Part 1: The Lies We Believe

1. The Truth About the Lies We Believe

1. Name four of the many lies Cheryl unknowing revealed to her counselor.
   a) __________________________________________
   b) __________________________________________
   c) __________________________________________
   d) __________________________________________

2. Write the corresponding truth that refutes each of these lies Cheryl believed.
   a) __________________________________________
   b) __________________________________________
   c) __________________________________________
   d) __________________________________________

3. Cheryl is unique in the way she was plagued by lies. ______ True ______ False

4. Many of your ____________________________ have been around a long time, some ever since childhood.

5. Many lie tapes play in your mind without your even ______________________ it.

6. Thoughts produce after their own kind. Lies produce ___________________, and truth produces _________________.

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7. What must we do to know the deeper truths that are the most powerful and life-sustaining of all?
   a) ________________________________________________________________
      ________________________________________________________________
   b) ________________________________________________________________
     ________________________________________________________________

8. What will be some of the results of Cheryl’s digging and sifting through the lies she had believed for many years of her life?
   a) __________________________________________________________________
      __________________________________________________________________
   b) __________________________________________________________________
      __________________________________________________________________
   c) __________________________________________________________________
      __________________________________________________________________

9. The truth about change is that you must first ______________________ to change

10. (Optional) Take the self-analysis questionnaire on pages 9-11 to find out what lies you believe.
2. Self-Lies

1. What are some of the lies that Julie believed?
   a) ______________________________________________________________
   b) ______________________________________________________________
   c) ______________________________________________________________

2. The lies we deceive ourselves with often reflect what we wish were ______________, whether it is or not.

   **Self-Lie #1: “I Must Be Perfect”**

3. What are some of the thinking errors believed by perfectionists?
   a) ______________________________________________________________
   b) ______________________________________________________________
   c) ______________________________________________________________

4. The psychologist Alfred Adler said, “To be human is to feel ________________.”

5. Define perfectionism. ________________________________________________
    ___________________________________________________________________
    ___________________________________________________________________
    ___________________________________________________________________

6. The need to be ______________________ creates a no-win scenario.
7. When perfectionists attain the high goals they have set, they say to themselves, “___
_______________________________.”
When perfectionists fall short of these same goals, they say to themselves,” ______
______________________________.”

8. Almost all ______________________ know at some level that being perfect is impossible.

9. What are some things Jim needed to do to break the perfectionism lie in his life?
   a) _______________________________________________________________
      _______________________________________________________________
   b) _______________________________________________________________
   c) _______________________________________________________________

10. What is the theological truth about perfectionism lie found in Romans 3:23? ______
    _______________________________________________________________
    _______________________________________________________________
    _______________________________________________________________

11. What do we learn about this lie in 1 John 1:8? _____________________________
    _______________________________________________________________
    _______________________________________________________________

12. According to 1 John 1:10, what is the person who says he is perfect, and has never sinned? _______________________________________________________________
    _______________________________________________________________
Self-Lie #2: “I Must Have Everyone’s Love and Approval”

13. What is the lie believed by a “pleaser?” ______________________________________
                                                                                   ______________________________________
                                                                                   ______________________________________

14. How did Denise’s need for approval become a no-win situation for her? ________
                                                                                   ______________________________________
                                                                                   ______________________________________
                                                                                   ______________________________________

15. What are some of the dangers of believing this lie?
   a) ______________________________________
                                                ______________________________________
                                                ______________________________________
   b) ______________________________________
                                                ______________________________________
                                                ______________________________________
   c) ______________________________________
                                                ______________________________________
                                                ______________________________________
   d) ______________________________________
                                                ______________________________________
                                                ______________________________________
   e) ______________________________________
                                                ______________________________________
                                                ______________________________________

16. What is the secular truth that combats this lie? _____________________________
                                                                                   ______________________________________
                                                                                   ______________________________________
                                                                                   ______________________________________

17. We learn the theological truth about this lie in Colossians 3:22-24. When employees are working at their job, should their first priority be seeking the
18. When we are at work, in what way should we perform our tasks? ____________________________
_____________________________________________________________ (v. 23)

19. What does Paul say about the “pleasers” lie in Galatians 1:10? ____________________________
______________________________________________________________

20. There is a clear difference between always trying to do for others for the sole purpose of pleasing them, and doing for others because you are thoughtful. The Book of Ruth is the unique story of a woman who showed thoughtfulness for others, but was not simply trying to be a “pleaser.” Read Ruth 1:1-22.

21. What tragedies did Naomi experience in Moab?
   a) ____________________________________________ (v. 3)
   b) ____________________________________________ (v. 5)

22. What did Naomi think her daughters-in-law should do? ________________________________
____________________________________________________________ (vv. 8-9)

23. What clue do we read in this verse that indicates Ruth is thoughtful of others?
______________________________________________________________ (v. 8)

24. What decision did Ruth make at this time? ________________________________
______________________________________________________________

25. Do you believe Ruth was simply trying to be a “pleaser” in this situation? ________
______________________________________________________________
Self-Lie #3: It is Easier to Avoid Problems Than to Face Them.”

26. In life, the _________________________ tend to ignore problems until they either go away or get worse and have to be faced.

27. In the text, the author gave the example of his college students who avoided doing their assignments, and then paid the price when he gave a pop quiz. Give examples of other problems or tasks the “avoider” might be likely to ignore or put off.

a) ______________________________________________________________________

b) ______________________________________________________________________

c) ______________________________________________________________________

28. When parents make a habit of _______________________ their child from problems, the child begins believing this lie too – and it soon becomes a deeply ingrained “truth.”

29. Why is it so important that we teach our children to become responsible for facing problems of their own making? ______________________________________

______________________________________________________________________

______________________________________________________________________

30. Those who ________________ problems usually end up with more problems in the long run.

31. The secular truth is - problems usually get _______________________ when avoided.

32. We find the theological truth about this lie Philippians 3:13-14. What advice does Paul give to the people at Philippi? ______________________________________

______________________________________________________________________

______________________________________________________________________

______________________________________________________________________

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33. The Apostle Paul very frequently shared insights into his own personal life. Read 1 Corinthians 9:24-27. Paul observed that everyone involved in a race runs, but all do not run equally well. For this reason not everyone receives a ________________. (v. 24)

34. How does Paul recommend that we run? __________________________________________________________ (v. 24c)

35. Discover the ingredients necessary for victory.
   a) __________________________________________________________ (v. 25a)
   b) __________________________________________________________ (v. 26b)
   c) __________________________________________________________ (v. 27a)

36. Which part of this advice might be disregarded by a person who tries to avoid discomfort of any kind, or problems of any nature? __________________________________________________________

37. Is it possible that many people who are overweight are “avoiders?” ________
   What two things do many overweight people avoid because they are difficult to do?
   a) __________________________________ b) __________________________________

38. Read Daniel 1:1-12. Daniel is the perfect example of a person who was not an “avoider.” Carried into captivity and selected for royal service, Daniel was faced with many difficulties. The food of the Babylonians was probably offered to idols, bloody, and from animals without cloven hooves. The wine was also controversial. Daniel faced the dilemma between trying to take advantage of a unique opportunity – and trying to please God.

39. In addition to being given new names and special meals, Daniel’s preparation for royal service included __________________________________________________________ (vv. 4-5)

40. List the requirements required for entrance into the training program. (v. 4)
   a) __________________________________________________________
41. How was Daniel able to accept this appointment? ___________________________
_____________________________________________________________ (v.8)

42. At this point, what decision would the “avoider” have made? _________________
_____________________________________________________________

43. What was the eventual outcome of Daniel’s commitment to facing this problem head-on, rather than avoiding making any “waves” in the policies of the palace?
   a) . __________________________________________________________ (v. 15)
   ____________________________________________________________ (v. 17)
   b) ____________________________________________________________ (vv. 18-19)
   c) ____________________________________________________________ (v. 20)

44. Esther is a great example of a woman who faced the problems of her people, rather than avoiding them. Read Esther 4:13 – 5:14.

45. What warning did Mordecai send to Esther? _____________________________
   ____________________________________________________________ (4:13)
46. What challenge did Mordecai set before her? ___________________________________________

______________________________________________________________________________ (4:14)

47. How did Esther respond to that difficult challenge? __________________________________________

______________________________________________________________________________ (4:15-16)

48. What did Esther do that showed her willingness to face problems, rather than avoid them? ______________________________________________________________

______________________________________________________________________________ (5:1-8)

49. What courageous action did Esther take in Chapter 7? _________________________________

______________________________________________________________________________ (7:3-6)

50. What do you think the “avoider” would have done in this dangerous situation?

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________
Self-Lie #4: “I Can’t Be Happy Unless Things Go My Way.”

51. Give an example of a scene from the life of a person who believes the “My Way” lie. ________________________________________________________________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________

52. The “my way” lie affects marriages because the “__________” in the marriage is so strong that the “____________” is never allowed to develop. These marriages become two “____________” pulling in opposite directions.

