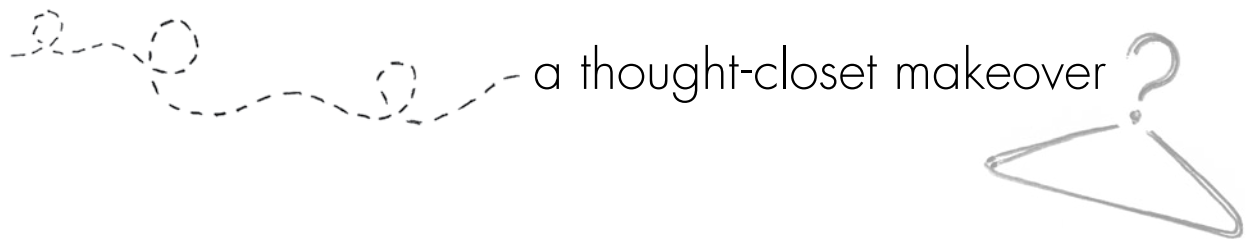


# ME MYSELF & LIES



JENNIFER ROTHSCILD

To order copies of this resource: Write LifeWay Church Resources Customer Service; One LifeWay Plaza; Nashville, TN 37234-0113; fax order to (615) 251-5933; call toll free (800)458-2772; e-mail [orderentry@lifeway.com](mailto:orderentry@lifeway.com); order online at [www.lifeway.com](http://www.lifeway.com); or visit the LifeWay Christian store serving you.

Permission is granted to reproduce these listening guides for their intended purpose.

Published by LifeWay Press® ©2008 · Jennifer Rothschild  
Nashville, Tennessee



*intro session*

# LISTENING GUIDE

We are capable of making it well with our souls based on what we choose to tell ourselves.

We have the potential of saying things to ourselves that we would never say to anyone else.

Your thought closet was designed to host eternal matters.

The words of your mouth include the ones you speak to your own soul.

The standard for our self-talk is what is acceptable to God.

God is the source and strength for your self-talk.

Every wrong word and every lie that is spoken can be redeemed by God.



## CONVERSATION GUIDE

1. How would you describe your self-talk? Constructive, destructive, ineffective, powerful?
2. What do you hope to experience/achieve from this study?
3. Which of the C-L-O-S-E-T sections give you the most problems?



## session one

# LISTENING GUIDE

Bricks are used to make a name for ourselves.

Bricks are man-made, but stones are God-made.

When you and I choose to label ourselves,  
we limit ourselves.

We were never designed to be brick-makers; we were designed  
to be living stones.

God desires that our lives be made up of spiritual  
sacrifice that is acceptable to Him.

God labels us as "living stones" with the words "I AM."

God says that we are His workmanship,  
His valued daughters.

## CONVERSATION GUIDE

1. What "I am" thought has been in your Thought Closet the longest? Is it true?
2. Does it belong? Should you keep it?
3. What do most women make their bricks with? What do you use? Status, relationships, talents ...



## session two

# LISTENING GUIDE

Some of us would rather be hole - makers than risk-takers.

The first two servants or risk-takers invested or traded their talents.

The third servant went away and buried his talent.

The third servant is a hole - maker.

The hole-maker (servant) did not have a right assumption of his master.

Hole-makers do not experience life and growth.

They cling to their faulty assumptions.



## CONVERSATION GUIDE

1. Share with the group your faith/fact labels.
2. Why do you think we cling to our shovels (faulty assumptions) rather than cling to truth?



## session three

# LISTENING GUIDE

The woman with the issue of blood dealt with:

Self-esteem  
Rejection  
Financial stress

I am a woman with an issue of \_\_\_\_\_.

1. We must name our issue to be able to replace our weakness with God's strength.
2. Triggers are events or emotions that cause your issue to grow in your thought closet.
3. Draw near to truth.

Only Jesus can bring true healing, true soul healing, to your issues.

\**Tahlis* is translated *corner* in Numbers 15:38 and *wings* in Malachi 4:2.



## CONVERSATION GUIDE

1. Does your "issue" define you or refine you?
2. How can the Holy Spirit make a difference in your self-talk when it comes to your issues?
3. What aspect of Jesus' life speaks loudest to your issues?



## session four

# LISTENING GUIDE

We must be completely aware and alert to what is in our thought closets.

Things to know about Naaman:

He was handsome. He was poised.  
He was powerful. He had leprosy.

Potential mess-ups in a thought-closet makeover:

Unmet expectations Erroneous self-talk Isolation

Do not allow lies into your thought closet.

We must be willing to reach out, and we must be willing to draw near.

In 2 Kings 5:13 the servants were: 1. respectful 2. very personal

Question 1: What do you see in my life that encourages you?

Question 2: What do you see in my life that you would like to caution me about?

Question 3: Is there anything else you would like to tell me?

When you are ministering truth to someone you love, do it with the same kind of reverent respect with which you would approach Jesus.

## CONVERSATION GUIDE

1. What kind of "be" statement do you say to your soul when life gets challenging? Be still?
2. What kind of gasoline words do you speak to your soul?
3. What kind of water words do you need to add to your soul talk?



## session five

# LISTENING GUIDE

Two things you must remember to forget:

1. You are to forget your past.
2. You are to forget yourself.

Recap the bad events of the day and ask yourself:

What can I learn about God? What can I learn about myself?

Then ask God to redeem the events of the day.

Recap the good events of the day and return them to Christ as praise.

The things in your thought closet that are tough and that you want to forget can be lumped and dropped on the arms of Jesus.

Our thought closet cannot be full of God and full of ourselves at the same time.

As we begin to decrease in our own thought closet, He increases.

You don't have to remember your sin, because God has moved it as far as the east is from the west. He's forgiven and forgotten it.

## CONVERSATION GUIDE

1. Who or what is in the center of your thought closet?
2. When you're feeling painfully self-aware, what might you tell yourself about the focus of your attention?
3. What kinds of things do you use to help you "forget not" God's benefits?



## session six

# LISTENING GUIDE

When you interview yourself, you're going to look at four areas.

1. The Mental Leg
2. The Physical Leg
3. The Emotional Leg
4. The Spiritual Leg

The spiritual leg is the only true weight-bearing leg of your table.

We want thought closets that are:

Stable

Full of God's truth

Full of hope



## CONVERSATION GUIDE

1. If you get shaky when your "table" isn't balanced, which leg usually needs attention?
2. What practical things help you persevere in your faith?
3. How does being in community with other women help you?