



Episode 5 Show Notes - Uncovering the Truth About the Lies We Believe Pt. 3

Episode 5 - Uncovering the Truth About the Lies We Believe Part 3 Separating You from the Lies (Agreements). Experiencing Transformation.

Podcast Description

Will the real you please come forward. How we perceive ourselves has a lot to do with what we believe. In this series, we have been talking about how we can recognize and replace the lies we have believed. Today, Tim and Elaine conclude this series by discussing how we can move away from our pasts and live in the new reality provided to us in Christ. They will also talk about battling mental bullies. This episode concludes this series.

Biblical Concept/passage:

Jesus said a lot about truth.

- He called Himself truth in **John 14:6**.
- He said that when the Holy Spirit would come, He would guide Believers into all truth (**John 16:13**)
- He called the Holy Spirit the "Spirit of Truth." (John 16:13)
- In **John 8:32**, He said the truth will make us free.
- When Jesus stood before Pilate, He said, "...For this cause I was born, and for this cause I have come into the world, that I should bear witness to the truth. Everyone who is of the truth hears My voice." (**John 18:37**)

Identifying Sources of Lies:

- 1. The Enemy (Satan) – accusing, belittling, messages that contradict God's Message and view of you
- The World (temptation and conditioning from culture – expectations) - things you were conditioned to be and do as a person without Christ

- The Flesh (our old sin nature) Your loyalty to the old you; agreements you made and need to break

1 John 2:15-17 - *Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world—the lust of the flesh, the lust of the eyes, and the pride of life—is not of the Father but is of the world. And the world is passing away, and the lust of it; but he who does the will of God abides forever (NKJV).*

Main Thought:

The phrase, “Do not love” the world is important.
That word “love” is the same word used for “beloved.”

To “love” is to be loyal to. We are either loyal to God or to the world and ourselves.

We have developed loyalties to the beliefs. These loyalties keep us connected to the lies.

Battling Mental Bullies

Bullies must be faced, if they are to leave.

Like David facing Goliath, we have to face our mental giants.

It takes courage and a dependence on the Lord and faith that He will do it.

2 Corinthians 10:3-5 - *For though we walk in the flesh, we do not war according to the flesh. For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,*

- Strongholds – well-developed ways of thinking (lies) that must be identified and torn down or dismantled
- Arguments – logical conclusions that fit within the context of the lies
- We are told to “Bring every thought under obedience to Christ”

Embracing your new reality – Choosing the truth

In Episode 1, we talked about the TRUTH Model. This can be helpful for renewing our minds to the truth. Let me give a quick review: (If you haven’t heard Episode 1, you might want to listen to it).

T - Triggered Event

R - Wrong thinking

U Unhealthy Response (thinking)

At this point, you need to replace the lies (wrong thinking) with the truth

T - I apply the truth that I now know
H - which can help lead me to a healthy response.

Feelings Oriented versus Fact-Oriented

Application:

- We have covered some sobering topics in this series. Elaine and I want to walk with you as you grow in these areas and face your mental bullies. If you would like us to pray on your behalf, please send us a prayer request in the contact us section on our [website](#). We will join your team as you continue on your faith journey.
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Action Steps

- Download your Free PDF Worksheet
- View Worksheet #2 and Follow the instructions.
- Leave a review in your podcasting app
- Leave a review in your podcasting app
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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](#)

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