, however, did not come to know Christ that way. <sup>21</sup>Surely you heard of him and were taught in him in accordance with the truth that is in Jesus. <sup>22</sup>You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; <sup>23</sup>to be made new in the attitude of your minds; <sup>24</sup>and to put on the new self, created to be like God in true righteousness and holiness.

#### **Lies That We Believe:**

I have my rights!

The **selfish** demanding of rights is more likely to bring increased discontent and unhappiness than deep lasting satisfaction.

Successful relationship and healthy cultures are not built on the claiming of rights, but on the yielding of rights.

Philippians 2:5-8

<sup>5</sup>Your attitude should be the same as that of Christ Jesus: <sup>6</sup>Who, being in very nature God, did not consider equality with God something to be grasped, <sup>7</sup>but made himself nothing, taking the very nature of a servant, being made in human likeness.

<sup>8</sup>And being found in appearance as a man, he humbled himself and became obedient to death— even death on a cross!

1 Peter 5:6-7

<sup>6</sup>Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. <sup>7</sup>Cast all your anxiety on him because he cares for you.

Philippians 2:9-11

<sup>9</sup>Therefore God exalted him to the highest place and gave him the name that is above every name, <sup>10</sup>that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, <sup>11</sup>and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.

**Lies That We Believe:**

I should not have to live with unfulfilled longings.

**Lies That We Believe:**

Pleasure and entertainment can satisfy me.

**The Problem With These Lies Is They Promote Living For Self, Not For God.**

Matthew 6:24-26

<sup>24</sup>Then Jesus said to his disciples, "If anyone would come after me, he must deny himself and take up his cross and follow me. <sup>25</sup>For whoever wants to save his life will lose it, but whoever loses his life for me will find it. <sup>26</sup>What good will it be for a man if he gains the whole world, yet forfeits his soul? Or what can a man give in exchange for his soul?"