

The Stories We Believe

*September 6th, 2026
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OPENING QUESTION

What is a small lie or limiting belief about yourself that you have caught yourself believing?

SCRIPTURE READINGS

John 5:1-15
2 Corinthians 10:4-5

KEY TAKE AWAY(S)

- **The stories we believe are the stories we become.**
The enemy often works by attempting to rewrite the story God has written over our lives or plant lies in our minds that cause us to question God's truth. If we allow them, those lies can become the "story" we believe about ourselves.
- **Jesus sees us in the places we feel trapped and offers help and healing.**
In the passage from John, Jesus notices and engages with the man at the pool who had been sick for 38 years. Jesus doesn't ignore those who society often forgets or overlooks, He seeks them.
- **God rewrites the lies and stories we believe about ourselves.**
In verse 8, Jesus countered the lies that the man at the pool believed about himself by saying, "Stand up, pick up your mat, and walk." In a similar fashion, God replaces the false stories we have about ourselves with His truth.
- **Aligning our thoughts with God's truth of who we are brings renewal.**
2 Corinthians 10:4-5 encourages us to take our thoughts captive. When we recognize lies about ourselves or others, we must identify them, examine what Scripture says about them, and continually rehearse God's truth as our story.

QUESTIONS

1. **The stories we believe are the stories we become**
In **John 5:6-7**, the man responds to Jesus with a story he has believed about himself: "I can't...I have no one to help me into the pool..." How have you seen a belief that you carry about yourself shape the way you live or respond to God?

2. Jesus sees us in the places we feel trapped and offers help and healing

John 5:5-6 describes Jesus noticing a man by the pool who had been sick for 38 years. What does this say or show us about the way Jesus views people who are often overlooked, stuck, or forgotten by society?

3. God rewrites the lies and stories we believe about ourselves

In **John 5:8-9**, Jesus says to the man at the pool, "Stand up, pick up your mat, and walk." Which of the three lies that Pastor Dakotah mentioned - "I can't," "I have no one," or "It's not meant for me" - do you need God to help rewrite with His truth for your life?

PRACTICE

Aligning our thoughts with God's truth of who we are brings renewal.

Paul says in **2 Corinthians 10:4-5**: "take captive every thought to make it obedient to Christ."

Based on this, choose one recurring thought, lie, or limiting belief that you have in your mind this week and practice taking it captive. Follow these steps:

Name the thought. Take the time to write down this lie you find yourself believing.

Compare it to God's truth. Does this lie actually line up with what the Scripture says?

Replace it with God's truth. Find a verse or passage that directly speaks to that lie.

Preach God's truth to yourself daily.

Throughout this week, repeat the truth from God's word any time you feel that this lie, limiting belief, or false story attempts to enter your mind. Pray God's truth over yourself and your life, even speaking this truth out loud when the lie comes up.

CLOSING PRAYER

Jesus, thank you that your truth reigns over any and all lies, limiting beliefs, and false narratives that the world might try to convince me to believe. I am so thankful that you seek me and desire for my story to be the one that you have intentionally written for me. Would you help me to take my thoughts captive so that I may be obedient to you and walk in your truth every single day.
Thank you, Lord. Amen.