



How To Handle The Lies You Believe // Jeff Brodie // September 19, 2021

The conversations you have most often are the ones you have in your own mind. And if you are honest, they are likely more negative than positive. Sometimes what you hear comes from your past, while other messages are lies you've picked up over time, and others show up as anxiety and self-doubt. Here's what's critical: How you think tends to become how you live your life. What if it were possible to move towards internal freedom and win the war in your mind?

Scripture: [2 Corinthians 10:3-5 NIV](#), [John 8:31-32 NLT](#)

Bottom Line: Take your lie captive and bring it to Christ.

Getting Started:

1. What is the conversation like that you have with yourself?
2. Have you ever told a lie? What happened?

Jumping In:

3. How would you assess your thought life overall? (Negative/Positive, Worry/Confident, Frustrated/Peace-Filled, Skeptical/Trusting)
4. Jeff shared about different kinds of lies we believe: lies you are told, lies you tell yourself, and lies the enemy tells you. Have you ever experienced one of these three lies in your life? What was that like?

Discuss:

5. Read [2 Corinthians 10:3-5 NIV](#). What lie do you need to take captive in your life and bring to Christ?
6. Jeff shared four examples of lies that you might believe:
 - a. You are not enough. ([2 Corinthians 9:8 NIV](#))
 - b. You are doomed to fail. ([Romans 8:37 NIV](#))
 - c. That other option is the solution to your problem. ([Proverbs 3:5-6 NIV](#))
 - d. Everyone is against you. ([Romans 8:31-32 NLT](#))

Can you identify one of these as a lie you believe in your mind? Meditate on the truth of the scripture noted beside it to battle the lie you are believing.

7. Have you ever taken time to audit the thoughts that are most common in your mind?
8. What are the things that might hold you back from doing the Thought Audit that Jeff shared about? Why do you think that is?

Moving Forward:

Take time this week to complete the Thought Audit Jeff shared in the message.

[Click here to access the Thought Audit.](#)

Changing Your Mind:

“Jesus said to the people who believed in him, “You are truly my disciples if you remain faithful to my teachings. And you will know the truth, and the truth will set you free.”

John 8:31-32 NLT