

Speaking Truth To Yourself

Introduction: We are very hurt and troubled when people lie to us, but why is it a different story when we lie to ourselves? Our primary battle we fight every day is with ourselves. (Rom. 7:23; 2 Cor. 10:2-5) We're fighting speculations and lies in our minds raised up against God's knowledge.

- I. MISBELIEFS ARE THE CORE OF MANY OF OUR PROBLEMS
 - A. How many problems do you have that are rooted in your feelings? (Eph. 4:31; Phil. 4:6)
 - B. Those problems are simply the result of not telling ourselves the truth.
 1. Our thoughts are powerful. (Prov. 23:7; 1 Kings 19:4; Acts 16:25; 2 Cor. 8:1-5)
 2. What if the solutions to our anguishes was simply "truth"? (Rev. 21:4)
- II. SOME OF THE LIES WE TELL OURSELVES
 - A. We lie to ourselves by overestimating.
 - B. We lie to ourselves by underestimating.
 - C. We lie to ourselves through our expectations.
 - D. Search the source of any problems Christ doesn't want us to have and see what you're telling yourself.
- III. THE SOLUTION TO OUR PROBLEMS IS FREEDOM BY TRUTH
 - A. John 8:32
 - B. The first truth that will free us is the belief we can change. (2 Pet. 1:3-7)
 - C. 3 steps to rooting out our misbeliefs:
 1. Identify the lies we are telling ourselves.
 2. Challenge the arguments presented by our lies.
 3. Put on truth. (2 Cor. 1:3, 10; Rom. 8:31-39; Rom. 5:2; Eph. 1:3)

Conclusion: It's such a hopeful thought that all those things we want to change about ourselves within are within our power to change, if we're prepared to battle the speculations and every lofty thing raised up against the knowledge of God, and if we're taking every thought captive to the obedience of Christ.