

Lies We Believe

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



Psalm 13:1-2 (ESV)

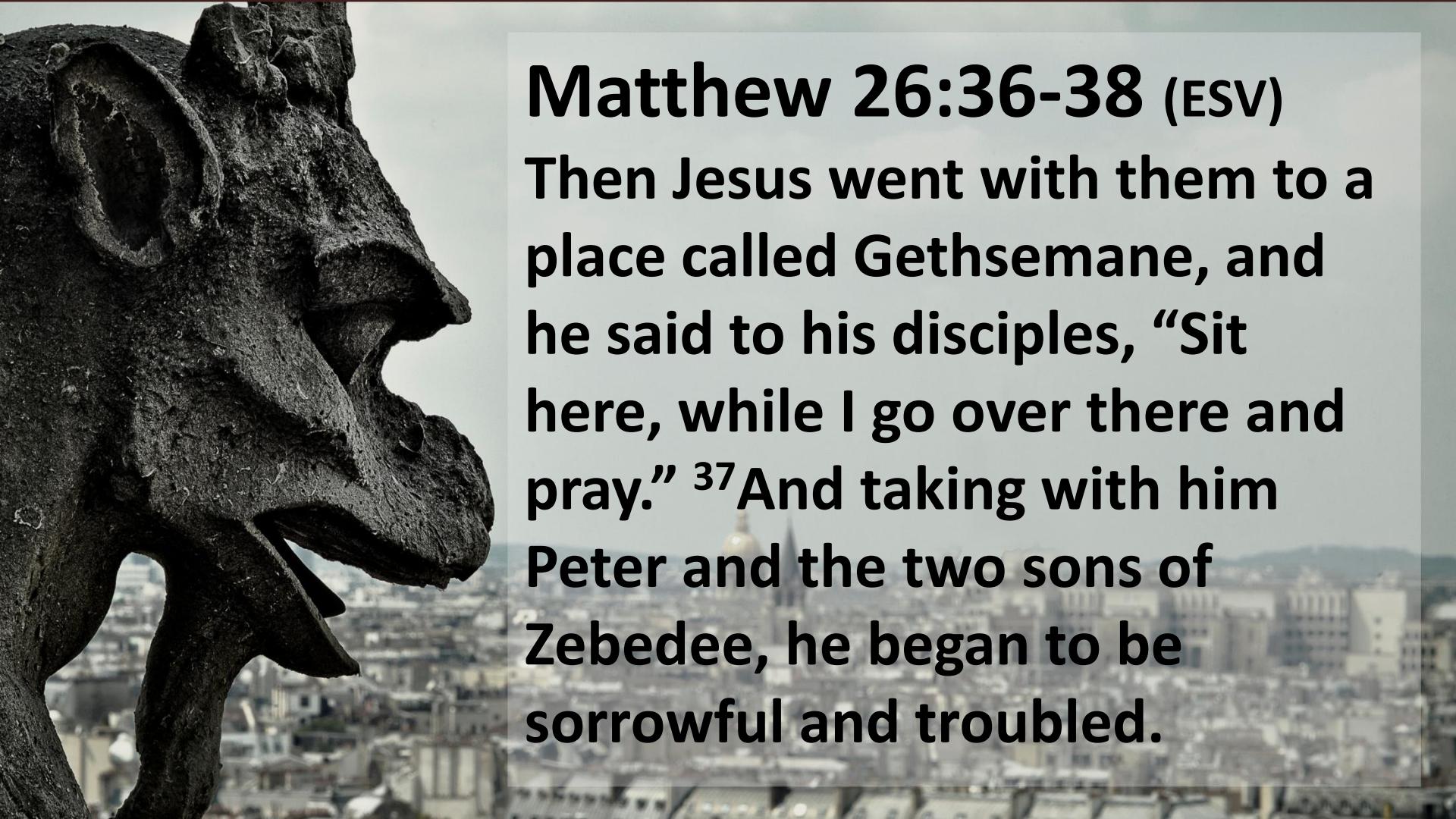
**How long, O LORD? Will you
forget me forever? How long
will you hide your face from me?
2How long must I take counsel in
my soul and have sorrow in my
heart all the day? How long shall
my enemy be exalted over me?**



