



Lies We Believe

**Good Christians don't
get angry, anxious,
bitter, worried, or
depressed.**



Psalm 13:1-2 (ESV)

**How long, O LORD? Will you forget me forever? How long will you hide your face from me?
2How long must I take counsel in my soul and have sorrow in my heart all the day? How long shall my enemy be exalted over me?**



2 Corinthians 1:8-9a (ESV)

For we do not want you to be unaware, brothers, of the affliction we experienced in Asia. For we were so utterly burdened beyond our strength that we despaired of life itself. ⁹Indeed, we felt that we had received the sentence of death.



Matthew 26:36-38 (ESV)

Then Jesus went with them to a place called Gethsemane, and he said to his disciples, “Sit here, while I go over there and pray.” ³⁷And taking with him Peter and the two sons of Zebedee, he began to be sorrowful and troubled.



Matthew 26:36-38 (ESV)

38Then he said to them, “My soul is very sorrowful, even to death; remain here, and watch with me.”



Ephesians 4:31 (ESV)

Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.





Ephesians 2:1-10 (ESV)

**And you were dead in the
trespasses and sins ²in which
you once walked, following the
course of this world, following
the prince of the power of the
air, the spirit that is now at work
in the sons of disobedience—
³among whom we all once lived**



Ephesians 2:1-10 (ESV)

³in the passions of our flesh, carrying out the desires of the body and the mind, and were by nature children of wrath, like the rest of mankind. ⁴But God, being rich in mercy, because of the great love with which he loved us, ⁵even when we were



Ephesians 2:1-10 (ESV)

**⁵dead in our trespasses, made us
alive together with Christ—by
grace you have been saved—
⁶and raised us up with him and
seated us with him in the
heavenly places in Christ Jesus,
⁷so that in the coming ages he
might show the immeasurable**



Ephesians 2:1-10 (ESV)

⁷riches of his grace in kindness toward us in Christ Jesus. ⁸For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, ⁹not a result of works, so that no one may boast. ¹⁰For we are his workmanship, created in