53. What are some typical problems that will be likely to crop up in the marriage where both partners are sold out on the “My Way” lie?
   a) __________________________________________________________________
   __________________________________________________________________
   b) __________________________________________________________________
   __________________________________________________________________
   c) __________________________________________________________________
   __________________________________________________________________

54. What advice could you give the couple operating under the “My Way” lie? ______
   __________________________________________________________________
   __________________________________________________________________

55. Life has a nasty habit of reminding us it will not always _________________
   __________________________________________________________________

56. The secular truth about this lie is that it isn’t what happens to us that makes us unhappy. It is our way of ________________ the events of our lives that makes us unhappy.
57. The theological truth about this lie can be found in Acts. 20:22-24. What is Paul’s attitude, even though the Spirit has warned him that prison and hardships await him in every city? ____________________________________________

_________________________________________________________________

_________________________________________________________________

58. Read Philippians 4:10-20. Was Paul naturally a contented person? ____________

_____________________________________________________________ (v. 11)

59. What were some of the circumstances in which Paul learned to be content? (v. 12)
a) ____________________________________________________________
b) ____________________________________________________________
c) ____________________________________________________________
d) ____________________________________________________________
e) ____________________________________________________________
f) ____________________________________________________________

60. Why was Paul able to be happy, even when things weren’t going “his way.” ______

_____________________________________________________________ (v. 13)

61. Read James 1:2-8. What response does James recommend when things are not going our way? ________________________________________________ (v. 2)

62. Why does he say this?
   a) ____________________________________________________________ (v. 3)
   b) ____________________________________________________________ (v. 4)

63. How can a person handle the pressure in this situation? ________________

_____________________________________________________________ (v. 5)

64. What enables a person to get help from God? _________________________ (v. 6)
65. Read Genesis 15:1-5 and then Genesis 16:1-16. Here we see what happens when someone insists on doing things “her way.”

66. What was Sarah’s suggestion for helping God keep His promise? ____________
______________________________________________________________ (vv. 1-3)

67. How did this alternate plan work out?
   a) ___________________________________________________________ (v. 4)
   b) ___________________________________________________________ (v. 5)
   c) ___________________________________________________________ (v. 6)

68. Was Sarah’s “way” or solution according to God’s will? ________________

69. What did Abraham and Sarah do that they should not have done? ____________
   ____________________________________________________________ (Hebrews 10:35)

70. What should they have done in this situation? ____________________________
   ____________________________________________________________ (Hebrews 10:36)

71. Absalom is another good example of a person who believed the “My Way” lie. Read II Samuel 15:1-12.

72. What did Absalom do to promote himself?
   a) ____________________________________________________________________________ (v. 1)
   b) ____________________________________________________________________________ (vv. 2-5)
   c) ____________________________________________________________________________ (v. 6)
   d) ____________________________________________________________________________ (v. 10)
73. Now read II Samuel 18:1-18 to discover how this important young man came to an end.
   a) ____________________________________________________________________________
      ________________________________________________________ (v. 9)
   b) ____________________________________________________________________________ (vv. 14-15)

74. Did Absalom accomplish his goals when he set out to make himself happy by seeking “his way?”
   ____________________________________________________________________________

75. Read Hebrews 10:32-39. What difficulties did the Hebrews encounter following their conversions?
   a) ____________________________________________________________________________ (v. 33a)
   b) ____________________________________________________________________________ (v. 33b)

76. How did the Hebrews act in the midst of these difficulties, when things were not going “their way?”
   a) ____________________________________________________________________________ (v. 34a)
   b) ____________________________________________________________________________ (v. 34b)
   c) ____________________________________________________________________________ (v. 34c)

77. What are the Hebrews encouraged to do?
   ____________________________________________________________________________
      ________________________________________________________ (v. 35a)

78. What reason is there for being confident?
   ____________________________________________________________________________
      ________________________________________________________ (v. 36)

79. What two things must accompany faith, if we are to receive God’s reward when things are not going our way? (v. 36a)
   a) __________________________   b) __________________________
Self-Lie #5: “My Unhappiness Is Somebody Else’s Fault.”

80. Describe the “it’s somebody else’s fault” lie. __________________________

___________________________________________________________________

___________________________________________________________________

___________________________________________________________________

81. How can the same event trigger such widely varying reactions or responses among different people? __________________________

___________________________________________________________________

___________________________________________________________________

___________________________________________________________________

82. What did Beth believe was causing her misery? __________________________

___________________________________________________________________

83. What does Beth need to do, to move away from the victim role in her relationship with her sister? __________________________

___________________________________________________________________

84. The secular truth is that we mold our emotional lives by the way we ____________ to think about what happens to us.

85. The theological truth can be found in Proverbs 23:7a. Write out this verse. ______

___________________________________________________________________

___________________________________________________________________

86. Joseph was a young man who was sold into slavery by his own brothers. Here is a great example of a Bible hero who could have played the “blame game,” and said that everything bad that happened in his life was his brothers’ fault. Read Genesis 45:1-15 to see how Joseph responded when he finally met up with his brothers again.
87. Did Joseph find it easy to admit his identity to his brothers? ____________________________
   _______________________________________________________________________________(vv. 1-3)

88. How did Joseph’s brothers respond to the news? ____________________________
   _______________________________________________________________________________(v. 3)

89. Did Joseph spend time accusing and blaming his brothers for what had occurred, or did he retaliate for the unfairness he experienced? ____________________________
   _______________________________________________________________________________(v. 5)

90. What principles was Joseph sharing with his brothers?
   a) _______________________________________________________________________________(vv. 7-8)
   b) _______________________________________________________________________________(vv. 7-8)

91. What guidance does Joseph provide for responding when we believe something bad that happened to us was someone else’s fault? ____________________________
   _______________________________________________________________________________(vv. 9-15)

92. Read Genesis 39. Again, Joseph experienced unfair treatment when he was accused unjustly by Potiphar’s wife. He ended up in Potiphar’s prison, and it would have been quite true to say it was somebody else’s fault that he landed in jail. However, instead of whining and complaining, Joseph used this time to serve Potiphar within the prison system and to serve God.
93. What was the secret of Joseph’s success? ____________________________________________ (vv. 2-3)

94. How did Joseph’s success affect Potiphar’s situation? ____________________________________________________________ (vv. 4-5)

95. What made Joseph’s responsibilities difficult? ____________________________________________________________ (vv. 6-7)

96. Was this an isolated event? ________________________________________ (vv. 10-12)

97. List some things Joseph did to help himself in the story.
   a) ____________________________________________________________
   b) ____________________________________________________________
   c) ____________________________________________________________
   d) ____________________________________________________________
   e) ____________________________________________________________

98. How did going to prison affect God’s blessing on Joseph? ________________________________
   ____________________________________________________________________________________________
   ____________________________________________________________________________________________
   ____________________________________________________________ (vv. 21-23)
3. **Worldly Lies**

*Worldly Lie #1: “You Can Have It All.”*

1. The truth is that no one has ever “had it all,” because when you say “________” to one thing, it inescapably means you had to say “_________” to something else.

2. Tim discovered that it seemed like the more possessions he had, ________________

3. [Blank space for reflection or discussion]

3. Read Ecclesiastes 5:10-20. Even though Solomon appeared to “have it all,” he learned that:
   a) ______________________________________________________________________ (v. 10a)
   b) ______________________________________________________________________ (v. 10b)

4. How do riches interfere with one’s life?
   a) ______________________________________________________________________ (v. 12)
   b) ______________________________________________________________________ (v. 13)
   c) ______________________________________________________________________ (v. 14)

5. What is the attempt to accumulate likened to? ______________________________________________________________________ (vv. 15-16)

6. Read verse 17 and record your interpretation here in your own words. __________

__________________________________________________________________________

__________________________________________________________________________
7. In Solomon’s efforts to have it all, he had everything but the one thing that completes it - ________________________.