2 Corinthians 1:8-9a (ESV)

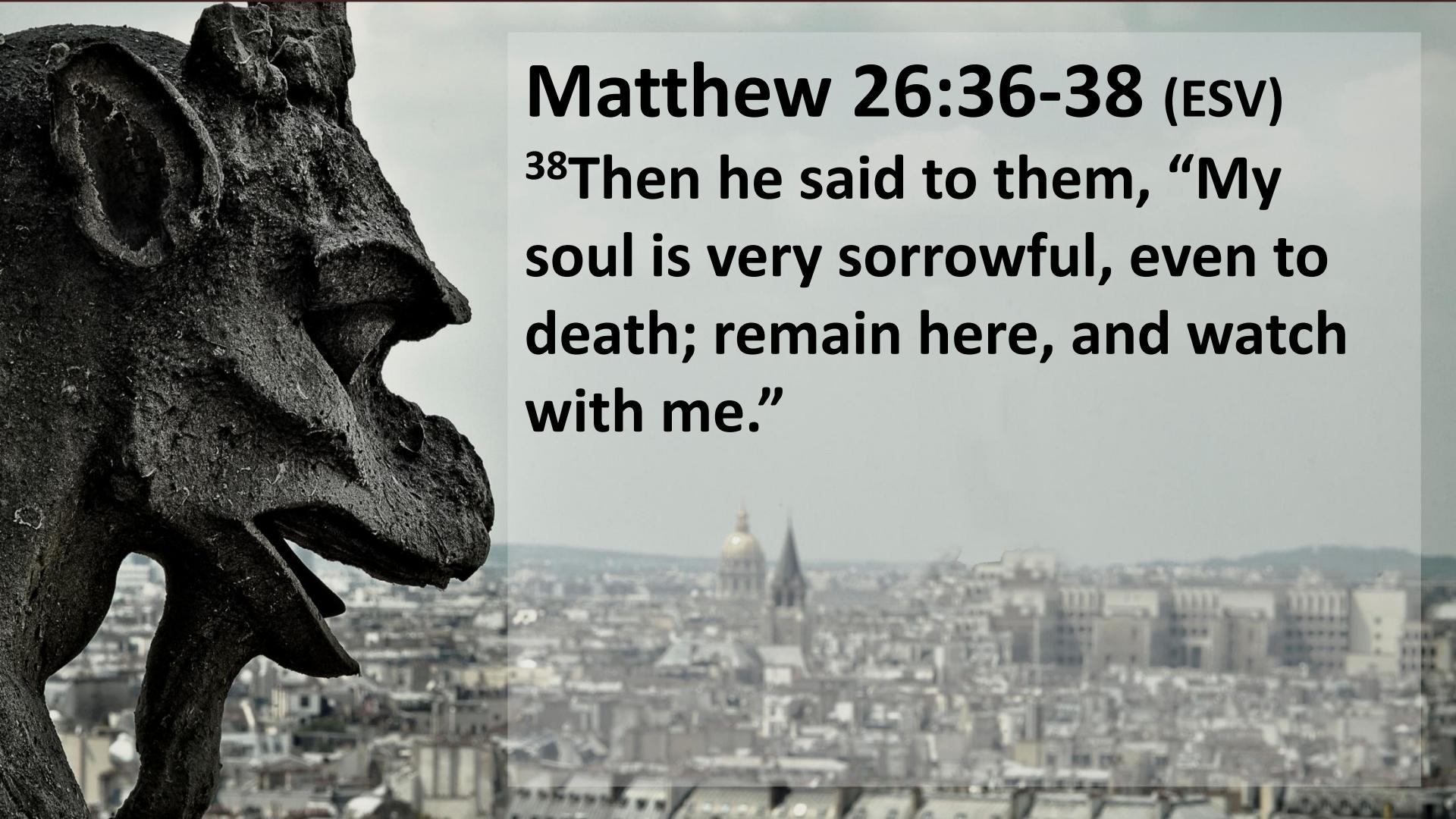
For we do not want you to be unaware, brothers, of the affliction we experienced in Asia. For we were so utterly burdened beyond our strength that we despaired of life itself.

9Indeed, we felt that we had received the sentence of death.

