

Devil You've Held Me Long Enough

Conversation Starters

- Play “2 Truths And A Lie” with your group. Everyone shares three things about themselves, but one must be a lie — see who can figure out which one is the lie! (e.g., *I've lived in six different countries, I won second place in a chicken wing eating contest, and I've been swimming with whale sharks.*)
- Pastor Steven shared that his daughter received up to \$10 for a lost tooth. What's the most money you ever received (or gave) for a lost tooth?
- What's a phrase you hear in culture that you don't like? (e.g., *she got canceled, I've got to live my truth, you do you, etc.*)

Review

Ask eGroup members to share their favorite points from the message, what spoke to them, a phrase or moment they related to the most, or questions they have. If members have a hard time recalling the message, talk through your notes and share your favorite points.

Make It Personal

- Share a time when you turned a personal experience into an absolute truth. (e.g. *restaurants, haircuts, churches, etc.*) (*When did you learn it wasn't really a truth?*)
- Which is more challenging for you — determining the difference between facts and truth, feelings and truth, or thoughts and truth? How do you see this challenge playing out in your life? (e.g., *When I see the fact of the opposition I'm up against, it's hard for me to believe the truth that I can overcome it.*)
- Read John 8:41-44. The devil says things that sound like the truth (and that sound like your own voice or God's voice). What can we practically do to distinguish between God's voice and the devil's? (*How do you determine what's true and what's trash?*)

- **Go deeper.** What has the devil convinced you is true about you? (*What evidence are you collecting — reasons to feel bad about who you are?*)
 - There are two lies when it comes to changing our behavior: you can't change, and you don't need to. How have you believed one or both of those? (*Where do you need to change?*)
- How do you see culture or people around you holding on to trash? What trash do you need to drop in your own life? (*How have you already dropped some trash in your life? e.g. removed the app, deleted the number, made room in your schedule, forgiven someone, etc.*)
- Read John 8:31-36. What are some things that keep us from really seeking truth? How are you seeking truth and putting the word into practice? (*How are you speaking God's truth over your life?*)
- The Lord wants you to start your day tuning your heart to truth. How do you need to do that? (*What are some practical ways we can do that?*)

Act On It

This year, we're trading trash for truth to receive freedom. Challenge yourself to listen to this message again or read John 8:31-44 and review your sermon notes. Talk to God, and spend time reflecting and responding to the questions below to help determine the trash you need to let go of.

- What lies have you believed?
- What habits have you been holding on to?
- What relationships have been holding you back?
- What decisions are based on beliefs or feelings instead of truth?
- What opinions from others are influencing your actions?



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Prayer Requests And Prayer

Ask eGroup members to share any prayer requests they have. Record any notes or prayer requests to pray for members during the week.

Father, we're so grateful for the truth You give us. We need Your help to see where we've allowed lies from the enemy to shape our thoughts and actions — show us those places and give us the wisdom to replace every piece of trash with Your truth. In Jesus' name, amen.