

Several years ago I was meeting with Tricia Bates over lunch and sharing with her some things that I had been working through. She made an offhand statement that has stuck with me for over five years. In fact this statement has impacted much of my thinking and teaching and has become a huge anchor point for me as I seek to put other things that I'm learning into perspective.

**The truth can transform you just as much as a lie can destroy you.**

So this tonight I would like for us to spend a few minutes looking at the Destructive power of a lie and the transforming power of the truth....

Let's pray

I like to think of these lies as strongholds that strangle.....it's a **Slow but Steady Strangulation that ultimately leads to death..death of your heart, of relationships and sometimes your soul.**

**In order for** us to understand the lies that destroy us we must first get a clear picture of the one who is deceiving us and for that we need to go to the garden.

Where did it start?

*In the Garden-* a perfect place, relationship with Adam and God, every desire

*What Eve Had* -intimacy with God and Adam

*Who deceived her* -Satan John 8:44

*How*

Did he..planted seed of doubt, question God's goodness

Contradicted God....surely you won't die

False Promises...you will be like God, your eyes will be open (It will be better for you)

Independence...decide for yourself between good and evil

*Eve's Response*

-misquoted God's word ...do not touch it

-Based her decision on her emotions, what she thought was right at the moment. Not on what she knew were God's words

*What Eve Lost*-curse, he will rule over you, pain in childbirth, alienated from God

Today, as women, we still struggle with believing lies. We are being strangled. These lies are sucking the life out of us. But it is SUBTLE...doesn't happen overnight...

Begins with Listening to the Lie

Dwelling on the Lie,

Believing the Lie,

Acting on the Lie

Strangled because we believe lies...

that keep us from enjoying the grace and love of God

about our past that continue to define us

that make us live in fear....fear of man-rejection, approval

that keep us in an emotional prison (anger, worry, depression, self-pity)

The goal of Satan is to accuse us before God; to separate and alienate us from God and those around us.

The most important lies that we believe...

We believe many lies...about beauty, happiness, marriage, fulfillment, children, work, family, our past, who we are....but the lies we believe about God are ultimately the lies that shape us the most. **In many ways, all the other lies come out of wrong beliefs about God.**

**Wrong thinking about God will lead to wrong thinking about everything else. It's like a cancer, or a roach infestation....where there is \_\_\_\_\_your also gonna find \_\_\_\_\_**

List Strongholds that will Strangle-3 minutes to come up with top 10 in groups

1. Debt-collecting.....Jesus paid it all. For every sin. Even those committed against us. The cure for bitterness is believing and applying Christ's death and forgiveness to every situation.
2. Ruminating...we tend to dwell on things, magnify, scrutinize, criticize, overplay, replay, situations and emotions....Jesus said, take every thought captive. Be transformed by the renewing of your mind.
3. Longings....desires unmet that lead to disappointment and despair. Our perspective needs to change. This world is not our home. It will never satisfy. We need to quite expecting it to.
4. Never content-circumstances will never bring us contentment.
5. Overfunctioning...taking over roles that are not designed for us; being angry at others for not doing their share.
6. Worry-fear
7. Insecurity-self-esteem
8. Need approval of others
9. Holding grudges
10. Manipulative-crafty; micromanaging, controlling
11. Perspective problem—it's all about me. Woe is me, etc.
12. Justice...why can't they just, he deserves, no offering grace

**These don't have to be defining characteristics of your life..there is hope and the hope is in the transforming power of the gospel**

**James 1:21**

**The Power of the Truth...**

Jesus promises that the truth will set us free. Jesus said, I am the way the TRUTH and the life.

Gal 5:1 It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery. (Bondage)

The truth can transform you just as much as a lie can destroy you.

**Transformation begins with the Truth**

Begins with Listening to the Truth

Dwelling on the Truth

Believing the Truth

Acting on the Truth

Use Grid Worksheet to list strongholds and worth through grid to see transformation that is possible if we will believe the truth.