A dark, weathered statue of a seated figure, possibly Jesus, with a cityscape in the background.

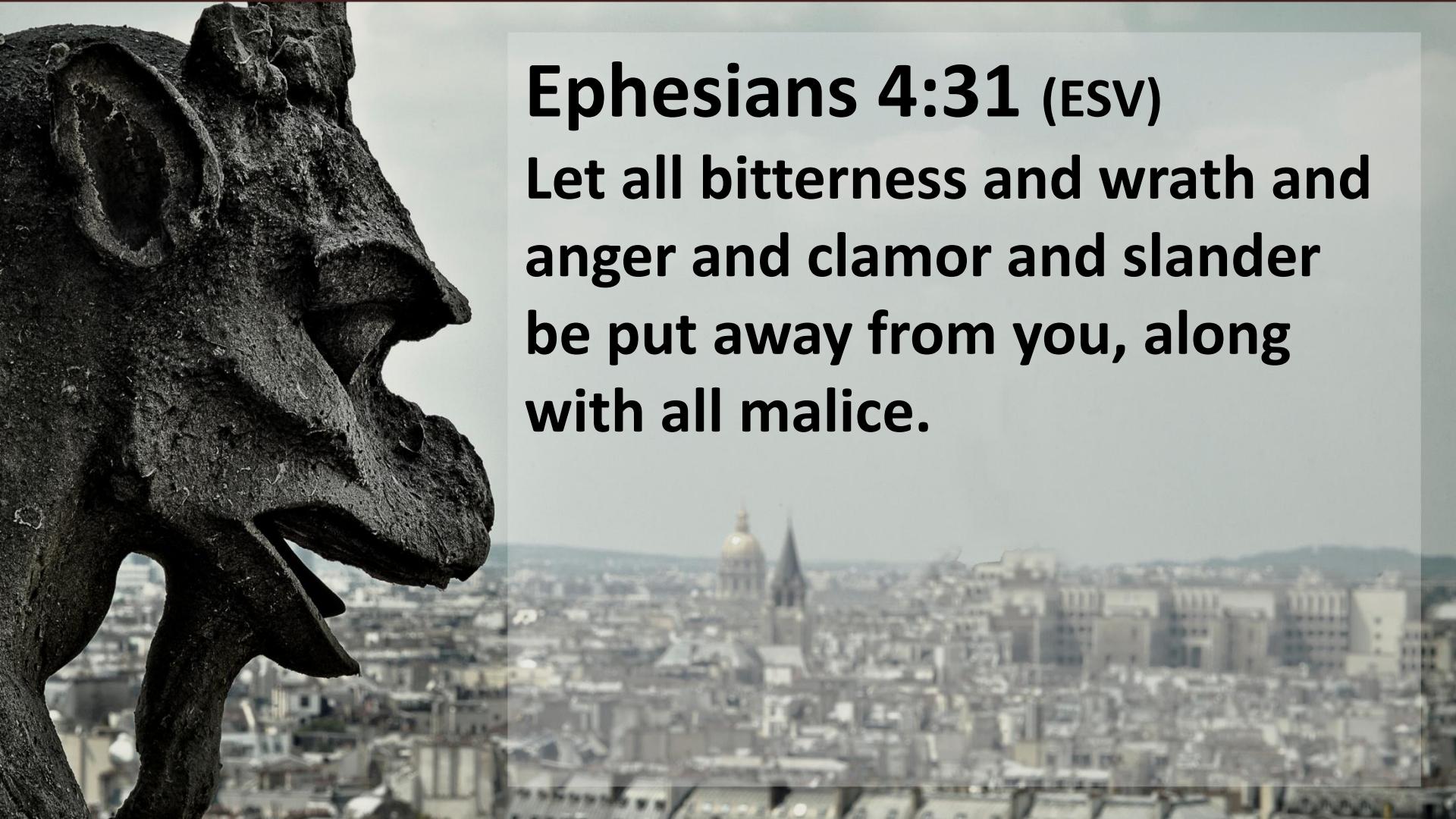
Matthew 26:36-38 (ESV)

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.” ³⁷**And 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. **4**But God,
being rich in mercy, because of
the great love with which he
loved us, **5**even 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



