

EMBRACING GOD'S LOVE 2020

Session One: Core Lies

Core lies are beliefs that we develop usually as children that carry throughout our lives. They are subconscious, but they affect how we view ourselves, God, and others.

Discussion Questions

- What is a belief that you've been holding that could be a core lie?
- Where do you think that belief took root?
- In what ways has your core lie affected your view of yourself, others, and God?
- If you think you've discovered your core lie, what is the truth?

Emotion Cheat Sheet:

Anger – *Blocked* Goal

Anxiety – *Uncertain* Goal

Depression – *Unattainable* Goal

For Your Journal:

Think of a recent time where you had an anger reaction that was out-of-proportion to the situation. Take a few moments to write out what happened and how you responded. Start paying attention to your emotions and what brings them to the surface.

*“Search me, God, and know my heart; test me and know my anxious thoughts.
24 See if there is any offensive way in me, and lead me in the way everlasting.”*

Psalm 139: 23-24

For free downloads on Core Lies, go to sarahmae.com/corelies

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