

## Flip the Script Train with Truth

**Mental freedom comes as we replace lies with truth (John 8:31-36).** A crisis of mental health exists in our country – and in the church – because there is a *crisis of truth*. Many have embraced *relativism* (nothing is true for everyone) or *subjectivism* (I determine what is right for me). But as long as we struggle to believe there is absolute truth, we will struggle to find peace in our minds. God, in His character and ways, is the source of all truth, and He has made Himself knowable to us in His Word. And He has revealed His character and heart to us in Jesus. We fight against the strongholds of the enemy in our minds, and experience freedom, by **abiding** in the Word of God (Ephesians 4:22-24).

### GETTING STARTED

In the introduction of *Winning the War in Your Mind*, by Craig Groeschel, he makes the point that *our lives are always moving in the direction of our strongest thoughts. What we think shapes who we are.* Thinking back to the past few months, what have been your strongest thoughts? How have those thoughts possibly shaped who you are? And what else stood out to you from the reading this week?

### GO DEEPER

1. In John 8:31-32, abiding in God's Word is the condition or necessary practice that leads to knowing the truth that sets us free in our minds. What does it mean to *abide in His Word*? Why is *abiding in His Word* so challenging for many?
2. According to John 14:6, Jesus makes it clear that He is the way, *the truth*, and the life. What are some key attributes of the character and heart of Jesus (and of our Heavenly Father) that show us what is true, right, and good?
3. From John 8:32, how does knowing what is true – or knowing who is true – actually set us free? What is necessary for truth to have its full effect on our hearts and lives?

### MAKE IT PERSONAL

1. How have you possibly experienced a *crisis of truth* in the last year or more? How has that crisis affected your mental health, relationships, and/or faith in Jesus?
2. Where are you at when it comes to *abiding in God's Word*? What is necessary for you to create the right environment for abiding in His Word? How often, and how much, is realistic for you to aim for?
3. What is one situation you are facing this week that you need God's truth to help you navigate through it well?

### PRACTICE IT NOW – GROUP ACTIVITY

As a group, take time to abide in God's Word together. Have one person read Psalm 27 out loud to the group. Then allow for approximately 2-3 minutes for those in the group to reread Psalm 27 repeatedly on their own silently (putting on some soft music in the background can help during these few minutes), asking God to reveal Himself and His truth to you. Come back together and share with each other what stood out or resonated with your heart and spirit from this psalm.

### PERSONAL DECLARATION

***My thoughts are fixed on the truth of God's Word.*** I declare today that my mind is focused on what is true, noble, right, pure, lovely, excellent, and praiseworthy. My thoughts are fixed on and saturated with the truth of God's Word that sets me free. My mind is not tossed by every wind of doubt, fear, or double-mindedness that blows my way (Philippians 4:8; John 8:32; James 1:6).