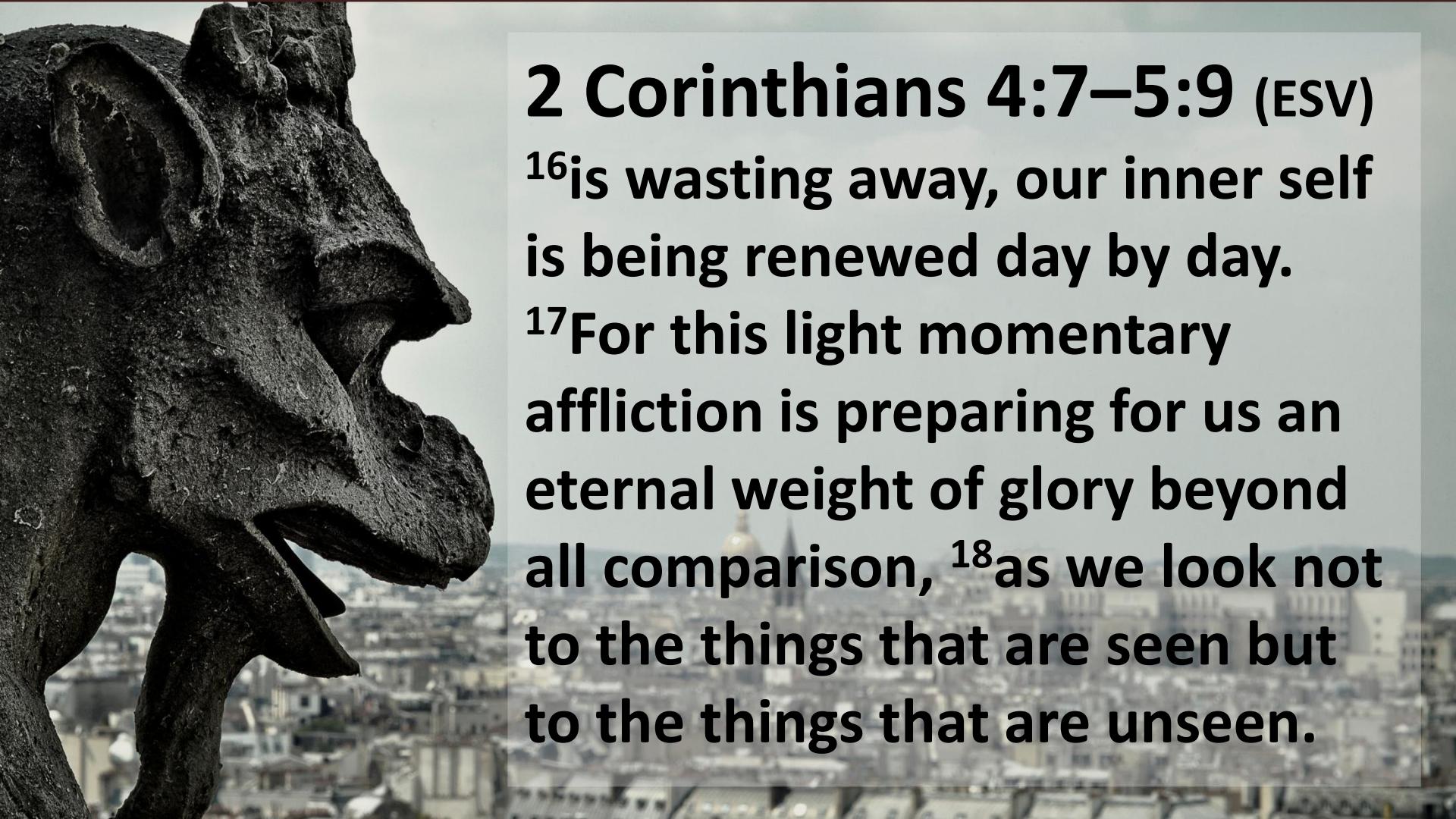
2 Corinthians 4:7–5:9 (ESV)

11our mortal flesh. **12**So death is at work in us, but life in you. **13**Since 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, **14**knowing that he who raised the Lord Jesus will



