

FREEDOM TRAINING - Listening Guide
SESSION 7

How do we work the truth into our lives so that it's actually impacting our thoughts?

THE PROCESS:

2) Identify the thought behind the unfruitful emotion.

- Most people **STOP** here.
- They recognize the unfruitful emotion, but their habit is to blame that emotion on somebody else.

It's helpful to write out the emotion. Then list out the thoughts that are behind the emotion. Answer the question: ***What am I thinking when I feel that?***

It takes time to get to the base-line thought (or lie) behind the unfruitful emotion. This is a process.

Take the identified thought to Jesus. ***Does that thought obey him?***

3) Replace the lie with the truth.

- The truth was settled on the cross.
- It does not change with circumstances, other's opinions or how I feel.
- Step 3 is where the **IF** happens. (John 8:31-32)

John 8:31-32

*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."*

The lies make you want to let go of the truth. When you let go of Jesus' truth you then take hold of Satan's truth; and Satan's truth is a lie.

SESSION 7

DISCUSSION QUESTIONS:

- 1) Review: What was step 1 of the process to living in freedom?
- 2) Discovering the thoughts driving our emotions can be tricky, but it is crucial to being set free. What are a few ways you could discover the thoughts you are thinking when you are experiencing an unfruitful emotion?
- 3) Read Luke 6:46-49 and John 8:31-32. How do these passages compliment each other? Why are their concepts crucial to living in freedom?
- 4) Danny said "*The lies make you want to let go of the truth. When you let go of Jesus' truth you then take hold of Satan's truth; and Satan's truth is a lie.*" Why do you think it is so simple to let go of Jesus' truth and take hold of Satan's truth?
- 5) How is allowing the power of God's truth DIFFERENT from the "power of positive thinking"? Can you think through how the concept of "power of positive thinking" could actually be much like the foolish builder? Share your thoughts and/or examples.
- 6) If replacing the lies with God's truth is the path to freedom, how do we know God's truth?