

WIN THE WAR IN YOUR MIND

Andy Deane · 10/30/2022 · Lies We Believe (Part 1)

Today we'll: (1) expose a few of the most common lies people believe, (2) see how they negatively affect our life, and (3) focus on the biblical truths that help us confront them.

HERE ARE FOUR COMMON LIES PEOPLE TEND TO BELIEVE:

#1 "It can wait until later"

- It leads to us letting urgent things crowd out the important.
- The first step to regain control of time is to decide what activities are most important so we can plan for them.
- Mark 1:35-38, *Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. Simon and his companions went to look for him, and when they found him, they exclaimed: "Everyone is looking for you!" Jesus replied, "Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come."*
- John 17:4, *I have finished the work which You have given Me to do.*
- TRUTH: it's worth it & it can't wait!
- Psalms 90:10; 12, *Our days may come to 70 years, or 80, if our strength endures; yet the best of them are but trouble and sorrow, for they quickly pass, and we fly away. Teach us to number our days, that we may gain a heart of wisdom.*
- Review Covey's Time Management Grid at www.go2cornerstone.com/time

#2 "I know what is best"

- How often do we get in trouble because we quietly do something, without getting advice from others?
- TRUTH: Just because we think it doesn't make it true.
- Proverbs 14:12, *There is a way that appears to be right, but in the end it leads to death.*
- How do you check for truth before acting? Read God's Word and ask a mentor for advice.
- Hebrews 4:12, *For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.*
- Proverbs 11:14, *Where there is no guidance, a people falls, but in an abundance of counselors there is safety.*

#3 "My unhappiness is externally caused"

- We view external stuff as causes of feelings, not triggers.
- TRUTH: Happiness is a disposition of the mind, not a condition of circumstances.
- Psalms 34:8, *Taste and see that the Lord is good; blessed (happy) is the one who takes refuge in him.*
- Philippians 2:14a, *Do everything without grumbling...*
- Philippians 4:11, *I have learned to be content whatever the circumstance...*
- This contentment is possible for believers through Jesus.
- John 14:27, *my peace I give to you. Not as the world gives do I give to you.*

#4 "I can't change"

- We can feel defeated at our attempts to change and are tempted to give up.
- TRUTH: With God all things are possible.
- 1 Corinthians 10:13, *No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.*
- Change is possible, not by trying harder, but by letting weakness inspire you to constantly abide with Christ.
- Romans 12:2, *Do not conform to the pattern of this world, but be transformed by the renewing of your mind.*

What is the lie you are most tempted to believe?

Here is our challenge this week:

1. Identify it
2. Consider how it impacts your life
3. Search for truth in Scripture
4. Tell a mentor (or your group)
5. Ask them for prayer to believe truth

Change is hard to do alone. Please consider attending our Discipleship Group Interest Meeting next Sunday from 1pm-3pm in our Small Church building across the patio. Text "disciple" to (951)425-4425 to RSVP.