8. What advice did Paul give Timothy in I Tim. 6:7-8? ______________________
________________________________________________________________________
________________________________________________________________________

9. The “Have It All” lie is a destructive delusion that cheapens life,
   a) making us ______________________________________________________
____________________________________________________________________
   b) rather than ______________________________________________________
____________________________________________________________________

10. The theological answer to the “Have It All” lie can be found in I John 2:15-17.
    Paraphrase this section of scripture in your own words. ________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

11. Jesus encourages His followers to be content with what they had, rather than to try to “have it all.” Read Matthew 6:25-34. What three anxieties does Jesus desire to remove from our lives?
   a) ______________________________________________________________________
   b) ______________________________________________________________________
   c) ______________________________________________________________________

12. What lesson can we learn from bird watching? _____________________________
________________________________________________________________________
________________________________________________________________________
13. What lesson can we learn from flowers? _____________________________________________

_________________________________________________________________________________

_________________________________________________________________________________

14. Discover the three keys to contentment in this passage.
   a) _____________________________________________________________ (v. 32)
   b) _____________________________________________________________ (v. 33)
   c) _____________________________________________________________ (v. 34)

15. Read Psalm 23. David knew the Lord, and looked to Him as the Shepherd of his personal life. Why did David feel like he already “had it all?”
   a) ____________________________________________________________________________
      (v. 1)
   b) ____________________________________________________________________________
      (v. 2a)
   c) ____________________________________________________________________________
      (v. 2b)
   d) ____________________________________________________________________________
      (v. 3a)
   e) ____________________________________________________________________________
      (v. 3b)
   f) ____________________________________________________________________________
      (v. 4)
   g) ____________________________________________________________________________
      (v. 4)
   h) ____________________________________________________________________________
      (v. 5)
16. Why was David confident about “having it all” in the future?
   a) ____________________________________________________________
      ____________________________________________________________ (v. 6)
   b) ____________________________________________________________
      ____________________________________________________________ (v. 6)
Worldly Lie #2: “My Worth is Determined by My Performance.”

17. Our culture has an obsession with ___________________________________.

18. Ted spent his entire life equating his worth as a human being with performance.
   a) Growing up as a kid, ________________________________________________
   __________________________________________________________________
   b) As an adult, ______________________________________________________
   __________________________________________________________________

19. What is the one thing that gives human beings worth? __________________
   ____________________________________________________________________
   ____________________________________________________________________

20. The theological answer to this lie can be found in Psalms 139:13-14. Here the
    psalmist gives God credit for preparing him in the womb and praises Him because:
    a) __________________________________________ (v. 13a)
    b) __________________________________________ (v. 13b)
    c) __________________________________________ (v. 14b)
    d) __________________________________________ (v. 14c)

21. In Galatians 3:10-11, we read that “our performance” is as dirty rags before the
    Lord. We are justified before God by ___________________________________

22. Read Ephesians 2:1-10. Where were we before God found us? ______________
    ____________________________________________________________________
    (v. 1)

23. We formerly walked according to:
    a) __________________________________________ (v. 2a)
    b) __________________________________________ (v. 2b)
24. We were controlled by __________________________________________ (v. 3a)

25. Our natural condition identified us as ________________________________ (v. 3c)

26. But, praise God, what is our position now that we have believed on Jesus Christ?
   a) ________________________________________________________________ (v. 5b)
   b) ________________________________________________________________ (v. 6a)
   c) ________________________________________________________________ (v. 6b)

27. What made this change from being a child of wrath to being a child of heaven possible? ___________________________________________________________
    ________________________________________________________________ (v. 4)

28. What can you then say to the person who believes he is only as good as what he can do?
   ________________________________________________________________
    ________________________________________________________________
    ________________________________________________________________
    ________________________________________________________________
    ________________________________________________________________
    ________________________________________________________________
    ________________________________________________________________
    ________________________________________________________________
    ________________________________________________________________
    ________________________________________________________________
Worldly Lie #3: “Life Should Be Easy.”

29. What are just a few of the conveniences we have today that make life easy?
   a) __________________________  c) __________________________
   b) __________________________  d) __________________________
   e) __________________________  f) __________________________
   g) __________________________  h) __________________________

30. How does TV reinforce the lie that life should be easy? ______________________
     ___________________________________________________________________

31. But the truth is, life _________________________________________________
     ___________________________________________________________________
     ___________________________________________________________________

32. Christians are especially susceptible to this lie. So many believe that when they get
    saved, that will be the end of their problems. They expect to have a carefree “rose
garden” life. However, God does make several promises to believers regarding
problems and difficulties. One of the best promises Christianity offers is can be
found in Rom. 8:28. ____________________________________________________
     ____________________________________________________________________
     “’”

33. Read Rom. 8:28-39. How should we respond to difficulties which invade our lives?
     ____________________________________________________________________
     ____________________________________________________________________
     ____________________________________________________________________ (v. 31b)

34. What proof do we have that God is interested in our problems? _______________
     ____________________________________________________________________
     ____________________________________________________________________ (v. 32)

35. What promise is given to the believer who faces difficult times? _______________
     ____________________________________________________________________ (v. 37)
36. List the things listed in verse 35 that cannot defeat the trusting Christian.

a)  

b)  

c)  

d)  

37. The theological truth about this lie can also be found in John 16:33. What are we told here?

___________________________________________________________________

___________________________________________________________________

38. Read James 1:2-8. What does James say difficulties will produce in a person of faith?

___________________________________________________________________

___________________________________________________________________ (v. 3)

39. What happens to the person who endures (suffers over a long period without giving up?

___________________________________________________________________ (v. 4)

40. What should you do if you are uncertain how to act, or what to do, in a time of trouble? (v. 5b)

41. Does God criticize the troubled or confused Christian?

___________________________________________________________________ (v. 5c)

42. What kind of person will receive help to overcome trials and temptations? 

___________________________________________________________________ (v. 6a)
43. Why must we maintain confidence in God, and a commitment to right living, when we pray for help? 

____________________________________________________________________

____________________________________________________________________

44. Read Philippians 4:6-8. It is easy to become anxious and frustrated when things are not easy, when difficulties come upon us. What are we directed to be anxious or frustrated about? (v. 6a)

45. What should we do when anxiety, frustration, anger or fear begins to develop in our life because things are not easy? (v. 6d)

____________________________________________________________________

____________________________________________________________________

46. What two parts of your person will be helped when you pray? (v. 7c)
   a) ___________________________________  b) ___________________________________

47. Many people fail to experience lasting relief from their anxieties during difficult times after they pray. Discover the reason for this as you meditate on Philippians 4:8 and record it below. *Thought Question* ________________________________________

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________
Worldly Lie #4: “Life Should Be Fair.”

48. Fairness is encouraged in the classroom, and at home, and has fostered the belief in some people that life should ________________________________.

49. The truth is ________________________________________________.

50. What is the most difficult thing for a person to do, when they have been harboring a grudge for a past “unfairness” so many years? ________________________________

51. The theological truth about the “Fair Life” lie can be found in Ecclesiastes 8:14. It says that there are 2 seemingly unjust things in life:
   a) __________________________________________________________
   b) __________________________________________________________

This is just man’s viewpoint, and even the righteous are tempted to look at things this way, but eventually we will all see these things from God’s viewpoint.

52. A parable that demonstrates this concept perfectly can be found in Matthew 20:1-16. What did the landlord promise to pay the first group he hired? ________________
   ____________________________________________________________ (v. 2)

53. What did he promise to pay those whom he hired later? ______________________
   ____________________________________________________________ (vv. 4-5)

54. How much did he pay the men who had worked only one hour? ________________
   ____________________________________________________________ (v. 9)

55. How much did those who had worked all day receive? ________________ (v. 10)

56. Were all the workers happy with their pay? Did this seem fair to them? _________

57. Was the landowner unfair in the way he treated the all-day workers? ________________
   (vv. 12-15)

In this parable, we learn that fairness does not mean that one is unable to be more than fair (generous) when led to do so. Fairness means that each person is treated justly, rightly, and properly. No one will be hurt by fair treatment.
Worldly Lie #5: “You Shouldn’t Have To Wait for What You Want.”

58. The “Don’t Wait” lie is a variation of the “_________   ________   _________
_______  ____________” lie.

59. Psychologists, psychiatrists, and therapists can tell which of their patients have
bought into the “don’t wait” lie because ___________________________________
___________________________________________________________________
___________________________________________________________________

60. We are told in Matthew 6:19-20 to ______________________________________
___________________________________________________________________
___________________________________________________________________

61. If the person you are counseling has made their credit card their best friend, what
are some suggestions you might make to curb this compulsion?

a) _______________________________________________________________

b) _______________________________________________________________

c) _______________________________________________________________

62. The theological answer to the “don’t wait” lie is found in Galatians 6:7-8. What do
these verses say will happen to the man who sows to please his sinful nature?

___________________________________________________________________

63. What will happen to the man who sows to please the Spirit? _________________

___________________________________________________________________

64. Are you one of those people who are impatiently looking for immediate solutions to
personal dilemmas? You are certainly not alone … the world is filled with
impatient people. They honk at stop-lights. They shove in lines – or cut in front of
you. They curse about inconveniences and make lots of hurried mistakes.

