

God's Got Questions: May 5

//DISCUSS

- Q1 – What is a negative thing have you been told about who you are that has stuck with you?
What is a positive thing have you been told about who you are that has stuck with you?
What is the voice you hear echoing the positive and the negative in your life?
The voice of a parent, a coach, a teacher, a spiritual leader, a partner, etc
- Q2 – What internal filter do you tend towards most?
1. Performance Filter: "I'm not doing enough"
 2. Pessimistic Filter: "I'm doomed anyway."
 3. Pity Filter: "I don't deserve anything good."
 4. Proudful Filter: "I'm a little better than them."
- Q3 – We interpret life through the voices we internalize. What does your prominent inner voice sound like?
Caring & Constructive or Discouraging & Demeaning?
In what ways or during what situations do you notice this?
- Q4 – CHALLENGE: If you don't work to transform the way you think, you'll continue to unintentionally sabotage the way you live.
What destructive thoughts do you need to replace and what truth could you replace them with?

//READ

- Genesis 3
- Proverbs 23:7
- Proverbs 4:23
- John 14:9
- Matthew 11:15
- 2 Corinthians 10:5

//PRAY

Lord, we pray that you would help us to overpower the lies we have believed with the truth. That we would realize if it doesn't sound like Jesus, it isn't from God. May we get to know your voice and work to transform our minds to be more like you.