

What does the Bible Say?

Lesson 3: The Problem – Examining ourselves

In these lessons, we learned that sin is often rooted in our desires. When we are struggling to overcome sin, we can ask ourselves, “What am I desiring more than loving God or others?” and “Why is this desire more important to me than obeying God?” In this way, we can begin to see the idols in our lives, start dealing with these idols, and pray over these roots. When we begin to understand the deeper roots of our sin, we can also start to uncover Satan’s lies that we’re believing. These lies can lead us to false thoughts, conclusions, and decisions that result in sinful behavior. Lies can be subtle and develop over a long period of time. In other words, they’re not always obvious and require prayer and talking through situations with faithful friends to understand and expose. We also need to know where these lies from Satan are coming from – our own mind, other people, our past, hurts or trauma, media, etc. If we take time to compare these lies to the truths of God’s Word, then we can stand strong on God’s truths and be wise about who and what we are listening to.

Instructions for Sharing

The homework from Lesson 2 was to reread Galatians 5:13-26 and Ephesians 4:25-32 and circle the sins you struggle with the most and feel are the hardest for you to overcome. You were to describe how you struggle in these areas and give some specific examples, details, or stories for each sin.

Start sharing with simply reading what you wrote. Add details you forgot or insights after you read. Facilitators should share their homework first and set an example of openness and vulnerability.

Going Deeper

To get to some of the roots of our sin, we need to consider how our desires play a role in our sinful choices. We can also explore the lies of Satan that we’re believing that lead us into sin. At any time, if we’re having trouble understanding our patterns, we can stop and ask the Holy Spirit to help us. Take a few minutes to review what you wrote. In a period of silence, ask the Holy Spirit to reveal the roots of your struggles and write what he reveals to you for each section of what you shared.

Based on what you shared, select an area of your life where sin has been difficult. How is the sin rooted in your desires or even idols? Try to define these desires and idols. Refer to [Lesson 2](#) for ideas.

Were there any lies I believed that contributed to this sin? These could include lies about myself, others, or God.

Where did you learn these lies? (parents, children, spouse, family members, friends, authority figures, media, society, church, books, culture, etc.) Who is the true source of all lies?

What truths in God’s Word do I need to remember and believe? (See [Identity in Christ](#) and [Promises of God](#) for ideas, or share other verses or helpful stories from God’s Word.)

Homework:

- Take time this week to continue meditating on what you wrote and inviting the Holy Spirit to reveal any roots or idols in the things you shared.
- Continue searching God's Word for truths that you need to remember and believe. Next week, we will take time to pray over all that you've discovered about yourself and what you desire to change in your life and relationship with the Lord.