2 Corinthians 4:7–5:9 (ESV)

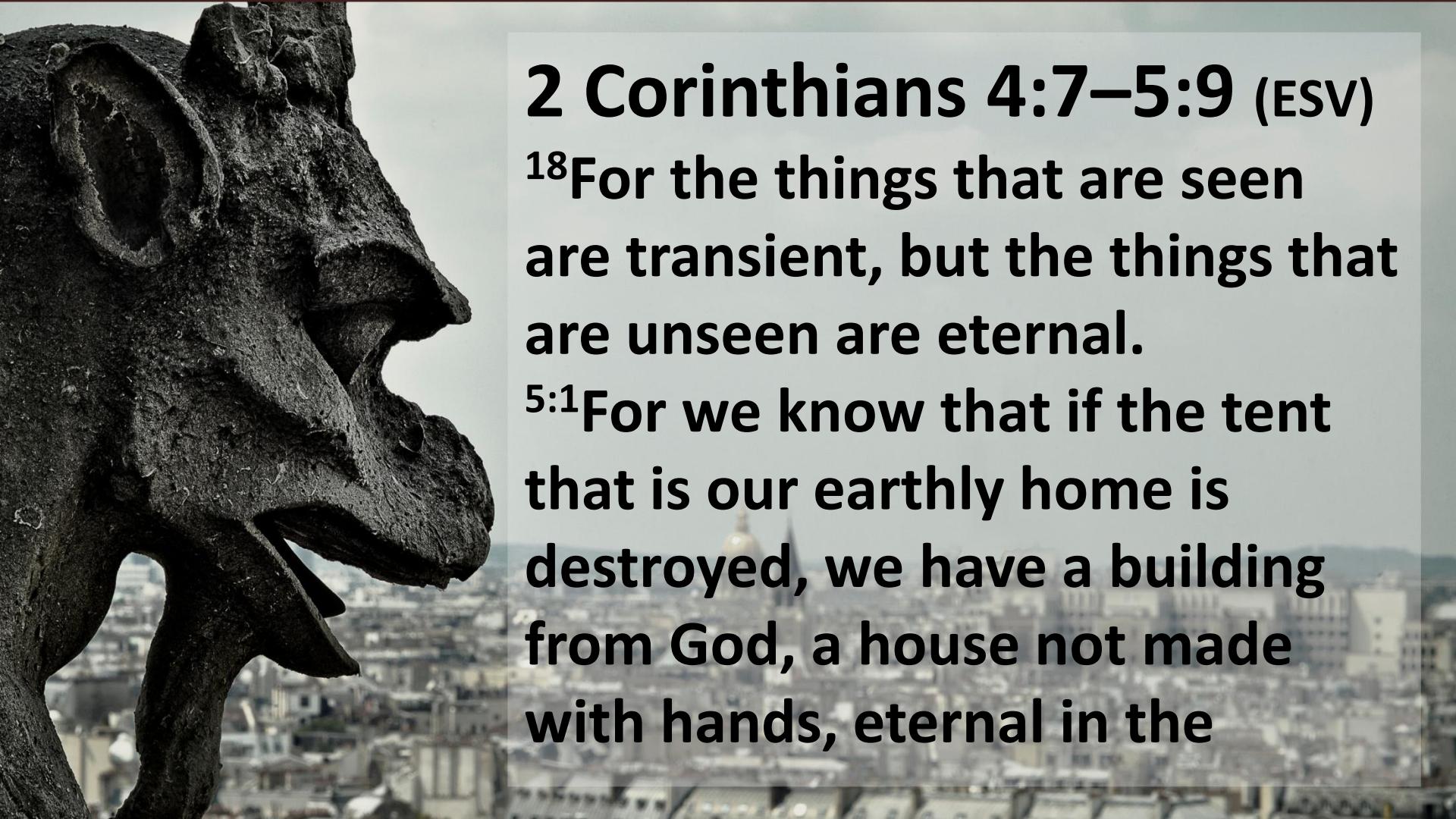
¹⁴raise us also with Jesus and bring us with you into his presence. ¹⁵For it is all for your sake, so that as grace extends to more and more people it may increase thanksgiving, to the glory of God. ¹⁶So we do not lose heart. Though our outer self



