James 1:16 "Do not be deceived, my dear brothers and sisters." (NIV)

THE LIES WE BELIEVE ABOUT OURSELVES

1. I Must be PERFECT.

   Romans 3:23 "[23] for all have sinned and fall short of the glory of God …" (NIV)

   Romans 7:18 "For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out." (NIV)

2. My WORTH is determined by how I PERFORM.

   Genesis 1:26 "Then God said, "Let us make mankind in our image, in our likeness, so that they may rule over the fish of the sea and the birds in the sky, over the livestock and all the wild animals, and over all the creation that move along the ground." (NIV)

   Psalm 139:13-18 "[13] For you created my inmost being; you knit me together in my mother's womb. [14] I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. [15] My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. [16] Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be. [17] How precious to me are your thoughts, God! How vast is the sum of them! [18] Were I to count them, they would outnumber the grains of sand— when I awake, I am still with you." (NIV)

3. I must have everyone's LOVE and APPROVAL.

   Galatians 1:10 "Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ." (NIV)

   Proverbs 29:25 "It is dangerous to be concerned with what others think of you, but if you trust the LORD, you are safe." (GNT)

4. It is easier to AVOID my problems than to FACE them.

Psalm 32:3-5 "3 When I kept silent, my bones wasted away through my groaning all day long. 4 For day and night your hand was heavy one me; my strength was sapped as in the heat of summer. 5 Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the Lord." And you forgave the guilt of my sin." (NIV)

Philippians 3:13-14 "13 Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining forward toward what is ahead, 14 I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus." (NIV)

5. My unhappiness is EXTERNALLY caused.

Proverbs 23:6-8 "6 Don't eat at the table of a stingy person or be greedy for the fine food he serves. 7 "Come on and have some more," he says, but he doesn't mean it. **What he thinks is what he *really* is**. 8 You will vomit up what you have eaten, and all your flattery will be wasted." (GNT)

Ecclesiastes 12:13 "After all this, there is only one thing to say: Have reverence for God, and obey his commands, because this is all that we were created for." (GNT)

BOTTOM LINE

Psalm 40:11 "Do not withhold Your tender mercies from me, O Lord; Let your loving kindness and Your **truth** continually preserve me." (NKJV)