

FOUNDATIONS

Section One

Loving God: My True Identity

LESSON 3: Lies And Truths

Key Points:

- Believing the lies brings discouragement and despair, embracing the truths brings healing and life.
- Our feelings follow our beliefs and behaviors.
- Remembering the positive qualities we had as children helps us begin to embrace our childlike qualities.

Hints for the material:

- This week you'll distribute the "My True Identity" cards. Encourage your group to read them often and bring the cards with them in the weeks to come.
- Read aloud each of the lies with the corresponding truths (page 21). When sharing their individual lists, have everyone share each lie and the truth that refutes it.
- Listing the "Positive Childhood Qualities" is designed to help us get in touch with some of our basic interests, personal God-given qualities and things that bring us joy. If some of your group members have a hard time remembering their childhood, which is not uncommon, have them ask someone who knew them as children to help them complete their list.

Extra Insight:

- We encourage you to frequently review the material you've already covered. Lesson 3 completes the section "Loving God." Be sure to have your group members review and summarize their lists: "Created in God's Image," "Who God Says I Am," "Accepting My Gifts," "Lies and Truths" and "Positive Childhood Qualities."

Homework:

- Lesson 4 begins Section 2, "Loving Others: Caring Behavior." Some group members may be struggling in their marriages. If so, encourage them to look past the hurt feelings to see positive qualities and actions in order to complete the "Positive Qualities" exercise.