65. Read James 5:7-11. How long are we encouraged to be patient.? _______________

___________________________________________________________________ (v. 7)

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66. What three examples of patience are found in the text?
   a) ______________________________________________ (v. 7)
   b) ______________________________________________ (v. 10)
   c) ______________________________________________ (v. 11)

67. What must the farmer wait patiently for? ________________________________________________ (v. 7)

68. What three admonitions are based upon the farmer’s example?
   a) ______________________________________________ (v. 8a)
   b) ______________________________________________ (v. 8b)
   c) ______________________________________________ (v. 9a)

69. Why are the prophets used as an example? ________________________________________________

70. What does the patience of Job teach us?
   a) ______________________________________________ (v. 11a)
   b) ______________________________________________ (v. 11d)

71. When we pray, we must “wait on the Lord” for the answer to our prayers. What are we told to do in Col. 1:9 while we are waiting for the answer? ________________________________

72. Read Psalm 27:14. What will the Lord do for the person who waits on Him with good courage? _____________________________________________________

73. What command is repeated twice in this verse? ________________________________
**Worldly Lie #5: “People Are Basically Good.”**

74. In an age when human potential and self-actualization are buzzwords, and when best-selling books include *Personal Power* and *Awaken the Giant Within*, the idea that our nature is __________________ tends to threaten us because it forces us to give up cherished notions about our own goodness.

75. What are two sources of evidence that tip the scales of human nature toward the truth that not all people are good?

   a) __________________________________________________________
      __________________________________________________________
      __________________________________________________________

   b) __________________________________________________________
      __________________________________________________________
      __________________________________________________________

76. The theological truth can be found in Jeremiah 17:9, which says, “________________________
      __________________________________________________________
      __________________________________________________________

77. Matthew 15:19 tells us that out of the heart comes:

   a) ________________________________ e) ________________________________
   b) ________________________________ f) ________________________________
   c) ________________________________ g) ________________________________
   d) ________________________________

78. According to Mark 7:23, where do all these evil things come from, and what will they do? __________________________________________________________
4. Marital Lies

Marital Lie #1: “All My Marital Problems Are My Spouse’s Fault.”

1. The truth about marriage is that it is a relationship between two people who ______
   _____________________________________________________________
   _____________________________________________________________
   _____________________________________________________________

2. The “all your fault” lie implies ________________________________________
   _____________________________________________________________
   _____________________________________________________________
   _____________________________________________________________

3. For a marriage to work, each spouse must take to heart the biblical teaching in
   Matthew 7:3 which says that we must first ________________________________
   _____________________________________________________________ before we ________________
   _____________________________________________________________.

   The “beam” referred to in this verse would be the size of a telephone pole or a tree trunk. A person
   who cannot see a telephone pole can certainly not see a “mote,” which is about the size of a splinter.

4. The theological truth for the “all your fault” lie can be found in Romans 2:1. Here
   we learn that to the degree we judge others - ________________________________
   _____________________________________________________________
   _____________________________________________________________

5. The story of Adam and Eve gives us the classic example of a married couple who
   played the “blame game.” Read Genesis 3:1-13. How did Satan (the serpent) begin
   his temptation? ________________________________ (v. 1)
   _____________________________________________________________
   _____________________________________________________________

6. What did Satan say about God’s warning against eating the fruit on the forbidden
   tree?
   a) ______________________________________________________ (3:4)
   b) ______________________________________________________ (3:5a)
   c) ______________________________________________________ (3:5b)
7. What did Satan’s comments lead Eve to do?
   a) ________________________________ (3:6a)
   b) ________________________________ (3:6c)
   c) ________________________________ (3:6d)

8. How did this disobedient act affect Adam and Eve?
   a) ________________________________ (3:7)
   b) ________________________________ (3:8)
   c) ________________________________ (3:10)

9. Here is the enactment of the “blame game” in this true story. What did Adam and Eve say after they sinned?
   a) Adam said: ______________________________________________________
       ______________________________________________________________
   b) Eve said: ______________________________________________________
       ______________________________________________________________

10. What did both Adam and Eve fail to do in their response? ______________________
       ______________________________________________________________

11. Do married couples still tend to blame each other when they have done something wrong today? ______________________
       ______________________________________________________________
12. Any marriage that stays healthy and happy through the years has been ____________________________ on.

13. The struggles in our marriages often show us ______________________________
___________________________________________________________________
___________________________________________________________________

14. In I Cor. 7:28b, Paul warns us that _______________________________________
___________________________________________________________________

15. However, in Ecclesiastes 4:9-12, we learn that marriage is good. List the advantages two people have over a single person.
   a) ____________________________________________________________ (v. 9b)
   b) ____________________________________________________________ (v. 10)
   c) ____________________________________________________________ (v. 11)
   d) ____________________________________________________________ (v. 12)

16. Ecclesiastes 4:12 speaks of the strength possessed by a three-strand cord. Meditate on this verse and then try to identify each of the three strands, which cannot be easily broken, in the Christ-centered marriage.
   a) Strand one: _________________________________________________
   b) Strand two: ________________________________________________
   c) Strand three: ______________________________________________

17. Read 1 Peter 3:7-12. What are husbands directed to do? _____________________________
___________________________________________________________________________ (v. 7b)

18. What phrase indicates that men and women are partners in the marriage? _________
___________________________________________________________________________ (v.7)
19. The Apostle Peter summarizes the positive needs within a marriage in verses 8 and 9. We should all be …
   a) ___________________________  d) ___________________________
   b) ___________________________  e) ___________________________
   c) ___________________________  f) ___________________________

20. What exchanges should never take place in the home?
   a) ____________________________________________ (v. 9a)
   b) ____________________________________________ (v. 9b)

21. What is God’s will for every life and marriage? __________________________
   ________________________________________________________________ (v. 9e)

22. Read 1 Peter 3:1-6. Who is the example for wives to follow? ______________
   ________________________________________________________________ (I Peter 2:21-25)

23. What is the wife directed to do? ___________________________________
   (v. 1b)

24. Does this directive apply to wives with unsaved or uncommitted husbands? _____
   ________________________________________________________________ (v. 1)

25. What is more effective than nagging, scolding, or blaming when a husband doesn’t
do right? _______________________________________________________
   ________________________________________________________________ (vv. 1-2)

26. What is the most important part of a woman? _________________________
   ________________________________________________________________ (v. 4)
Marital Lie #3: “My Spouse Can and Should Meet All of My Emotional Needs.”

27. Another unrealistic notion many of us have is that ___________________________
_________________________________________________________________
_________________________________________________________________

28. The reality of any relationship is that no one person can be the perfect “____________   _______________” for another person, so our needs are best met through a variety of healthy, appropriate sources.

29. When you have emotional needs that are not being met in the marriage, there are several things you can do. List a few here.
   a) ___________________________________________________________________
   ___________________________________________________________________
   b) ___________________________________________________________________
   ___________________________________________________________________
   c) ___________________________________________________________________
   ___________________________________________________________________
   d) ___________________________________________________________________
   ___________________________________________________________________

30. The secular truth is that no one person can meet all our __________________. We need to let our spouse off the hook, if that is what we are expecting.

31. The theological truth is that there is only one Person who can meet all of our needs.

   We find the proof of this in Philippians 4:19. Copy the verse here. ____________
_________________________________________________________________
_________________________________________________________________

   This is a promise that is still true for those who are in Christ, and who are faithful to God as the Philippians were.
32. Within the story of Jacob, there is a good example of God meeting the needs of a lonely and unloved wife. Read Genesis 29. How did Jacob meet Rachel?

__________________________________________________________________________ (v. 10)

33. What agreement did Jacob and Laban make? ____________________________________________________________________________

__________________________________________________________________________ (v. 18)

34. Seven years is a long time. What made Jacob so persistent? _______________________________________________________________________

__________________________________________________________________________ (v. 20)

35. What happened to Jacob when the seven years ended? _______________________________________________________________________

__________________________________________________________________________ (vv. 23-25)

36. What is ironic about the way Laban tricked Jacob? __________________________________________________________________________

__________________________________________________________________________ (Gen. 27:5-30)

37. What did the Lord observe about Leah? _______________________________________________________________________

__________________________________________________________________________ (v. 31a)

38. How did the Lord react to Leah’s need? _______________________________________________________________________

__________________________________________________________________________ (v. 31b)

39. How did Leah feel about God’s intervention?
   a) _______________________________________________________________________

__________________________________________________________________________ (v. 32)
   b) _______________________________________________________________________

__________________________________________________________________________ (v. 33)
   c) _______________________________________________________________________

__________________________________________________________________________ (v. 34)
   d) _______________________________________________________________________

__________________________________________________________________________ (v. 35)

40. What does this passage teach us about the pain of feeling unloved, lonely, rejected – about not having our emotional needs met by our spouse? ________________

__________________________________________________________________________
Marital Lie #4: “My Spouse Owes Me (For All I Do).”

