

FREEDOM TRAINING - Listening Guide
SESSION 9
THE BIG LIE.

Review:

- 1) Identify the unfruitful emotion.
- 2) Identify the thought behind the emotion.
- 3) Replace the lie with the truth.
- 4) Renew your mind with the truth.

The Big Lie has to do with ME.

Who am I...really?

How do I really view myself?

- Identity?
- Worth?
- Value?

The Big Lie:

My Worth = Performance + Approval

Translation:

"I'm only valuable based off of what I do, how good (or not good) I am at doing it and what other people think about me doing it."

This started happening before we were even able realize it was happening.

Just claiming to be a Christian does not automatically "fix" this.

Romans 12:2

Don't conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is - his good, pleasing and perfect will.

SESSION 9

DISCUSSION QUESTIONS:

- 1) Review the 4 steps it takes to live in Freedom.
- 2) What do most people base their self-worth on? List as many as you can think of.
- 3) Somebody volunteer to explain "The Big Lie" - what is it? What does it mean? Share an example or 2 of what this looks like in daily life. Think about work, sports, school. etc.
- 4) Read Romans 12:2 together. How does the phrase "pattern of this world" fit into the examples given above, in question 3.
- 5) How can a church (or small group) be unhealthy because of The Big Lie? What would that look like? What are some unhealthy emotions that would go along with this?