



PART 6: TELL YOURSELF

The easiest person to deceive is the person in the mirror. We've talked ourselves into, deceived ourselves into, and sold ourselves on every bad decision we've ever made. In fact, we've done more to undermine our own progress than anybody on the planet.

CONNECT

What is a decision you've talked yourself into that sounded like a great idea at the time, but ended up being unwise?

LEARN

You will watch a shortened version of a message from this series to set up your group discussion. Watch the full message sometime this week as a reminder of what you talked about today.

APPLY

After sharing what stood out from the video, discuss the following questions as a group:

1. Are there areas of your life where you often struggle to tell yourself the truth? What are your go-to justifications?
2. Read **John 8:32**. Jesus said knowing the truth can set us free, but acknowledging what's true can be terrifying. Is it possible that the fear of what you discover about yourself by being honest with yourself is an obstacle to the freedom you desire?
3. Andy asks, "If God accepts you, without lying about the real you, then who are you to lie about yourself?" How does recognizing the way God sees you impact your ability to tell yourself the truth?
4. Is there something you are currently lying to yourself about? What is holding you back from being honest?





WRAP UP

Over the past several weeks, we have heard five pieces of advice:

1. Listen
2. Forgive
3. Defer
4. Live Generous
5. Tell Yourself the Truth

Which of these areas is hardest for you? How can your group encourage you to follow this advice? Take some time this week to make an action plan for how you can form a habit around each of these pieces of advice. You'll be glad you did.

PRAY

Have someone in the group pray that God shows you how to love yourself the way he loves you. Seek the courage to be honest with yourself and remove obstacles that hold you back from telling yourself the truth.