41. Describe the “green stamp” marriage style. ________________________________
___________________________________________________________________
___________________________________________________________________

42. The marriage is more peaceful if you meet each other’s needs without keeping score. In such a marriage, :
   a) you help each other out because ________________________________
   b) you tell your spouse it was your choice to do something, and nothing is ______
   c) you are grateful when your spouse is ________________________________
   d) you quit thinking of marriage as a ________________________________

43. The theological truth that refutes this lie can be found in 1 Peter 5:5b. Who does God give grace to? ________________________________

44. Read Philippians 2:1-11. Jesus is the supreme example of a humble person, doing good things for others without expecting anything back. Here we learn that humble persons do not do these things.
   a) ____________________________________________________________ (v. 3a)
   b) ____________________________________________________________ (v. 3b)
   c) ____________________________________________________________ (v. 4a)

45. Humble persons do these things.
   a) ____________________________________________________________ (v. 4)
   b) ____________________________________________________________ (v. 4b)

46. Read Mark 9:35. How can we apply this verse to a marriage experiencing the “you owe me” struggle? ____________________________________________________
___________________________________________________________________
___________________________________________________________________

Therapon University: Validating People – One Degree at a Time
Marital Lie #5: “I Shouldn’t Have To Change Who I Am To Make Our Marriage Better.”

47. Pulling off an intimate marriage requires that we______________________________
_______________________ not wrapping ourselves in an “accept me as I am” flag.

48. The secular truth about this lie is that marriage requires change. People who refuse to change stagnate themselves and their marriages. The theological answer to this lie is found in Hebrews 12:14a. Please copy that part of the verse here. _________
___________________________________________________________________

49. Before a person will be willing to make changes for the benefit of the marriage, there must be a renewing of the mind. Romans 12:2 commands us to be transformed, rather than conformed, in our daily lives. Read Romans 12:1-21.

50. How does the process of transformation take place? _________________________
______________________________________________________________ (v. 2)

51. The words transformation (v. 2) is from the Greek word for metamorphosis. It is the same word which is used to describe the process of change a worm passes through in becoming a butterfly. Just think of what benefits there can be to the marriage when one is willing to be transformed within the marriage! How will transformed thinking affect your view of yourself? ________________________
___________________________________________________________________
___________________________________________________________________ (v. 3)

52. How will transformed thinking affect your attitude toward your spouse? _________
___________________________________________________________________
____________________________________________________________ (vv. 4-5)

53. How will a renewed mind function within the marriage? _____________________
___________________________________________________________________
___________________________________________________________________ (vv. 6-8)
54. This lie embraces the belief that your own way of being a human being is the best, and that your spouse must ________________________________
_______________________________________________________________________

55. To put it bluntly, these people want more of a __________ than a __________

56. The key to a harmonious marriage is the ability to compromise and accept each other’s ways. A great example of a person willing to accept others’ ways for the benefit of the gospel was the Apostle Paul. In 1 Corinthians 9:18, Paul states that he did not “make full use of his rights.” Read 1 Corinthians 9:16-22.

57. What did Paul do in order to win more souls? ______________________________
_______________________________________________________________________

58. Notice how Paul adapted his ministry to his listeners.
   a) When working with Jews, he became as ________________________ (v. 20a)
   b) When witnessing to Law-keepers, he ___________________________ (v. 20d)
   c) When talking to people without the Law, he became ______________________
                                                                                   (v. 21b)
   d) When ministering to the weak, he became ______________________________
                                                                                   (v. 22a)

59. Changing to become like others to the extreme becomes “wishy-washy.” What indicates that Paul was not “wishy-washy” in his lifestyle? ______________________
                                                                                   (v. 21c)

60. Why was Paul so flexible, so willing to make changes? ______________________
                                                                                   (v. 22d)

61. Why should we be willing to be flexible in the marriage? ______________________
                                                                                   ______________________
5. Distortion Lies

1. Name the six distortions:
   a) ________________________________ - the Mountain out of a Molehill lie
   b) ________________________________ - the Taking Everything Personally lie
   c) ________________________________ - the Black/White lie
   d) ________________________________ - Missing the Forest for the Trees lie
   e) ________________________________ - the History Always Repeats Itself lie
   f) ________________________________ - Don’t Confuse Me with The Facts lie

   **Distortion Lie #1: “A Mountain Out of a Molehill”**

2. A person who makes each event even bigger mentally makes his life almost
   ________________________________.

3. When Jill felt like wringing her son’s neck for the mess her son left in the den, what
   are three things she should have done instead of blowing up?
   a) _____________________________________________________________________
   b) _____________________________________________________________________
   c) _____________________________________________________________________

4. The theological answer to anger based on exaggeration can be found throughout the
   Bible. Read Psalm 37:8 to find three commands with regard to anger.
   a) _____________________________________________________________________
   b) _____________________________________________________________________
   c) _____________________________________________________________________

5. The person who believes the “mountain out of a molehill lie” usually has a short
   fuse. What do we learn in Proverbs 16:32 about the value of being slow to anger?
   _____________________________________________________________________
   _____________________________________________________________________
6. When someone treats you badly (or nicely, that is a statement about ________________

not a statement about you.

7. A great example of a Bible character who took everything personally was Jonah. After being miraculously saved from the big fish, Jonah grudgingly obeyed God, and brought the message to Nineveh.

8. Read Jonah 3:5 – 4:3. Why was Jonah so angry? ________________________________

___________________________________________________________________________

___________________________________________________________________________

9. What did Jonah ask God to do? ________________________________

___________________________________________________________________________

(v. 3)


___________________________________________________________________________

(v. 6)

11. What did God cause to happen to the plant? ________________________________

___________________________________________________________________________

(v. 7)

12. What happened the next day? ________________________________

___________________________________________________________________________

(v. 8)

13. What did Jonah say after the plant withered? ________________________________

___________________________________________________________________________

(vv. 8-9)

14. Why was Jonah so unhappy? What was his problem? ________________________________

___________________________________________________________________________

___________________________________________________________________________

15. We can see Jonah measured everything God did by how it reflected on him, or how it affected his comfort. It was “all about him,” rather than all about others. Jonah took personally everything that God did. The Bible does not say how long after this time that Jonah remained angry, but we know he remained angry to the end of this book.
Distortion Lie #3: “Polarization: Making Everything Black or White

16. The __________________ takes reality and cuts it into extremes of black and white.

17. Describe a person who engages in scum/saint thinking. ____________________________

_________________________________________________________________

_________________________________________________________________

18. To label ourselves as “scum” or “saint,” or to stick either label on others is to miss seeing the _______________ person.

19. Pride can set the stage for committing immoral acts you never thought you would because you didn’t watch out for your __________________ spots.

20. “Black and white” people can be quite susceptible to temptation. They may find themselves in what looks like a harmless situation, suddenly spinning out of control. They walk carefully around the obvious temptations, the black and white situations, but slip up with small, carefully masked situations.

21. Read 1 Cor. 10:12. What advice does this verse offer to all of us? ______________

_________________________________________________________________

_________________________________________________________________

22. In 1 Cor. 10:13, we are told we do not have to stand helpless before temptation and yield to it. We learn that:

a) God is ____________________________.

b) He will not allow us to be tempted ____________________________.

c) With the temptation, He will always ____________________________

_________________________________________________________________

23. What are some changes in thinking that the polarized thinker needs to make? _____

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________
Distortion Lie #4: “Selective Abstraction: Missing the Forest for the Trees”

24. An offshoot of the polarization lie is one called selective abstraction – the “____________________________________________________________” way of distorting reality.

25. A person who distorts reality in this way focuses ____________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

26. If a person focuses on every negative that happens, it is no wonder if he becomes ____________________________.

27. Give the scenario of a teacher who has missed the forest for the trees with her student. ____________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

28. The Pharisees were renowned for “missing the forest for the trees. “ Give an example of a Bible story where the Pharisees took Jesus to task for something He did, because they thought He was breaking the law, teaching blasphemy, or doing something wrong – and they missed the entire point of what Jesus was really doing. Give the Bible location and a brief summary of the situation.
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

Therapon University: Validating People – One Degree at a Time
Distortion Lie #5: “Overgeneralization: History Always Repeats Itself”

29. In the overgeneralization distortion, any negative event can lead to the lie that the future ____________________________

30. What impact does this thinking error have on marriages, when one partner is sold out on it? ____________________________
   ______________________________________________________________
   ______________________________________________________________

31. Is it possible for people with this thinking error to change? ______________________

32. In order to break the predicted pattern of history repeating itself once more, a person must experience a renewing of the mind in Christ. Read 1 Peter 2:1-3. What changes should occur in the life of person whose mind has been renewed in Christ?

   a) He should discontinue several sinful activities (v. 1)

      a) ____________________________  
      d) ____________________________

      b) ____________________________  
      e) ____________________________

      c) ____________________________

   b) He should begin a new habit, namely ____________________________
      ___________________________________________________________ (v. 2:2a)

33. What is the purpose for taking the Word of God into your life? ____________________
      ___________________________________________________________ (v. 2:2b)

34. Read Hebrews 5:12. If a person is spiritually weak and cannot seem to get past this lie, what does he need someone to do? ____________________________
      ___________________________________________________________ (v. 12b)

35. After reading this chapter, hopefully you will see that ________________ are usually an unreliable barometer of what the “facts” actually are.