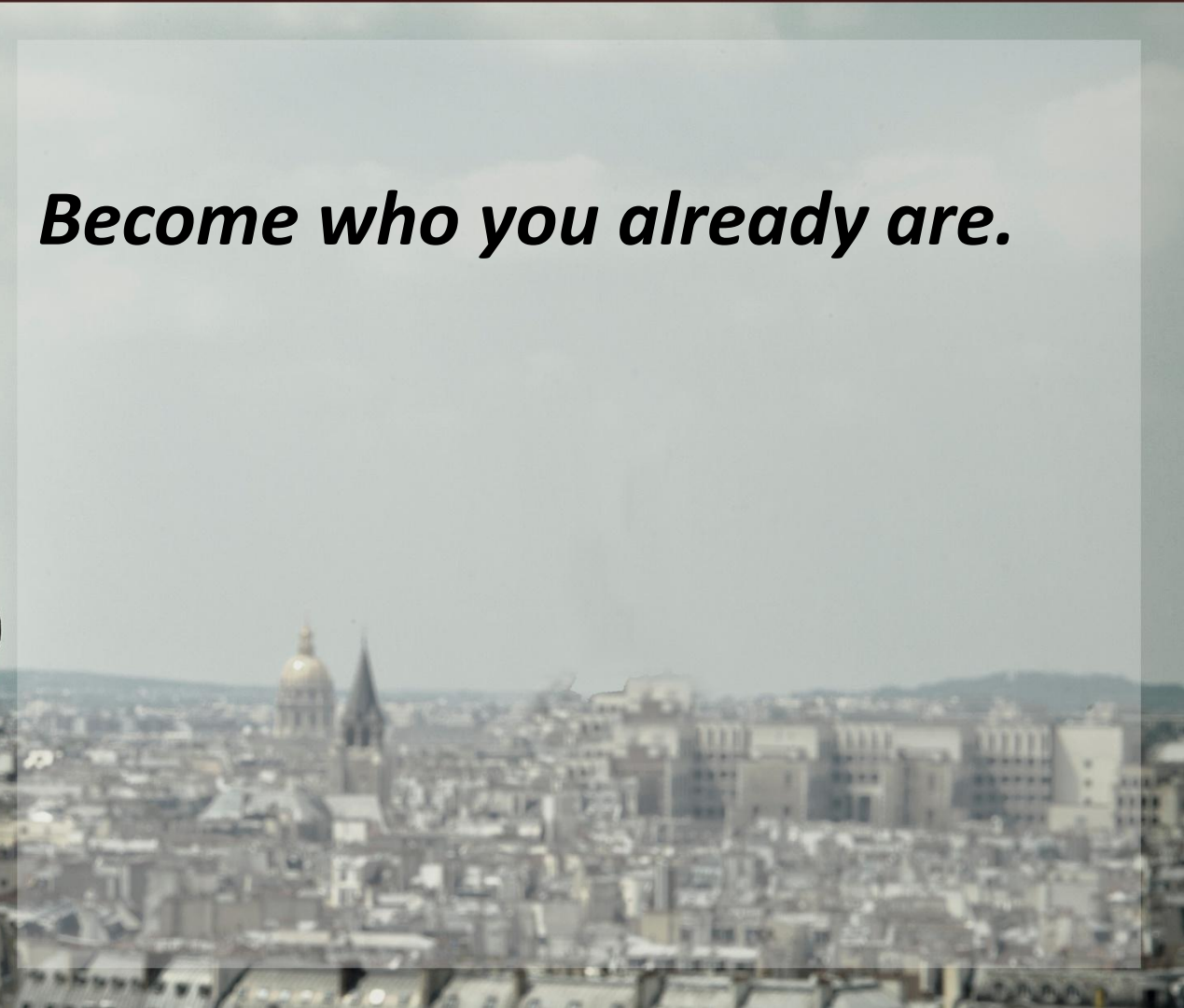


Ephesians 2:1-10 (ESV)

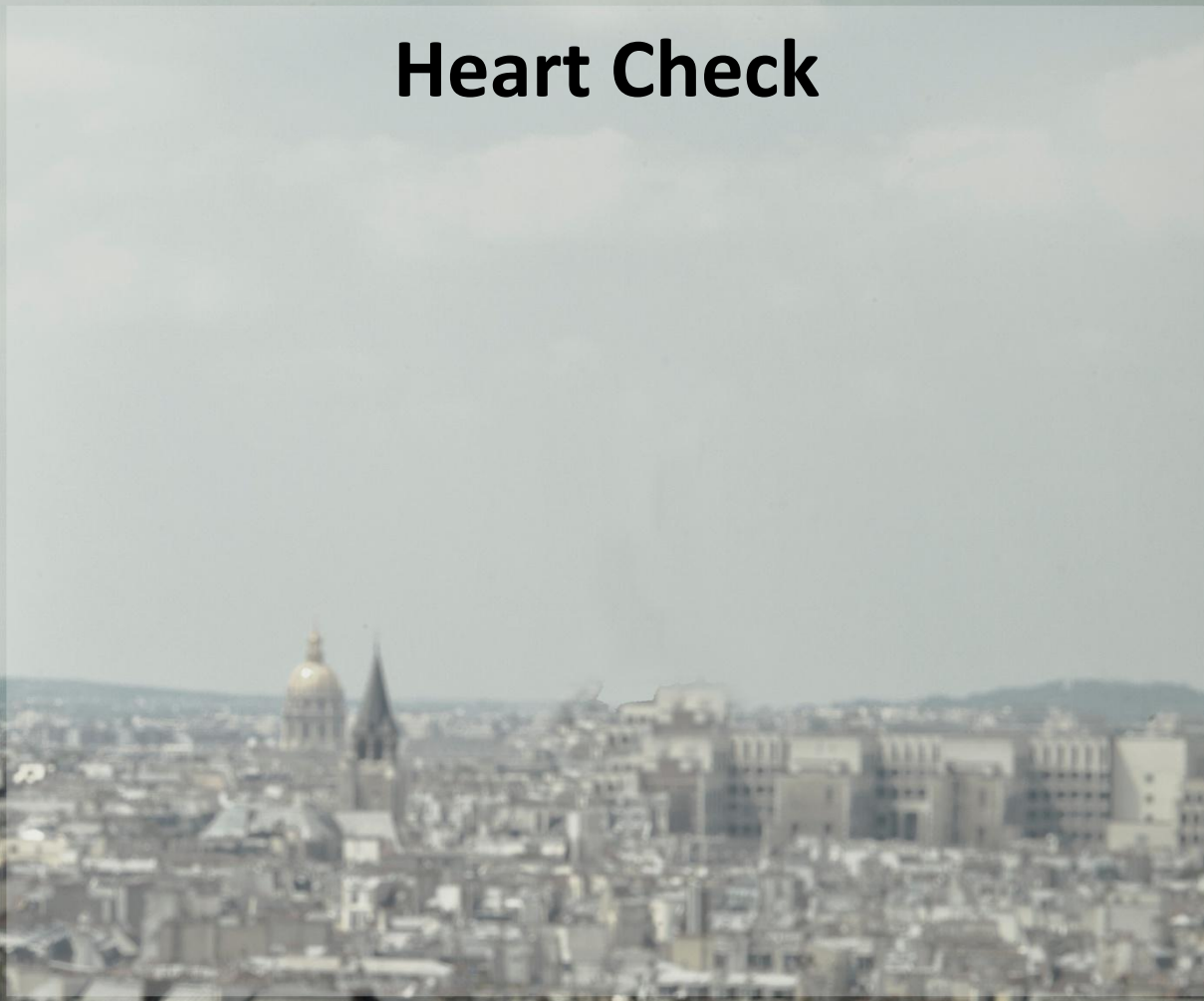
**¹⁰Christ Jesus for good works,
which God prepared
beforehand, that we should
walk in them.**



