Heart-to-Heart

The Impact of Core Lies on My Storm-tossed Soul

Week 2 | September 22, 2016

"Below the flesh, creeping behind the bone, in secret places of the spirit, lie wounds.
These wounds self-protect, build walls and leak venom.
We deny the truth when we live out of our wounds. We believe lies."
– Sara Mae, *Core Lies: Discovering and Dealing with the Lies We Don't Even Know We Believe*

What does each Scripture say about the enemy of our soul, the devil?

- Genesis 3:1-13 _____
- John 8:44 _____
- John 10:10 _____
- Ephesians 6:10-13 _____
- 1 Peter 5:8-9 _____
- Revelation 12:7-10 _____

In every storm the enemy of our soul seeks to consume us with fear and doubt.

Fear about _____

Doubt about _____

Jeremiah 29:11
Titus 1:2

"What we believe about God is crucial because it affects what we believe about everything else." — Nancy Leigh DeMoss, *Lies Women Believe And The Truth That Sets Them Free*
"A core lie is something that resides so deep down inside of us that it has almost become part

of our personality. We don't know it's there, and furthermore, we have learned to live in such a way that it subconsciously controls much of our thought life and behavior. It is such a subtle occurrence that we do not see or understand the damaging affect that it is having on our life and the lives of those around us. Our core life is based on what we put our worth and value in apart from God." – Sara Mae, *Core Lies*

Index Card: Write down a thought that comes up in mind or heart over and over again.

Examples: I'm stupid. No one ever helps me. I have to do it alone. People always leave me. I am the peacemaker. If I don't take care of this, it won't get done. I can't make mistakes.

"We're going to have to let truth scream louder to our souls than the lies that have infected us." — Beth Moore, *So Long, Insecurity: You've Been A Bad Friend to Us*

Luke 5:1-13

Further Study

1. Work through the "Core Lie Worksheet" by using one thing you are hearing in your storm right now.

2. Use the list of "Guard" Verses in your Heart-to-Heart Packet and do the following:

   - ✓ read them in various versions of the Bible (www.gateway.com)
   - ✓ reflect and meditate on those that seem meaningful to your life right now
   - ✓ journal about insights and applications that the Holy Spirit shows you for some of them