36. When people turn their feelings into _____________, they are much harder to help.

37. We should completely ignore our feelings when dealing with things.

_____ True _____ False

38. A Bible character who exemplified this type of thinking, and was therefore hard to help, can be found in 2 Kings 5:1-14. What was Naaman’s problem? ____________

____________________________________________________________________ (v. 1)

39. What did the captive Israelite maid suggest that Naaman do? _______________

____________________________________________________________________ (v. 3)

40. What did Naaman do in his first attempt to become healed? ________________

____________________________________________________________________ (v. 5)

41. What did the messenger of Elisha tell Naaman to do? ________________

____________________________________________________________________ (v. 10)

42. Why did Naaman go away in a rage? ________________

____________________________________________________________________ (vv. 11-12)

43. Who convinced Naaman to obey Elisha’s instructions? ________________ (v. 13)

44. Naaman had the feeling that he knew how to get his miracle. He brought along the equivalent of $77,370.00 in gold and silver, because he felt like he had to buy his way out of leprosy. But he not only didn’t get to pay the bill, he didn’t even get to see the “doctor.” If he could have paid for his miracle, man would have gotten the glory. Instead, we must give the praise and glory to ________________ for his healing.
6. Religious Lies

1. ____________________ lies are usually taught as theological truth by people we trust, so we don’t typically feel much freedom to doubt them.

2. Religious lies are taught to us as what ____________ ______________, and not many of us are willing to disagree with God.

3. Religious lies make us ______________________________ ill.

4. Religious Lie #1: “God’s Love Must Be Earned.”
   a) The person who believes this lie has fallen into the trap of believing that his/her actions affect whether or not __________________________________________
   b) The theological truth is ________________________________________________
       ___________________________________________________________________
       ___________________________________________________________________

5. What are some steps a person could take to overcome the religious lie that God’s love must be earned?
   a) _____________________________________________________________________
   b) _____________________________________________________________________
   c) _____________________________________________________________________

6. Christians who believe this lie will also feel that they must earn their way to heaven by doing good works. We find the answer to this lie in Eph. 2:1-10. What is the past condition of every believer?
   a) ___________________________________________________________ (v. 1)
   b) ___________________________________________________________ (v. 2)
8. List the reaction of God to man’s fallen condition.
   a) ___________________________ (v. 4)
   b) ___________________________ (v. 5)
   c) ___________________________ (v. 6)

9. Discover God’s purpose in redeeming mankind. ________________________________
     ___________________________________________ (v. 7)

10. How does the process of salvation take place according to verse 8. It comes by
     __________________ through __________________, as a ____________ of God.

11. Now this question is very important for the “Earning God’s Love” believer to
     understand. How does salvation NOT happen?
     a) Not of ___________________________ (v. 8)
     b) Not of ___________________________ (v. 9)

12. In addition, we read in 2 Tim. 1:9 that God has called us with a holy calling, but not
     according to our ________________, but according to ________________
     ___________________________________________ (v. 10)
     ___________________________________________ (v. 11)
     ___________________________________________ (v. 12)
Religious Lie #2: “God Hates the Sin and Sinner.”

13. When we buy into this lie, we make turning away from the sin much more difficult.

Why? ________________________________________________

_________________________________________________________________

_________________________________________________________________

14. The story of the woman caught in adultery is a classic example of God’s true concept of the sin versus sinner relationship. Read John 8:3-11. Whom did the Pharisees bring before Jesus? ___________________________________________ (v. 3)

15. What did the law of Moses say should be done in such a case? __________________________

_________________________________________________________________

_________________________________________________________________

16. What did Jesus say and do when the Pharisees asked Him what should be done with the adulterous woman?

a) _____________________________________________________________ (v. 6)

b) _____________________________________________________________ (v. 7)

c) _____________________________________________________________ (v. 8)

What Jesus wrote on the ground is not recorded, but some think He was writing in the dust a list of the sins committed by the Pharisees in His presence.

17. What was the Pharisees’ response? _________________________________________________

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________

(v. 9)

18. After everyone had left, what did Jesus say to the woman? __________________________

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________

(v. 11)

Some early Christians avoided reading this passage in church, because they thought Jesus said here that he did not condemn adultery. After some time, this passage was even left out of some copies of Scripture as well. However, Jesus frankly told the adulterous woman to sin no more. He condemned the sin, but did not pass sentence on the sinner.
Religious Lie #3: “Because I’m a Christian, God Will Protect Me From Pain and Suffering.”

19. The Christian who buys into this lie foolishly believes that the God will protect him from the troubles other people endure such as:

a) ________________________________

b) ________________________________

20. If anything, being a Christian means more troubles for two primary reasons.

a) ________________________________

b) ________________________________

21. The ultimate comfort of Christianity is that however bad life is down here for us, we have ________________________________

22. We find the theological answer to this lie in 1 Peter 4:12-13. We are told not to be surprised at ________________________________

(v. 12)

23. How then are we to respond to trials and tribulations? ________________________________

(v. 13)

24. Again in John 16:33, Jesus reassured us that troubles are a normal part of life, even for the Christian. He told us that we might have ________________________________ (v. 33b)

25. Why does Jesus tell us we can be of good cheer? ________________________________

(v. 33d)

26. Again, in Philippians 1:29, Paul warns us that we are not only to believe in Christ, we are also to ________________________________
Religious Lie #4: “All My Problems Are Caused by My Sins.”

27. We humans like to __________________ things. We believe everything must happen for a ___________________. And so to believe we cause all of our own problems is a very easy __________ to believe.

28. Sometimes God allows bad things to happen to good people so He can demonstrate His _____________________.

29. This principle is very well demonstrated in John 9:1-3. What question were the disciples asking Jesus? ________________________________

______________________________ (v. 2)

30. Whom did Jesus say had sinned? ________________________________ (v. 3)

31. Why did Jesus say the man had been born blind? ________________________________

______________________________ (v. 3)

32. The challenge, then, is to examine the root of a given problem.

a) If the root is personal sin, ________________________________

______________________________

b) If the root is someone else’s sin, or no sin at all, ________________________________

______________________________

33. Many times problems come because we are being oppressed by the devil. What do we learn Jesus did for such people in Acts 10:38? ________________________________

______________________________

34. Another example of this can be found in Matt. 12:22. What three problems did the devil lay on the man in this verse?

a) __________________________  b) __________________________  c) __________________________

35. What did Jesus do for him? ________________________________
Religious Lie #5: “It is My Christian Duty to Meet All the Needs of Others.”

36. This lie could also be called the “_________________________” lie, and it’s a tape a lot of us play and replay every day.

37. Many of us forget that we can only do so much to meet the __________________ of others, and that God would not call us to live a life of meeting others’ needs in a way that burns us out in the process.

38. Many of us turn Christianity into something heavy and burdensome, by trying to be _____________________________.

39. If you are a pastor who needs running shoes because of the quantity of things that need to be done, you are a prime candidate for _____________________________.

40. The theological truth to refute this lie can be found in Romans 12:6-8. What gifts are mentioned in these verses?
    a) ____________________________ e) ____________________________
    b) ____________________________ f) ____________________________
    c) ____________________________ g) ____________________________
    d) ____________________________

41. Is a person expected to possess all of these gifts? ___________ Should a person be expected to minister with all of these gifts? ___________ Exactly. These gifts are given and to be exercised according to grace and the measures of faith.

42. Read 1 Cor. 12:27-31. Again, we see that one person cannot be all things to all people. We are not called to do it all. We are only called to do our part. How can we discern what part the Lord has planned for our lives, when we are to say yes and when we are to say no, to the requests people make of us? (Thought Question)
Religious Lie #6: “A Good Christian Doesn’t Feel Angry, Anxious or Depressed.”

43. ______________________ is taking what we feel and repressing or suppressing it, so that we don’t feel it.

44. Ultimately, when too many feelings get stuffed, there are two bad results.
   a) ________________________________________________________________
   b) ________________________________________________________________

45. Emotional problems that may signal psychological and spiritual problems are
   a) Painful emotions that show up ________________________________
   b) Emotions that are overwhelmingly _____________________________
   c) Painful emotions that last too _________________________________

46. Chronic anxiety reflects a lack of mature faith in the fact that God
   a) ___________________________________________________________________
   b) ___________________________________________________________________

47. Read Mark 14:32-34. What emotion was Jesus feeling in this passage? __________
   _______________________________________________________________ (v. 34)

48. How do you think He might have felt when He went to check on the disciples, and
   found them asleep? ___________________________________________ (vv. 37-38)

49. Read Mark 11:15-16. What emotion did Jesus express in these verses?
   __________________ Why? ___________________________________________
   ___________________________________________________________________
   ___________________________________________________________________
   ___________________________________________________________________

50. Read John 11:33-35. What emotion did Jesus express in these verses? __________
   ___________________________________________________________________
Religious Lie #7: “God Can’t Use Me Unless I’m Spiritually Strong.”

