

LESSON 2 - IDENTITY
WHAT LIES HAVE I BELIEVED?

To the Teacher: One of the most common and, unfortunately, effective tactics Satan often uses against us is to deceive us into believing something that is not true. After all, he is called the “father of lies” in John 8:44. Satan has told more lies to more people (and even angels) than any being ever created. His success depends on people believing his lies. He has used everything from “little white lies” to huge whoppers to deceive people. Adolph Hitler, a man who learned how to lie incredibly well, once said, “If you tell a big enough lie and tell it frequently enough, it will be believed.” Can you guess where that thought came from?

It is so important for us to recognize a lie from the enemy and cut it off before it can take root in our life. Depending on the significance we give it, it can even develop into a stronghold impacting many areas of our life. By the end of this lesson your students should know how to recognize a lie; how not to come into agreement with a lie; and how to replace the lie with the truth of God’s Word.

Concept:
True Identity

Objectives/Goal:

- To understand that Satan’s most effective weapon against us is to get us to believe a lie about ourselves or about God.
- Learn how to identify lies and replace them with God’s truth.
- To understand that anything we come into agreement with gains power in our lives depending on the significance we give it.

Plan Ahead:

- Take some time this week and ask the Holy Spirit to show you what lies you have believed and how those lies have impacted your life and your relationship with God.
- Go over the discussion questions and be prepared to give your students a couple examples from your own experience.
- A good scripture to use would be from John 8:32: “*Then you will know the truth, and the truth will set you free.*”
- You may want to make up a chart labeled “The Truth” on one side and “The Lie” on the other side.
- List some of the examples from the attached list and then add some of the examples your students come up with during the discussion time. You may also want to make copies of the attached list for the students
- Have 3 X 5 cards available for the Breakout Session.
- Have a few Bibles for the students who may not have one.
- Also make certain to have enough “Who I Am In Christ” bookmarks or handouts for each student.

Launch Out:

Introduction:

One of Satan's greatest strengths is his subtlety. He knows how to disguise himself in very inconspicuous ways. If Satan came to us as we imagine him with horns and a pitchfork dressed in fire engine red from head to toe most of us would probably pay little attention to him. But that is not how he likes to operate. In 2 Corinthians 11:14 it says that often he "masquerades as an angel of light."

Most often he comes to us when we are experiencing something difficult or painful in our lives. Satan is called the "prince of darkness" for a reason. Whether you are experiencing rejection, disappointment, failure, sin, trauma, sickness, or any other negative emotion, you can bet that Satan is right there taking advantage of the situation to whisper thoughts of despair and hopelessness. He will say or do anything to keep us from the purpose that God has created us to accomplish. He always tries to keep us down.

There are two ways that Satan most often uses to disguise himself to tear us down and keep us confused. One is when he comes to us in the form of a simple inner thought as if the thought came from our own heart and mind. For example, you receive a poor grade on a test and you think to yourself, "I am so stupid! Why do I even try? I will never be able to make the grades to go to college."

Secondly, Satan often tries to disguise himself as God. He tries to implant damaging and harmful ideas that he wants us to believe came from God but they are really just lies that he hopes will hurt your relationship with God. Many times after we have sinned, Satan likes to use the opportunity to plant thoughts in our minds such as, "I am worthless. How could God really love me? God does not care about me." God never talks to us that way. He has done everything possible to take care of our sin through Jesus so that we can always come to him no matter what we have done. He places an incredibly high value on each of us. Satan is hoping that he can make us feel unworthy of God's forgiveness and love so that he can separate us from God.

It is so important for us to know that Satan desperately tries to get us to believe lies about ourselves and if we do not know what God has to say in his Word about us, we can be deceived. Remember how Jesus dealt with the lies Satan threw at him when he was tempted in the wilderness in Matthew 4:1-11. Jesus used the Word of God which is exactly what we have to do.

Looking Forward:

Teacher introduces whole group discussion and elicits student responses:

Think of something negative that you believe about yourself then ask yourself the following questions:

1. Does what I believe line up with the Word of God?
2. Does it make me feel good or bad about myself?
3. When did I start believing the lie?
4. How does the lie affect my life and my relationship with God?

Teacher introduces main scripture:

2 Corinthians 10:5 (ASV) *“Casting down imaginations, and every high thing that is exalted against the knowledge of God, and bringing every thought into captivity to the obedience of Christ.”*

Let’s break down 2 Corinthians 10:5 and discuss how it relates to our lesson. What does *“casting down imaginations and every high thing that is exalted against the knowledge of God”* mean? What does *“bringing every thought into captivity to the obedience of Christ”* mean? Why is God telling us to do this?

This scripture is telling us to stop thoughts that do not line up with God’s thoughts and replace those wrong thoughts with the truth found in God’s Word. Our imagination is a powerful tool that can impact our life either positively or negatively. Have you ever heard the saying, “if you can see it you can be it”? How does that relate to our scripture?

Break Out:**Teacher introduces small group activities:**

Provide each student the “Who I am in Christ” bookmark.

1. Read through the scriptures and mark the ones that you have the hardest time believing about yourself.
2. Pick the one that impacts you the most and look up the scripture.
3. Write that scripture on a 3X5 card and share with the group how believing this scripture makes a difference to you.

Take Away:

We can identify the lies we have believed about ourselves and replace the lie with God’s truth. As we do this, it will change our thinking and how we live our life. We can begin to live as a reflection of Him.

Going Forward:

(Activation) Write out one or two more scriptures that speak to the lies you have believed about yourself. Keep them with you and read them aloud daily. Report back next week about truths you have learned about yourself and how that affects you.