2 Corinthians 4:7–5:9 (ESV)

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

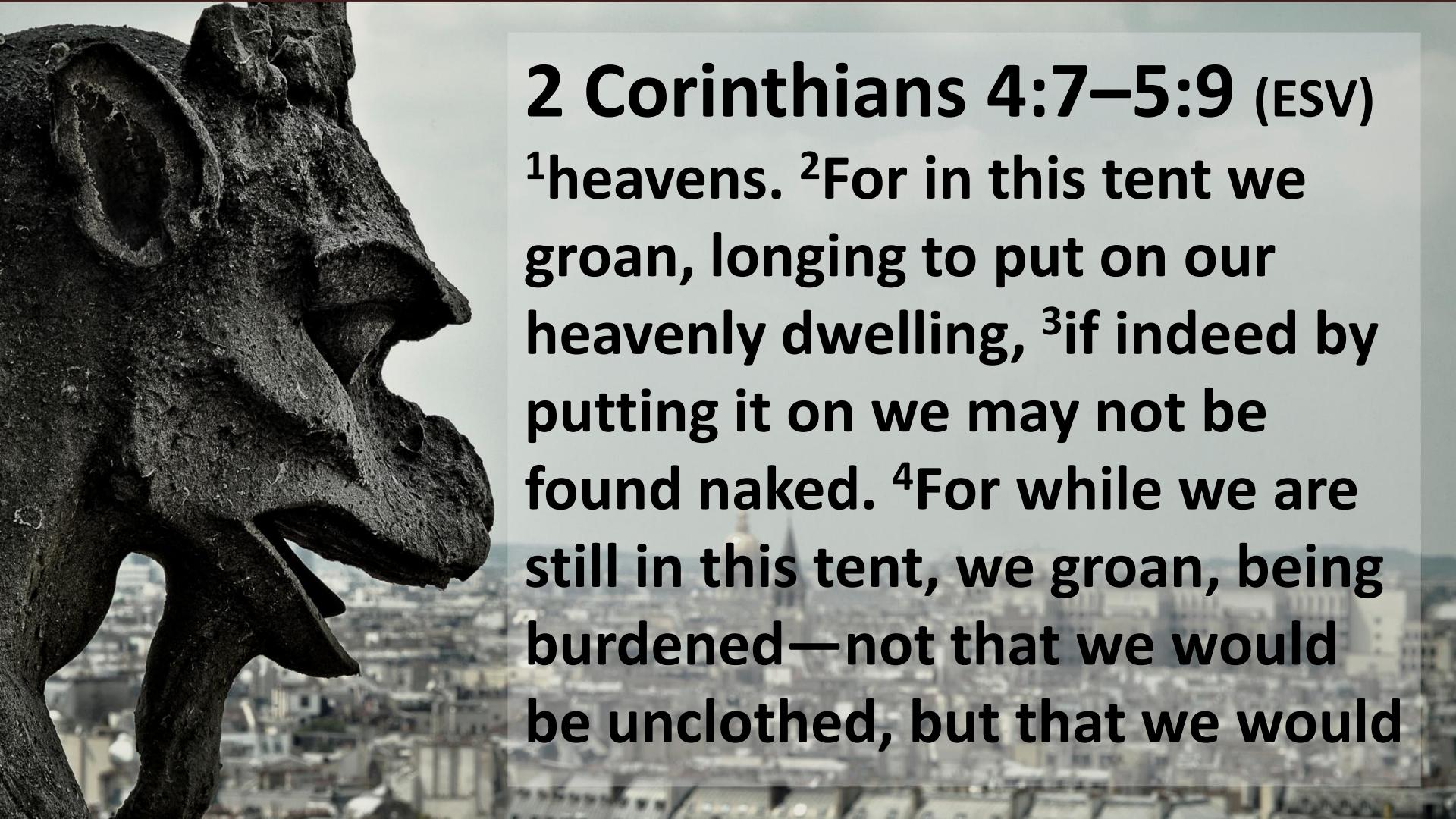
**1⁷For this light momentary
affliction is preparing for us an
eternal weight of glory beyond
all comparison, 1⁸as we look not
to the things that are seen but
to the things that are unseen.**



