

Children of Light (Part 1) *Stop Living Lies* (4:17-25)

¹⁷ With the Lord's authority I say this: Live no longer as the Gentiles do, for they are **hopelessly confused**. ¹⁸ Their **minds are full of darkness**; they wander far from the life God gives because they have **closed their minds and hardened their hearts** against him. ¹⁹ They have no sense of shame. They live for lustful pleasure and eagerly practice every kind of impurity.

²⁰ But that isn't what you learned about Christ. ²¹ Since you have heard about Jesus and have learned the truth that comes from him, ²² throw off your old sinful nature and your former way of life, which is **corrupted by lust and deception**. ²³ Instead, **let the Spirit renew your thoughts and attitudes**. ²⁴ Put on your new nature, created to be like God—truly righteous and holy.

²⁵ So **stop telling lies**. Let us tell our neighbors the truth, for we are all parts of the same body.

FEAR, ANXIETY, GUILT, & SHAME

He was a murderer from the beginning...a liar, and the father of lies (John 8:44).

Satan, who is the god of this world, has blinded the minds of those who don't believe. They are unable to see the glorious light of the Good News (2 Cor. 4:4).

He has sent me to proclaim that captives will be released and prisoners will be freed (Isaiah 61:1).



Psalm 42:5-8

Why am I discouraged?

Why is my heart so sad?

I will put my hope in God!

I will praise him again—
my Savior and ⁶ my God!

Now I am deeply discouraged,
but **I will remember you...**

I hear the tumult of the raging seas
as your waves and surging tides sweep over me.
But each day the Lord pours his unfailing love upon me,
and **through each night I sing his songs,**
praying to God who gives me life.

**1. Question & Challenge
the Source!**

2. Reconnect Your Faith!

1. QUESTION & CHALLENGE THE SOURCE!

2 Tim. 1:7 *"God has not given you a spirit of fear and timidity, but of power, love, and self-discipline."*

- Every manifestation of Fear, Anxiety, Guilt, and Shame is the result of a lie you have been duped into believing...
 - And then...you live by those lies...you're paralyzed by them...you're possessed by them... you serve them and their master.
 - **Marriages Destroyed**
 - **Families Ripped Apart**
 - **Depression**
 - **Despair**
 - **Suicide**
 - **Hopelessness**
 - **Addictions**
 - **Spiritual Warriors Neutralized**

2 Cor. 10:3-5

*We are human, but we don't wage war as humans do. We use God's mighty weapons, not worldly weapons, to knock down **the strongholds of human reasoning and to destroy false arguments. We destroy every proud obstacle keeping people from knowing God. We capture their rebellious thoughts & teach them to obey Christ.***

2. RECONNECT YOUR FAITH

- Like an Epi pen to the heart
- **WORSHIP & WORD** (The Psalms)
 - Sons of Korah & Read along in the Psalms

*"You are truly my disciples if you remain faithful to my teachings. **And you will know the truth, and the truth will set you free"** (John 8:31-32)*