Become who you already are.



Heart Check





2 Corinthians 4:7–5:9 (ESV)

But we have this treasure in jars of clay, to show that the surpassing power belongs to God and not to us. ⁸We are afflicted in every way, but not crushed; perplexed, but not driven to despair; ⁹persecuted, but not forsaken; struck down,



2 Corinthians 4:7–5:9 (ESV)

⁹but not destroyed; ¹⁰always carrying in the body the death of Jesus, so that the life of Jesus may also be manifested in our bodies. ¹¹For we who live are always being given over to death for Jesus' sake, so that the life of Jesus also may be manifested in



2 Corinthians 4:7–5:9 (ESV)

¹¹our mortal flesh. ¹²So death is at work in us, but life in you.

¹³Since we have the same spirit of faith according to what has been written, “I believed, and so I spoke,” we also believe, and so we also speak, ¹⁴knowing that he who raised the Lord Jesus will



2 Corinthians 4:7–5:9 (ESV)

¹⁴raise us also with Jesus and bring us with you into his presence. ¹⁵For it is all for your sake, so that as grace extends to more and more people it may increase thanksgiving, to the glory of God. ¹⁶So we do not lose heart. Though our outer self



2 Corinthians 4:7–5:9 (ESV)

¹⁶is wasting away, our inner self is being renewed day by day.

¹⁷For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, ¹⁸as we look not to the things that are seen but to the things that are unseen.



2 Corinthians 4:7–5:9 (ESV)

1⁸For the things that are seen are transient, but the things that are unseen are eternal.

5:1For we know that if the tent that is our earthly home is destroyed, we have a building from God, a house not made with hands, eternal in the



2 Corinthians 4:7–5:9 (ESV)

¹heavens. ²For in this tent we groan, longing to put on our heavenly dwelling, ³if indeed by putting it on we may not be found naked. ⁴For while we are still in this tent, we groan, being burdened—not that we would be unclothed, but that we would



2 Corinthians 4:7–5:9 (ESV)

⁴be further clothed, so that what is mortal may be swallowed up by life. ⁵He who has prepared us for this very thing is God, who has given us the Spirit as a guarantee. ⁶So we are always of good courage. We know that while we are at home in the



2 Corinthians 4:7–5:9 (ESV)

**⁶body we are away from the Lord,
⁷for we walk by faith, not by sight. ⁸Yes, we are of good courage, and we would rather be away from the body and at home with the Lord. ⁹So whether we are at home or away, we make it our aim to please him.**