

Freedom from the Lies We Believe

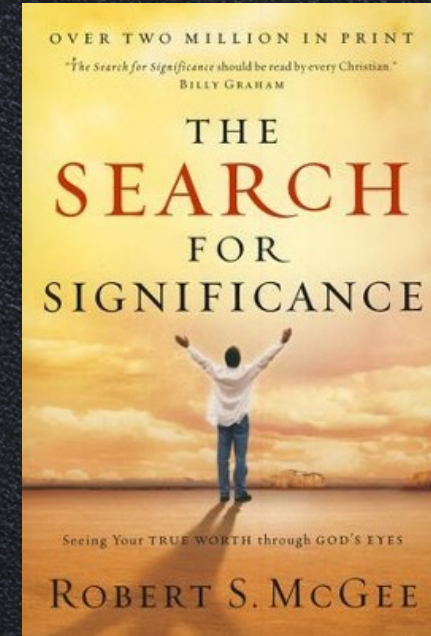
Ephesians 4:20-25



“You were taught with regard to your former way of life to *put off your old self*, which is being corrupted by its deceitful desires, to be made new in the attitude of your minds, and to *put on the new self*, created to be like God in true righteousness and holiness.”

- Ephesians 4:22-23

Our Basic Psychological Needs (Robert McGee)



- **Security**

The need to be loved and accepted unconditionally (Love)

- **Significance**

The need to be important, adequate, to have purpose and meaning in my life (Purpose)

I am Secure in Christ

- I am free forever from condemnation (Rom 8:1-2)
- I am assured that all things work together for good (Rom 8:28)
- I am free from any condemning charges against me (Rom 8:33-34)
- I cannot be separated from the love of God (Rom 8:35)

I am Secure in Christ

- I am hidden with Christ in God (Col 3:3)
- I am confident that the good work God has begun in me will be perfected (Phil 1:6)
- I am a citizen of heaven (Phil 3:20)
- I have not been given a spirit of fear, but of power, love and a sound mind (2 Tim 1:7)
- I can find grace and mercy in time of need (Heb 4:16)

I am Significant in Christ

- I am the salt and light of the earth (Mt 5:13)
- I am a branch of the true vine, a channel of his life (Jn 15:1,5)
- I have been chosen and appointed to bear fruit (Jn 15:16)
- I am a personal witness of Christ's (Acts 1:8)
- I am God's temple (1 Cor 3:16)

I am Significant in Christ

- I am a minister of reconciliation (2 Cor 5:17-20)
- I am God's coworker (2 Cor 6:1)
- I am seated with Christ in the heavenly realms (Eph 2:6)
- I am God's workmanship (Eph 2:10)
- I can do all things through Christ who strengthens me (Phil 4:13)

- “We live in contradiction between what we believe is true and what we experience as real.”
— Greg Boyd

- Believe as true—Our New Self. Our Identity in Christ
- Experience as real—Our Old Self. The Lies We Believe





Lauren Daigle “You Say”

I keep fighting voices in my mind that
say I’m not enough

Every single lie that tells me I will never
measure up

Am I more than just the sum of every
high and ever low

Remind me once again just who I am
because I need to know

Lauren Daigle “You Say”

You say I am loved when I can't feel a thing
You say I am strong when I think I am weak
And you say I am held when I am falling short
And when I don't belong, oh, You say I am yours

The Lies We Believe related to Security and Significance

Wrong assumptions about how to meet our needs for security and significance in order to establish our sense of self worth. Untrue beliefs which determines much of our behavior and feelings.

Some Common Lies We Believe

- I am significant when I am financially successful.
- I am secure when everyone approves of me and no one is criticizing me.
- I am significant when I am physically attractive.

Some Common Lies We Believe

- I am significant when I am doing my job successfully.
- I am secure when my children are achieving and are well behaved.
- I am significant when I am in a relationship

Some Common Lies We Believe

- If I am to be significant, I cannot fail.
- If I am to be significant, other people must notice me and recognize my abilities.
- I am secure when I am happily married.

Some Common Lies We Believe

- I am significant when I am youthful and vigorous.
- I am secure when I have everything under control.
- I am significant when I am performing perfectly.

How to be Set Free from the Lies You Believe

1. Ask God to show you the Lies You Believe.

What do you get (a) depressed or feel guilty about?
(b) angry or frustrated about? (c) anxious or
worried about?

2. Ask God to show how those lies got planted in your life.

3. Take responsibility for the Lies You Believe.

How to be Set Free from the Lies You Believe about Yourself

4. Ask God to forgive you and set you free.
5. Renounce the Lies You Believe
6. Daily look to the Lord to meet your needs for security and significance.

Freedom from the Lies We Believe

“Search me, O God, and know my heart; try me and know my anxious thoughts. See if there be any wicked way in me, and lead me in the way everlasting”

(Ps 139:23-24).

“... Put on the new self, created to be like God in true righteousness and holiness”

(Eph 4:22-23)