51. One of Christianity’s paradoxes is that, through our _________________, God can show power.

52. The bottom line is that we are all “_______________” and in need of the Great Physician.

53. Many of our Biblical heroes felt inadequate to serve God when they were called. Gideon is a perfect example of such a man. Read Judges 6:11-21. In verse 14, God called Gideon to save the people of Israel. What were Gideon’s excuses that he used to explain why he could never do this thing? (v. 15)

   a) ______________________________________________________________________

   b) ______________________________________________________________________

54. How did God say He would enable Gideon to smite the Midianites? ____________

   __________________________________________________________________________ (v. 16)

55. Moses is another person who was called by God to fulfill a specific service as the leader in Israel. Moses gave several reasons for not wanting to represent God. We often adopt some of these same reasons. Read Exodus 3 and 4 to find God’s answers to Moses’ questions and objections.

   a) “Who am I that I should go unto Pharaoh?” ________________________________

   __________________________________________________________________________ (Ex. 3:12a)
   Notice this is virtually the same answer that God gave when Gideon was questioning his calling.

   b) “What shall I say when they ask Your name?” ________________________________

   __________________________________________________________________________ (Ex. 3:14)

   c) “They won’t believe me.” _________________________________________________

   __________________________________________________________________________ (Ex. 4:2-5)

   d) “I am not eloquent. I am slow of speech.” _________________________________

   __________________________________________________________________________ (Ex. 4:12)

   e) “Send someone else.” _____________________________________________________

   __________________________________________________________________________ (Ex. 4:14)
56. Jesus had the power to produce instant, charismatic evangelists. Instead, the Lord took ordinary men, just as they were—spiritually weak and sinners, taught them, gave them detailed instructions, and then sent them out to practice.

57. Read Matthew 10:5-33 and record the detailed instructions Jesus gave to His disciples.
   
a) Whom were they to approach? ____________________________________________
   _______________________________ (vv. 5-6)

b) What were they to say? ________________________________________________
   ________________________________________________________ (v. 7)

c) How were they to give? _____________________________________________
   ________________________________________________________ (v. 8)

d) What were they to not be concerned about? _____________________________
   ________________________________________________________ (vv. 9-10)

e) How were they to choose a room? _____________________________________
   ________________________________________________________ (v. 11)

f) How were they to begin their witness? _________________________________
   ________________________________________________________ (v. 12)

g) How were they to respond to rejection? _______________________________
   ________________________________________________________ (vv. 13-15)

58. Complete the following statements about the difficulty of their task.
   
a) They would be as ______________________ among ____________________ (v. 16a)

b) They should be as ___________ as serpents, and as __________________ as doves (v. 16c)

c) They should expect to be questioned and mistreated, but even this would provide an opportunity to give a ____________________________ (vv. 17-20)

d) Families would be divided by their response to Christ. (v. 21).
e) They would be ___________________ (v. 22a) and ______________________ (v. 23a)

59. Jesus told them not to be afraid of physical harm, because nothing happens without God’s permission. He said the ___________________ on their heads were all ________________________ (v. 30).

60. And so we see God is willing to use those who are weak, and He will take the time to mold them into the tool He needs them to be.
Part 2: Telling Ourselves the Truth

7. The Truth About the Truth

1. What were the three major problems troubling Bill?
   a) _____________________________________________________________
   b) _____________________________________________________________
   c) _____________________________________________________________

2. Bill was confused about the ______________________ of these situations.

3. What are the seven truths about truth taught in this chapter?
   a) _____________________________________________________________
   b) _____________________________________________________________
   c) _____________________________________________________________
   d) _____________________________________________________________
   e) _____________________________________________________________
   f) _____________________________________________________________
   g) _____________________________________________________________

4. Read Jer. 7:28. Jeremiah was exhorting the people of Judah by listing signs of their rebellion against God. What four signs are listed in this verse?
   a) _____________________________________________________________
   b) _____________________________________________________________
   c) _____________________________________________________________
   d) _____________________________________________________________

5. The people of Judah did not accept the truth of the Lord’s instructions and would not obey Him. By contrast, in Psalm 86:11, David prayed that God would teach him His way. David promised to __________________________________________

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8. To Err is Human

6. Why do we all hate to make mistakes?

___________________________________________________________________

___________________________________________________________________

7. Some people take an extreme attitude, believing “to err is stupid.” What do such
people do to try and correct the problem?

___________________________________________________________________

___________________________________________________________________

8. The Bible says that to “err” is very much a part of being human. In fact, the
scriptures teach that we all have a sinful nature. When did we receive this sinful
nature? (Ps. 51:5)

9. How does this sinful nature affect us when we try to do good?

___________________________________________________________________

___________________________________________________________________ (Rom. 7:18)

10. How many people have sinned, made mistakes, and fallen short of the glory of God?

___________________________________________________________________ (Rom. 3:10-11)

11. What does the Bible say are the works of the flesh? (Gal. 5:19-21)

   a)                                                                 j)
   b)                                                                 k)
   c)                                                                 l)
   d)                                                                 m)
   e)                                                                 n)
   f)                                                                 o)
   g)                                                                 p)
   h)                                                                 q)
   i)                                                                 

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9. You Can’t Please Everyone

12. When does our God-given need for approval become a problem? ________________________
________________________________________________________________________________________
________________________________________________________________________________________

13. If you are counseling with a person who is addicted to approval, what are some positive steps you could suggest that he/she take to “go straight”?
   a) ______________________________________________________________________________________
   ______________________________________________________________________________________
   b) ______________________________________________________________________________________
   ______________________________________________________________________________________
   c) ______________________________________________________________________________________
   ______________________________________________________________________________________
   d) ______________________________________________________________________________________
   ______________________________________________________________________________________

14. Did Jesus please everyone He encountered? ____________________________________________
   ______________________________________________________________________________________
   (Isa. 53:3)

15. Whom should we seek to please above all? ________________________ (Gal. 1:10)

16. James 4:4 tells us that friendship with the world is __________________________
   __________. In addition, whoever wants to be a friend of the world makes himself an __________________________.

17. We should actually be concerned about the person who appears to have everyone’s approval. According to the above scriptures, such a person ______________________
   ______________________________________________________________________________________
   ______________________________________________________________________________________

(Thought Question)
10. There Is No Gain Without Pain

18. When is a person you are counseling most likely to bail out or give up trying?

___________________________________________________________________

___________________________________________________________________

19. The truth is, becoming a better person requires _____________________________

___________________________________________________________________

___________________________________________________________________

20. In James 1:2-4, we read that we should count it pure joy when we ____________

___________________________________________________________________

___________________________________________________________________

21. Read Philippians 3:8-21. Paul was willing to pay the price of personal suffering in order to mature and yield a great reward. What were the 12 great goals of Paul that made him willing to face the pain in order to achieve the gain?

a) ___________________________________________ (v. 8)

b) ___________________________________________ (v. 9)

c) ___________________________________________ (v. 9)

d) ___________________________________________ (v. 10)

e) ___________________________________________ (v. 10)

f) ___________________________________________ (v. 10)

g) ___________________________________________ (v. 10)

h) ___________________________________________ (v. 11-12)

i) ___________________________________________ (v. 12-13)

j) ___________________________________________ (v. 14)

k) ___________________________________________ (v. 15-19)

l) ___________________________________________ (v. 21)
11. You Don’t “Have To” Do Anything

22. You don’t “have to” do anything, but ____________________________
    may come your way if you choose not to do certain things.

