

Lies We Tell

There's Always Tomorrow (Week 4)

LifeNotes

TALK IT OVER

Main Idea

You are enough for Jesus to give all of himself.

Key Scriptures

Do not lie to each other, since you have taken off your old self with its practices. Colossians 3:9 NIV

It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery. Galatians 5:1 NIV

As it is written: "There is no one righteous, not even one; Romans 3:10 NIV

But God demonstrates his own love for us in this: While we were still sinners, Christ died for us. Romans 5:8 NIV

You do not belong to yourself, for God bought you with a high price. 1 Corinthians 6:19b-20a NLT

Dangers from believing the lie you are not enough:

- You will form your identity around your mistakes rather than Christ's love and sacrifice.
- You will allow your unworthiness to keep Jesus at arm's length.
- You will settle for less in your life because you won't believe you are worth anything more.

Start talking.

- What are some early lies you can remember being caught in?
- How do lies hold us back and keep others away?
- Why are the lies we tell ourselves often the most destructive?

Start thinking.

- Read Colossians 3:9. What is the "old self" Paul refers to? What replaces the "old self" once we have believed in Jesus?
- Read Galatians 5:1. Joel mentioned the freedom Christ brings is two-fold; both in identity and ability. What is meant by that?
- Read Romans 3:10. How does that affirm the truth none of us will ever do enough? How is that different than "being" enough?

- Read Romans 5:8. Had we done anything to earn God's love? Why is that such an important theological point?

- Read 1 Corinthians 6:19b-20a. What price did God pay for you? How does that impact our worth and identity?

Start sharing.

- What ways do you continue to feel you need to earn God's love?
- Why is that lie destructive in your life?

Start doing.

- What aspect of the lie, "I'm not enough" do you need to stop agreeing with?
- What truth will you speak over yourself in exchange for the lie?
- What trusted, faithful friend will you share with this week?

Closing prayer.

Jesu, I confess I often believe the lie that I am not enough. Help me to define my worth by the price you paid for me on the Cross. You gave all of yourself for me, just as I am. Help me to rest in the confidence and truth of that.