



DISCUSSION QUESTIONS

SOUNDTRACKS - PART 2

QUESTION 1

Get-to-know-me

What is your least favourite genre of music?

What is a popular song you can't stand listening to?

QUESTION 2

Into-the-Bible

Read Romans 12:1-2

Go to the LakePoint App, click on the "Soul Care" banner, then "Resources", and then "False Beliefs with Truths". Starting on page 2 of the document, read through the false beliefs and the corresponding scriptural truth (Read slowly).

Take turns sharing which false beliefs resonated with the broken soundtracks of your life and how the Biblical truth can set you free from the lie.

QUESTION 3

Take-it-home

Pastor Nate shared how we need to live out of our new story. He shared how the best way to do this is to repeat your new story every day for 30 days. What are the new stories you need to start declaring over your life? (i.e. "I am a child of God", "I've been adopted into His family", etc.).

Note to Group Leader: Make a commitment with your group members to hold each other accountable to making daily declarations of your new story.



Influential Relationships:

- Family member who bullied
- Family member who shamed
- Family member with addiction
- Family member with mental illness
- Parent who acted like a child
- Parent who celebrated achievement
- Parent who denied feelings
- Parent who disciplined inconsistently
- Parent who disregarded achievement
- Parent who praised inconsistently
- Parent who expected child to act like a parent
- Parent who focused on appearances
- Parent who gave child excessive praise
- Parent who minimized problems
- Parent who was over-disciplined
- Parent who was absent (emotionally or physically)
- Parent who was over-controlling
- Parent who was over-indulgent
- Parent with excessive standards
- Peer rejection
- Peers who bullied
- Peers who focused on appearances
- Peers who were competitive
- Peers who were critical
- Other: _____

Influential Events:

- A breakup
- A parent's affair
- Abandonment by parent
- Basic needs not met
- Divorce of parents
- Death of a parent
- Death of a sibling
- Death of a friend
- Emotional abuse
- Life-threatening illness
- Moved often
- Natural disaster
- Neglected
- Observed abuse of a parent
- Physical abuse
- Sexual abuse
- Verbal abuse
- Other: _____

False Beliefs with Truths:

- I must be in control to be safe, secure or significant
I do not need to be in control because God is in control (Proverbs 19:21)
- I must please other people to be loved or accepted
I am to please God, rather than seek the approval of people (Galatians 1:10)
- I must overcome and make it; I must be tough and independent to survive
I am dependent on God – apart from Him, I can do nothing (John 15:5)
- To be safe and secure, I must be guarded and not risk intimacy
Christ's peace will guard my heart and mind (Philippians 4:7)
- Emotions always represent truth
Emotions can and will deceive me (Jeremiah 17:9)
- For me to be content, life must be fair
I can learn to be content in my circumstances through Christ (Philippians 4:11)
- I am unworthy of love or acceptance
Nothing can separate me from the love of God in Christ (Romans 8:38-39)
- I must be right to be significant or to know I am of value
My value and significance come from a humble dependence on God (1 Peter 5:5)
- I must be heard to know I am of value
My value comes from God, not other people (1 Peter 5:5)
- I cannot be okay, or at peace, if those around me are not okay
My peace comes from the Lord, not other people (John 14:27)
- I deserve special treatment from other people
I am called to value others above myself (Philippians 2:3-4)
- I must have respect to know I am of value
True respect and honour comes from God, not other people (1 Chronicles 29:12)
- I must perform/achieve to be loved and accepted
God accepts me – not because of anything I have done (Titus 3:5)
- What I do makes me who I am
What I do does not define who I am (Titus 3:5)
- My loved ones must change for me to be content and at peace
Peace and contentment come from God (Philippians 4:6-7)

- Other people must meet my needs
God is the ultimate source of provision for all my needs (Philippians 4:19)
- I must get revenge on those who have wronged me
Do not repay evil with evil (Romans 12:17-18)
- I must be protected to know I am safe and secure
The Lord is my safety and refuge (Psalm 18:2)
- I must have the approval of other people to know I am of value
My approval comes from God, not from pleasing people (Galatians 1:10)
- I must be in a relationship or married to be satisfied, secure, or significant
Only God, not a relationship, will ultimately meet my needs (Philippians 4:19)
- If I follow the Lord, life will be hard
Trouble happens to everyone (John 16:33)
- I am a victim
I am a conqueror, not a victim (Romans 8:37)
- My past determines who I am
My past is not who I am – I am new (2 Corinthians 5:17)
- I must meet certain standards to love, accept and feel good about myself
God loves me not based on what I do but because of His mercy (Romans 5:8)
- I must have a child to fill my emptiness
Only God, not a child, promises to fulfill me (Philippians 4:19)
- I must figure out my future to be secure
My future is secured by God (Luke 12:24)
- I can't handle this
I can do all things through Christ (Philippians 4:13)
- I must be appreciated to know I am of value
God sees what I do, regardless of appreciation from other people (Col. 3:32)
- I do not measure up
Because of Jesus, I am enough (Hebrews 10:4)
- I'm worthless – I will never amount to anything
I was valuable before I was born (Psalm 139:14)
- I am responsible for the happiness of other people & they are responsible for mine
I am not responsible for the happiness of other people – God is (Romans 15:13)

- I must fix problems to know I am secure
I must be still and wait for the Lord to rescue me (Psalm 40:1-2)
- In order to feel worthy, I must not fail
My weakness becomes strength by the power of Jesus (2 Corinthians 12:9)
- I must be the best to know that I am of value
I am to value others above myself (Philippians 2:3-4)
- I must get my way to be satisfied and content
My satisfaction comes from God (Isaiah 55:8)
- I must earn love
I am already loved by God (Romans 5:8)
- Real men do not show they need help
Pride is followed by destruction (Proverbs 16:18)
- I cannot be happy unless my circumstances change
I can be content in my circumstances through Christ who strengthens me (Philippians 4:11)
- I must be understood to have peace and contentment
I am known and understood by God (Psalm 139:1-2)
- I cannot allow other people to see my flaws
Christ's power is made perfect in my weakness (2 Corinthians 12:9)
- The shame of my past is my fault, and I am to blame for the consequences of it
I am no longer condemned (Romans 8:1)
- I am who I am – I shouldn't have to change
God's plan for me is to mature and grow (Ephesians 4:11)
- I deserve what I have – I worked hard for it
I am entitled to nothing – It is given as a gift (James 1:17)
- I must prove to myself to know my worth
I am valuable regardless of my works or successes (Ephesians 2:8-9)
- I must take care of myself
God will take care of me (Psalm 118:14)
- Others cannot be trusted
I can trust God, even when I cannot trust people (Proverbs 3:5-6)
- I must protect my reputation to feel valued
I can trust God with my reputation - I don't need to fear what people think (Proverbs 29:25)