23. When we say the words “have to,” we have lost sight of the truth that __________
    ____________________________________________________________________

24. What is a primary reason that therapy doesn’t “work” for some clients? _________
    ____________________________________________________________________
    ____________________________________________________________________

25. The Bible teaches that we have free will. We are free to go our own way, but there
    are consequences for our choices. Read Deut. 30:19-20. What opposing choices
    has the Lord set before us in these verses?
    ____________________________ or ____________________________
    ____________________________ or ____________________________

26. What should we choose? ______________________________________________

27. Write the values mentioned in Prov. 8:10-11. Circle the ones you should choose.
    ____________________________ or ____________________________
    ____________________________ or ____________________________
    ____________________________ or ____________________________

28. What two things are we advised to select in Prov. 16:16?
   a) ____________________________  b) ____________________________

29. In Gal. 5:1, the advice Paul gave the Galatians is also true for us today. He said to
   a) ____________________________ (v. 1a)
   b) ____________________________
   ____________________________ (v. 1b)
12. The Virtue Lies in the Struggle, Not the Prize

30. What is the “scoreboard” mentality? ______________________________________

31. The truth is the virtue is always in our__________________, not in what they
__________________.

32. The Bible teaches that we will never be perfectly moral or mature during our lives,
no matter how hard we try. Does that mean we should give up the effort? _______
Explain. ________________________________________________________________
_____________________________________________________________________
(Tought Question)

33. Read Heb. 12:1-2. What two things must be set aside as we struggle in this area?
   a) ____________________________________________________________ (v. 1b)
   b) ____________________________________________________________ (v. 1c)

34. What two things must be done as we struggle to become better Christians?
   a) ____________________________________________________________ (v. 1d)
   b) _____________________________________________________________ (v. 2a)

35. What was Jesus’ experience with enduring the struggle to attain the prize?
   a) ____________________________________________________________ (v. 2b)
   b) ____________________________________________________________ (v. 2c)

36. Read Phil. 3:12-15. What was the goal Paul was pressing toward? _____________
_____________________________________________________________________

37. Did Paul ever believe that he was completely successful at this during his lifetime?
_____________________________________________________________________

38. Did he get discouraged, or give up? _______________________________________
13. Life Is Difficult

39. We all know intellectually that problems are a part of life, but many of us believe that ________________________________

40. What changes did Becky need to make in her thinking that would help her deal with challenging customers in an acceptable way? ________________________________

___________________________________________________________________

___________________________________________________________________

41. The Bible teaches us that life has not been easy since the fall. What are some of the difficulties we now face because of this?

a) For women (Gen. 3:16)
   i) ___________________________________________________________________
   ii) ___________________________________________________________________
   iii) ___________________________________________________________________

b) For men: (Gen. 3:17-19; Rom. 5:12-20)
   i) ___________________________________________________________________
   ii) ___________________________________________________________________
   iii) ___________________________________________________________________
   iv) ___________________________________________________________________
   v) ___________________________________________________________________

42. What are some difficulties we all endure because of the sin of Adam and Eve?

a) _______________________________________________________________ (Isa. 59:2)

b) _______________________________________________________________ (Gen. 9:2)

c) _______________________________________________________________ (Gen. 6:5-7)

d) _______________________________________________________________ (Gen. 3:22-24)

e) _______________________________________________________________ (Gen. 3:16-19; Matt. 8:17)

f) _______________________________________________________________ (Eph. 4:22-24; 1 Pet. 2:24)
43. In dozens of different ways, we all hope that we can avoid ____________________

___________________________________________________________________

44. However, we never actually get away with anything because ____________________

___________________________________________________________________

___________________________________________________________________

45. If you sow lies in your mind long enough, you will reap ____________________

___________________________________________________________________

But if you sow truth in your mind long enough, you will reap ____________________

___________________________________________________________________

46. The truth “you reap what you sow” shows up frequently in the Bible. As we will see in the following scriptures, this principle can be applied both negatively and positively.

a) If you sow __________________, you will reap __________________ (Job. 4:8)

b) If you sow __________________, you will reap __________________ (Prov. 11:18)

c) If you sow __________________, you will reap __________________ (Prov. 22:8)

d) If you sow __________________, you will reap __________________, and if you sow __________________, you will reap __________________ (Prov. 11:18) (2 Cor. 9:6)

e) If you sow __________________, you will reap __________________, and if you sow __________________, you will reap __________________ ________________ (Gal. 6:7-8)
15. You Are Not Entitled to Anything

47. What is the “entitlement” attitude? ____________________________________________

48. Entitlement thinking is the kiss of death to ______________________________________

49. How can entitlement thinking destroy a marriage? ________________________________

50. The painful truth is that ______________________________________________________

51. A perfect example of entitlement thinking can be found in Luke 18:9-14. Write in the entitlement statements made by the Pharisee.
   a) ___________________________________________ (v. 11)
   b) ___________________________________________ (v. 12a)
   c) ___________________________________________  (v. 12b)

52. Which man went to his house justified? ________________________________ (v. 14)
   Why? ___________________________________________

53. Are we entitled to salvation? _________  Explain ________________________________

54. According to Matthew 18:3, how can we become the greatest, entitled to all the
   kingdom of heaven has to offer? ___________________________________________

The way of greatness in the world is to work our way up, by every means we can – at the expense of
all others. The way of the gospel is to go down, to become least and the servant of all, considering
the other the better man.
16. Emotional Pain Is Good

55. Emotional pain is good for us for two reasons.
   a) It serves as a warning signal ________________________________

   _____________________________________________________________

   b) It motivates us to ________________________________

   _____________________________________________________________

56. How do some people “self-medicate” themselves to dilute or avoid emotional pain?

   _____________________________________________________________

   _____________________________________________________________

57. What two serious problems can result from “self-medication?”
   a) ______________________________________________________________________
   b) ______________________________________________________________________

58. There are several Biblical verses supporting the truth that emotional pain is good.
   Why are those who mourn blessed? ________________________________

   _____________________________________________________________ (Matt. 5:4)

59. When we have been comforted by God, what will we be able to do for others?

   _____________________________________________________________ (2 Cor. 1:3-4)

60. What do tribulations produce in us? ________________________________

   _____________________________________________________________ (Rom. 5:3-4)

61. What emotion should we feel when we face trials? ________________ (James 1:2-4)

62. We know that all things work together for good, for those ________________

   _____________________________________________________________ (Rom 8:28)
17. You Are Going To Die

63. Death will come and there is no ________________ from it.

64. What may be one reason people aren’t more motivated to live a fuller life, given that they know their days are numbered? ____________________________

65. What are a few of the changes that often occur after a person has experienced a near-death experience?
   a) ____________________________
   b) ____________________________
   c) ____________________________
   d) ____________________________

66. Man has an inescapable appointment. It is appointed, or laid up by divine decree, “... __________________________________________” (Gen. 3:19c)

67. What is the answer to the question posed in Ps. 89:48? _______________________

68. Ecc. 3:2 says there is a time to be ____________ and a time to ____________.

69. What is the destiny of every man? ____________________________ (Ecc. 7:2)

70. This law of death will hold firm for all men until the rapture. What will happen to the people who are living then? ____________________________

   ________________________________________ (1 Thess. 4:17)

71. 1 Cor. 15:26 says that the last enemy to be destroyed is death. When will this happen? ____________________________ (1 Cor. 15:24)

This is not the end at Christ’s coming, but this end will come 1,000 years later, when all rebellion has been put down and the earth has been made new. (Rev. 20:1-10; 21:1-22) At that time, death will be destroyed, and all things will be again as they were before Adam and Eve sinned.
18. Is There An Ultimate Source of Truth?

72. What were the three reasons Dr. Thurman gave Bill for believing that God exists?
   a) _________________________________________________________________
   b) _________________________________________________________________
   c) _________________________________________________________________

73. Why do Christians who believe in God seem as messed up as everyone else? ___
   ___________________________________________________________________
   ___________________________________________________________________
   ___________________________________________________________________

74. What are two sources people look to for the truth?
   a) __________________________________________________________________
   b) __________________________________________________________________

75. Where can we find the truth? ________________________________________(Ps. 119:105)

76. What five facts about the Word of God do we learn in Heb. 4:12?
   a) __________________________________________________________________
   b) __________________________________________________________________
   c) __________________________________________________________________
   d) __________________________________________________________________
   e) __________________________________________________________________

77. Where will the way of truth take you? ________________________________
   ___________________________________________________________________

78. What will the way of truth provide?
   a) On earth ________________________________________________________
   b) After death _____________________________________________________
19. The Truth About God and the Truth About You

79. What are the attributes of God?
   a) 
   b) 
   c) 
   d) 
   e) 
   f) 
   g) 
   h) 
   i) 
   j) 
   k) 
   l) 

80. The Bible teaches us basic facts about ourselves and our relationship with God. If we understand the good news and the bad news about ourselves taught in the Bible, we will see ourselves accurately. Personalize answers by using the pronoun “I.”

   a) 
   b) 
   c) 
   d) 
   e) 
   f) 
   g) 
   h) 
   i) 
   j) 
   k) 
   l) 
   m) 
   n) 

81. Do you believe these truths, as taught in the Bible? (Answer optional) _____________
1. For the Christian, the most critical step in defeating lies, religious and otherwise, deals with two familiar but often misused practices: memorization and meditation. How would scripture memorization help defeat the lies in your mind?
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________

2. Read Psalm 119:11. What does this verse say is a benefit of hiding the Word in your heart? _________________________________________________

3. How do you think meditation could help defeat the lies in your mind? __________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________

4. Read Psalm 119:15. What does this verse say will happen when we meditate on the Lord’s precepts? _________________________________________________
___________________________________________________________________

5. Read Psalm 63:6. What did David find to be a good time to meditate on Bible verses? _________________________________________________

6. Read 2 Timothy 3:16. According to this verse, how much of Scripture would be beneficial for memorization or meditation? ________________________________

7. What four things is all Scripture profitable for?

   a) ___________________________________________  c) ________________________________
   b) ___________________________________________  d) ______________________________________

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