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



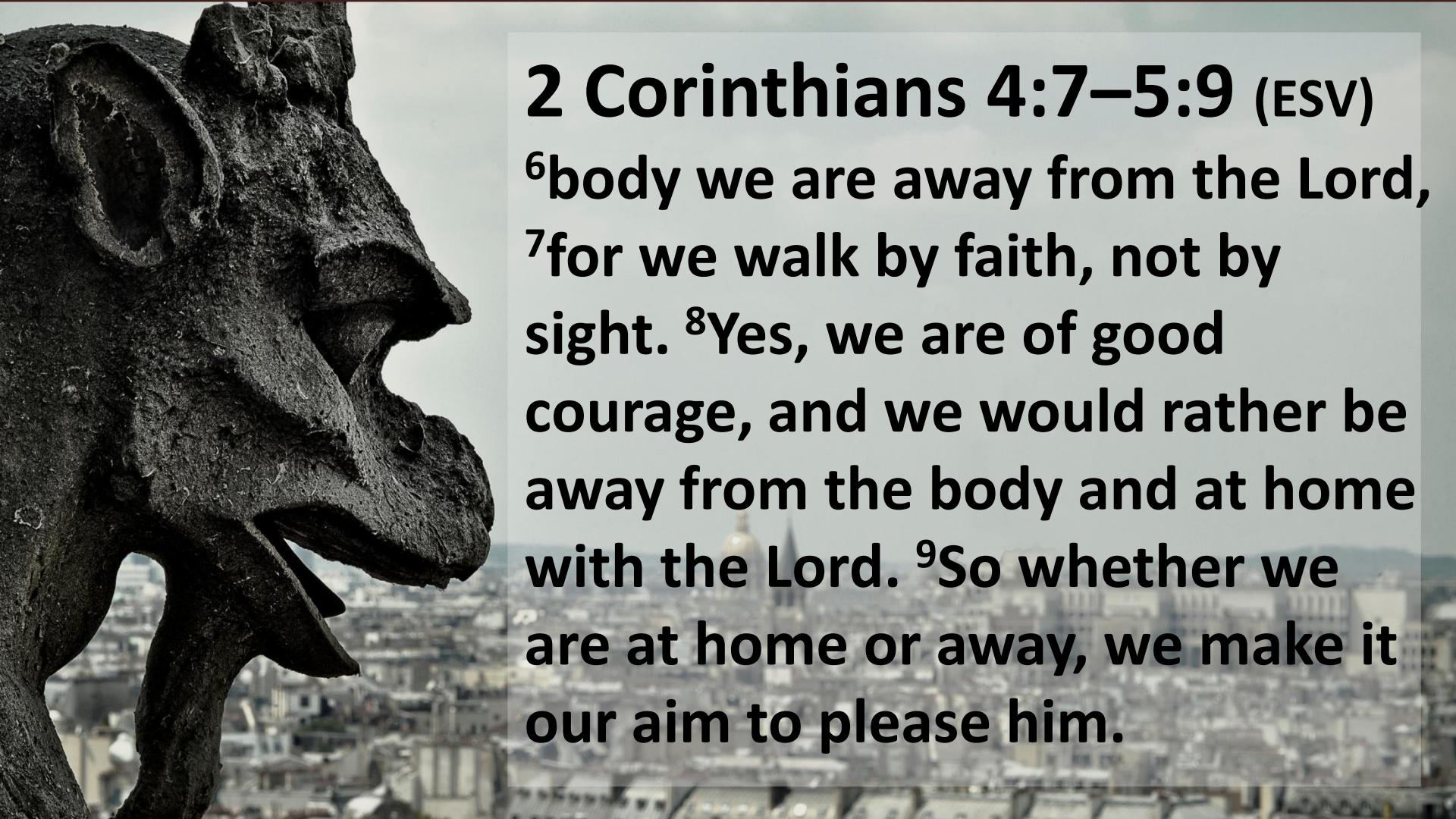
2 Corinthians 4:7–5:9 (ESV)

1heavens. **2**For in this tent we groan, longing to put on our heavenly dwelling, **3**if indeed by putting it on we may not be found naked. **4**For 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. **8**Yes, we are of good courage, and we would rather be away from the body and at home with the Lord. **9**So whether we are at home or away, we make it our aim to please him.