



## Tell Yourself the Truth

Lying to ourselves to feel good about ourselves keeps us from doing what's good for ourselves.

### To Discuss

1. If a sales associate in a retail establishment said to you the kinds of things you say to yourself—when selling yourself—how would you respond?
  2. Where do you struggle most telling yourself the truth? What are your go-to justifications? Is it any of these?
    - We lie to **avoid** an uncomfortable situation.
    - We lie to **protect** something about ourselves.
    - We lie to **win**.
  3. Jesus said knowing the truth can set us free (**John 8:32**). 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?
  4. Read **Philippians 4:7–9**, where Paul is writing to Jesus followers in the city of Philippi. What key words stand out to you? How can doing what Paul instructs help you to be honest with yourself? How much do you long for those last words of the passage... *And the God of peace will be with you?*
  5. What are you currently doing or not doing because you are lying to yourself? How would the people closest to you answer that question about you? How would your life be different if you started telling the truth about yourself in that area? How would you be more at peace?
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