Teacher’s Summary:

Today we discovered that one of Satan’s greatest tools is to get us to believe lies about ourselves or God. Knowing the truth from scripture helps us identify those lies and encourages us to live in that truth. When we focus on and agree with what God says about us, amazing things begin to happen in our life.

Teacher ends with prayer: “Let us end this lesson with a prayer.”

Father – Help me to identify any thoughts that I have believed that are not of you. Help me to truly see myself through your Word. I want to know what You think about me and show me how you see me. In Jesus’ name I pray.

THE LIE vs. THE TRUTH

THE LIE	THE TRUTH
I am rejected.	I am accepted. Ephesians 1:6 "...He had made us accepted in the Beloved." Psalm 139:17 "How precious also are Your thoughts to me, Oh God! How great is the sum of them!"
I feel guilty.	I am totally forgiven. Ephesians 1:7 "In Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace." Psalm 103:3 "Who forgives all your iniquities, who heals all your diseases." Hebrews 10:17 "Then He adds, "Their sins and lawless deeds I will remember no more."
I feel like a failure I feel inadequate.	I am adequate. Philippians 4:13 "I can do all things through Christ who strengthens me." 2 Corinthians 3:5 "Not that we are sufficient of ourselves to think of anything as being from ourselves, but our sufficiency is from God."
I am not very smart.	I have God's wisdom. 1 Corinthians 1:30 "But of Him you are in Jesus Christ, who become for us wisdom from God." Colossians 2:3 "Christ in whom are hidden all the treasures of wisdom and knowledge."
I am unlovable/unloved.	I am very loved. John 15:9 "As the Father loved Me, I have also love you; abide in My love." Ephesians 2:4-5 "But God who is rich in mercy, because of His great love with which He loved us, even when we were dead in trespasses, made us alive together with Christ." Ephesians 5:1-2 "Therefore be imitators of God as dear children. And walk in love, as Christ also has loved and given Himself for us."
I am unwanted. I don't belong to anyone.	I have been adopted by God and am His child. 1 John 3:1 "Behold what manner of love the Father has bestowed on us, that we should be called children of God!" Romans 8:16-17 "The Spirit Himself bears witness with our spirit that we are children of God, and if children, then heirs—heirs of God and joint heirs with Christ."
I am depressed. I am hopeless.	I have all the hope I need. Romans 15:13 "Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit." Psalm 31:24 "Be of good courage, and He shall strengthen your heart, all you hope in the LORD."
I have no strength.	I have God's power/am indwelt by the Holy Spirit. Ephesians 1:19 "The exceeding greatness of His power toward us who believe, according to the working of His mighty power." Ephesians 3:20 "Now to Him who is able to so exceedingly abundantly above all that we ask or think, according to the power that works in us."
I am alone/feel alone.	I am never alone. Hebrews 13:5-6 "...be content with such things as you have. For He Himself has said "I will never leave you nor forsake you.' So we may boldly say: "The Lord is my helper; I will not fear."

THE LIE	THE TRUTH
	Romans 8:38-39 “For I am persuaded that ... (nothing)... shall be able to separate us from the love of God which is in Christ Jesus our Lord.”
There is nothing special about me.	<p>I have been chosen/set apart by God. 1 Corinthians 6:11 “You were washed, but you were sanctified, but you were justified in the name of the Lord Jesus and by the Spirit of our God.” 1 Peter 2:9-10 “But you are a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light; who once were not a people but are now the people of God, who had not obtained mercy but now have obtained mercy.”</p>
I am not good enough.	<p>I am perfect in Christ. Hebrews 10:14 “For by one He has perfected forever those who are being sanctified.” Colossian 2:9-10 “For in Him dwells all the fullness of the Godhead bodily; and you are complete in Him, who is the head of all principality and power.” 2 Corinthians 5:21 “For He made Him who knew no sin to be sin for us, that we might become the righteousness of God in Him.”</p>
I am defeated.	<p>I am victorious. 2 Corinthians 2:14 “Now thanks be to God who always leads us in triumph in Christ.” Romans 8:37 “...in all these things we are more than conquerors through Him who loved us.” 1 John 5:4 “For whatever is born of God overcomes the world. And this is the victory that has overcome the world—our faith.”</p>
I am afraid of Satan.	<p>I have authority over Satan. Luke 10:19 “I give you the authority to trample on serpents and scorpions, and over all the power of the enemy, and nothing shall by any means hurt you.” 1 John 4:4 “He who is in you is greater than he who is in the world.” 1 John 3:8 “For thus purpose the Son of God was manifested, that He might destroy the works of the devil.”</p>
I can't reach God. I have no confidence.	<p>I have access to God. Hebrews 10:19-22 “Therefore, brethren, having boldness to enter the Holiest by the blood of Jesus, by a new and living way which He consecrated for us, through the veil, that is, His flesh, and having a High Priest over the house of God, let us draw near with a true heart in full assurance of faith.” Ephesians 3:12 “In whom we have boldness and access with confidence through faith in Him.”</p>
I feel inferior.	<p>I am designed uniquely for God's purpose. Psalm 139:13-14 “For You formed, my inward parts; you covered me in my mother's womb. I will praise You, for I am fearfully and wonderfully made.” Romans 2:11 “For there is no partiality with God.” 1 Samuel 16:7 “Do not look at his appearance or at the height of his stature, ...the Lord does not see as man sees; for man looks at the outward appearance, but the LORD looks at the heart.” 2 Corinthians 10:12 “For we dare not class ourselves or compare ourselves...But they, measuring themselves by themselves, and comparing themselves among themselves, are not wise.”</p>