



## Episode 3 Show Notes - Uncovering the Truth About the Lies We Believe Pt. 1

Is your perception of yourself accurate? How you perceive yourself may or may not be in agreement with God's perception. We have all received messages throughout of lives that have contributed to how we see ourselves. Some of these messages are good, Others are destructive. Join Tim and Elaine Russo as they discuss the importance of recognizing the sources of the lies we believe. And, how we can separate ourselves from these lies.

### **Biblical Concept/Passages**

**Genesis 3:1-5** - *Now the serpent was more cunning than any beast of the field which the Lord God had made. And he said to the woman, "Has God indeed said, 'You shall not eat of every tree of the garden'?" And the woman said to the serpent, "We may eat the fruit of the trees of the garden; but of the fruit of the tree which is in the midst of the garden, God has said, 'You shall not eat it, nor shall you touch it, lest you die.' " Then the serpent said to the woman, "You will not surely die. For God knows that in the day you eat of it your eyes will be opened, and you will be like God, knowing good and evil."*

**John 8:44** - *...he was a murderer from the beginning, and does not stand in the truth, because there is no truth in him. When he speaks a lie, he speaks from his own resources, for he is a liar and the father of it.*

**John 10:10** - *The thief does not come except to steal, and to kill, and to destroy...*

**Matthew 3:16-17** - *When He had been baptized, Jesus came up immediately from the water; and behold, the heavens were opened to Him, and He saw the Spirit of God descending like a dove and alighting upon Him. And suddenly a voice came from heaven, saying, "This is My beloved Son, in whom I am well pleased."*

Robert Lewis (Men's Fraternity) would say that the Father, in this moment, gave Jesus the blessing. He says every son needs to hear 3 things from his dad:

1. I love you
2. I'm proud of you
3. You're really good at \_\_\_\_\_.

### Action Steps

- Download your [Free PDF Worksheet #1](#)
- Identify one lie that you are believing about yourself. It's possible that throughout this entire show one lie has been on your mind.
- Write it down on the free PDF download that we are offering on our website. Go to the link in our show notes. It's worksheet #1 Follow the instructions in the FREE download to begin your journey to uncovering the truth.
- Leave a review in your podcasting app
- [Contact us](#)

### Resources

Paul Tripp's quote from Book: [Dangerous Calling](#) by Paul David Tripp.

Book: [Raising a Modern Day Knight](#), by Robert Lewis

[\*18 adults reveal the most damaging things their parents said to them when they were children\*](#)

### Action Steps

- Download our show notes
- Take some time on your own to review the passages we covered and
- Leave a comment

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