



## Looking in the Mirror: Truth about You

**Our view of God is \_\_\_\_\_ to everything else in life.**

**Our view of ourselves \_\_\_\_\_ our attitudes and actions in life.**

1. Investigate what we think about ourselves
2. Investigate how we come to those conclusions
3. Consider a new Judge

When our heart is being filled with the greatness of God, there is less room for the question, "What are people thinking of me?"

- Edward T. Welch

God's \_\_\_\_\_ about me:

- Made in His \_\_\_\_\_ (Genesis 1:26-27)
- Blessed with every spiritual blessing (Ephesians 1:3)
- \_\_\_\_\_ before the creation of the world (Ephesians 1:4)
- Adopted into the family of God through Christ (Ephesians 1:5)
- Forgiven (Ephesians 1:7)
- Lavished with his \_\_\_\_\_ (Ephesians 1:7-8)
- Marked in him with a seal-- the Holy Spirit (Ephesians 1:13-14)
- Saved through faith in Jesus (Ephesians 2:8)
- \_\_\_\_\_ (Ephesians 2:10)
- Created to do good works (Ephesians 2:10)

Truth to Embrace:

**God's opinion of me, his \_\_\_\_\_, is rooted in the \_\_\_\_\_ work of Jesus.**

## Discussion Questions

1. Is there anything from last week's *Planting Truth & Uprooting Lies* section that you would like to share?
2. What stands out to you from the lecture or the passages we looked at today?
3. In the courtroom of your mind, who do you often allow in the judge's seat?
4. What lies are you tempted to believe about yourself?
5. We were encouraged not to think more highly of ourselves, or less of ourselves, but to simply think of ourselves less--Timothy Keller calls this the freedom of self-forgetfulness. Have you ever experienced this? Share with the group?
6. Look at the "God's truth about me" list. Which of these did you need to hear or be reminded of today? Is one truth difficult for you to completely embrace?
7. Have you ever considered that God's verdict of you has little to do with you and everything to do with Jesus? How does this motivate, encourage, or free you?

## Planting Truth & Uprooting Lies

In the first part of Chapter 8, Paul says there is no condemnation for those who believe in Jesus--not because we are innocent, but because Jesus, who was innocent, took our place. Read Romans 8:31-39.

Jot down notes on the passage, specifically words or ideas that are repeated in the passage.

## Questions to consider:

1. What is the rhetorical question Paul asks in verse 31? What is the obvious answer? (v.31)
2. Paul says no one can bring a charge against us that will stand because there is only one person who justifies us. Who is that one person? (v. 33)
3. Where is Jesus currently and what is he doing? (v.34)
4. How does Paul answer the question, "Who shall separate us from the love of Christ?" (v.35-39)
5. What truth do these verses tell you about God? What do they tell you about yourself?
6. Is there a lie you believe about yourself that needs to be replaced with truth? Take time to identify the lie and write out the truth. (Pray and even call a friend to help you process if needed.)
7. Take a few minutes and think of yourself less. Really. Set a timer for a couple minutes and focus on God. Read this scripture again or listen to praise music if that is helpful. Enjoy the freedom of self-forgetfulness when you focus on the beauty of our Lord and his generous grace with which he has lavished upon us.



## Looking in the Mirror: Truth about You

**Our view of God is foundational to everything else in life.**

**Our view of ourselves shapes our attitudes and actions in life.**

4. Investigate what we think about ourselves
5. Investigate how we come to those conclusions
6. Consider a new Judge

When our heart is being filled with the greatness of God, there is less room for the question, "What are people thinking of me?"

- Edward T. Welch

God's Truth about me:

- Made in His image (Genesis 1:26-27)
- Blessed with every spiritual blessing (Ephesians 1:3)
- Chosen before the creation of the world (Ephesians 1:4)
- Adopted into the family of God through Christ (Ephesians 1:5)
- Forgiven (Ephesians 1:7)
- Lavished with his grace (Ephesians 1:7-8)
- Marked in him with a seal-- the Holy Spirit (Ephesians 1:13-14)
- Saved through faith in Jesus (Ephesians 2:8)
- Masterpiece (Ephesians 2:10)
- Created to do good works (Ephesians 2:10)

Truth to Embrace:

**God's opinion of me, his verdict, is rooted in the finished work of Jesus.**