



Assignments for Session 3: Identity & Lies

Key Words for you to know & explain

1. False self
2. Symptoms of lies
3. Compulsive behavior
4. Shame
5. Core lies
6. The Performance Lie
7. The People-Pleasing Lie
8. The Lie of Control

Listen to my audio recordings for Session 3: "Identity & Lies."

Reading Plan & Personal Study

Read these Scriptures and consider why I wanted you to read them. What is God saying to you through His Word? What do these verses teach you about your identity, breaking free from lies, the importance of truth, and your true self?

- Do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect. (Romans 12:2)
- that you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, and that you are to be renewed in the spirit of your minds, (Ephesians 4:22-23)
- Behold, You desire truth in the innermost being, And in the hidden part You will make me know wisdom. (Psalm 51:6)
- This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it; for then you will make your way prosperous, and then you will achieve success. (Joshua 1:8)
- but speaking the truth in love, we are to grow up in all aspects into Him who is the head, even Christ, (Eph 5:15).
- Jesus said to him, "I am the way, the truth, and the life; no one comes to the Father, but through me (John 14:6)
- If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free. (John 8:31,32.)
- For the Law was given through Moses, grace and truth were realized through Jesus Christ (John 1:17)



- in that they show the work of the Law written in their hearts, their conscience testifying and their thoughts alternately accusing or else defending them, (Romans 2:15)
- But when He, the Spirit of Truth, comes, He will guide you into all the truth;...(John 16:13).
- And in every sort of evil that “deceives” those who are perishing. They perish because they refused to love the truth and so be saved (2 Thes. 2:10).
- Do not lie to another, since you laid aside the old self with its evil practices (Col 3:5, 8-9).
- Finally, believers, whatever is true, whatever is honorable and worthy of respect, whatever is right and confirmed by God’s word, whatever is pure and wholesome, whatever is lovely and brings peace, whatever is admirable and of good repute; if there is any excellence, if there is anything worthy of praise, think continually on these things [center your mind on them, and implant them in your heart]. (Phil 4:8, Amplified)
- God’s love has been poured out into our hearts through the Holy Spirit who has been given to us (Romans 5:5).
- If God be for us, who can be against us? (Romans 9:31b)

Reflection Exercise

Take some time to reflect with the Spirit’s insight about the following questions. I recommend journaling. Often when we reflect on our past, we begin to see how the lies were formed in our soul.

1. What were the things that your parents said to you regularly?
2. Do you think you are living out what you were told you were?
3. Or do you think you could be living your life in defiance of the lie, and seeking to prove everyone wrong?
4. What family slogans do you remember, either spoken or unspoken?
5. What are the shaping experiences of your life? Pay special attention to repeated similar experiences, because lies often get reinforced here.
6. What are the things you catch yourself saying to yourself?
7. Start to track the unfiltered train of thinking in your mind. What are you saying in the imaginary conversations you hold in your mind?
8. Do you think your self-talk and imaginary conversations could be draining some of your internal emotional energy?
9. What are the lies that you discovered?

Spiritual Action Steps

1. Spend time alone with God, and journal. Ask the Holy Spirit to reveal to you the lies that affect you.
2. Which of the three core lies mentioned in the recording impact you the most? How do they manifest themselves in your life?
3. What makes you feel most vulnerable?
4. Is there a relationship between anxiety and the lies you believe?
5. What image of yourself are you most attached to?
6. What are you most proud of?
7. What are you most defensive about?



8. Fill in the blank: The issue of my value is dependent on_____
9. Are there any specific memories connect to those lies?
10. Put the lie in a sentence. Then come up with a truth or a scripture to replace each lie
- 11.
12. Identify and list the lies that you believe and how they are manifested in your life.
13. Ask yourself: What is the lie that is underneath this compulsive behavior of mine?
14. How does the performance lie affect my life? Where did it get formed in me?
15. What biblical truth will replace the lie of compulsive control?
16. Think about times when you are defensive. What makes you defensive?
17. How does the lie of people-pleasing affect my life?
18. Are there times in your life where you feel people are taking advantage of you, and this make you feel resentful?
19. When people disagree with you, do you “power up”, voice your opinions more passionately or tell yourself, “I don’t care what people think!
20. What biblical truth will replace the lie of people-pleasing?
21. Reflect with the Holy Spirit, is control an issue in my life?
22. Have people ever said that you were controlling them?
23. How does the lie of control show up in your life?
24. Do you seek to control people? Do you seek to control outcomes?
25. When you are not in control, does it make you fearful, angry, or anxious?
26. If someone is upset with you, what does that mean to you?
27. What biblical truth will replace the lie of control?
28. Draw a symbolic picture of how you see yourself: I think of myself like this...
29. List what Ephesians Chapters 1-3 says about your identity in Christ.
30. Pray and ask the Holy Spirit for insight, then journal the insights you receive.
- 31.

Quotation by Thomas Merton, a 20th century monk and author

“A current of useless interior activity constantly surrounds and defends and illusion....Man’s intelligence, however we may misuse it, is far too keen and too sure to rest for long in error. It may embrace a lie and cling to it stubbornly believing it to be true, but it cannot find rest in falsehood. The mind that is in love with error wears itself out with anxiety, lest it be discovered for what it is.....The first step toward finding God, Who is Truth, is to discover the truth about myself: and if I have been in error, this first step is the discovery of my error.”ⁱ

Have you ever actually experienced God’s love or the love of Jesus?

If not, memorize St Paul’s prayer in Ephesians 3:16-20 and pray it daily for yourself.

“That He would grant me, according to the riches of His glory, to be strengthened with power through His Spirit in my inner self, that Christ may dwell in my heart through faith; that I, being rooted and grounded in love, may be able to comprehend with all the saints what is the width and length and depth and height – and to know the love of Christ which surpasses knowledge, that I may be filled to all the fullness of God. Now to Him who is able to do exceedingly abundantly above all that I ask or think, according to the power that works in me,”



Note: I have personalized this prayer.

¹ Thomas Merton, *No Man is an Island* (New York: Harcourt Trade Publishers, 1955) p. 245.