



Week 3: Believe a Sacred Truth

Our lives move in the direction of our strongest thoughts. Do you like where your thoughts are taking you?

Discussion Questions

1. Play the game two truths and a lie: Come up with three statements about yourself and make one of the statements a lie. Have the group try to figure out which statement is not true about you.
2. Rahul said, “We are our own worst critic.” What are some thoughts you think over and over? Which ones are truths and which are lies?
3. **Read Romans 12:1–2**
 - What’s the difference between conforming and transforming?
 - What’s the purpose of renewing our minds?
 - How does renewing your mind affect the lies you believe and the life you live?
4. Rahul said “sacred truths” (statements God says about you) are what we need to use to replace the lies we believe. What are some of these “sacred truths”? (After discussing, feel free to read the ones below.)
 - I am loved. (John 3:16)
 - I am confident. (2 Peter 1:3)
 - I am chosen. (Ephesians 1:4)
 - I am enough. (2 Corinthians 5:17)
5. What steps can you take this week to replace the lies with sacred truths?

The More You Know

To help keep these sacred truths in front of you, text “truths” to 94000 to download a lock screen.