Unshackled

Featuring

Anna Light

Session 1: Unlocking the Grip of Lies
Session 2: Unlocking the Fear of Others
→ Session 3: Unlocking the Power of Truth
Session 4: Unlocking the Strength of Identity

To view the accompanying videos for this series, go to https://ariseministries.net/unshackle

This series is presented by Arise Ministries. More online Bible studies can be found at www.AriseMinistries.net
We know we are created to live in freedom, but many of us continue to live in bondage. If believing lies keeps us in the shackles of insecurity, then believing truth is the key that sets us free. Truth unravels lies. It’s a choice we make every day. Do we actively believe the truth about who God says we are? Learn how to unlock the power of truth in your life and escape the grip of insecurity.

1. In this study, you’ve likely identified some of your crippling thoughts and equated them as lies. How is the knowledge of the lies you believe beginning to transform how you see yourself?

2. As we unlock the power of truth this week, let’s look at a key promise found in John 8:31-32. What does scripture say happens when we know truth?

3. Read the following scriptures about truth. Where do we find absolute truth?

   John 17:17

   John 14:6

   Psalm 119:160
In John 14:6 Jesus declares He is the truth. In order to know what is true, we must know Jesus. We must know His Word, which is the testimony of the Son of God.

The Greek word for know, as used in John 8:32, is ginōskō. Translated, it means to understand or perceive. That implies something more than being able to identify it. Many times we “know” something is true, but we don’t fully understand it to the degree it makes an impact on us because we have no experience in which to perceive it. In John 8:31, Jesus tells his disciples they must hold to His teachings. That’s how they will know the truth. Freedom follows knowing Truth intimately – the person of Jesus – and letting Him transform us.

4. Read 2 Corinthians 10:5. What is the fate of every thought that doesn’t line up with the Word of Christ?

The video references how federal agents are trained to identify counterfeit money. You may be surprised to learn the agents don’t study counterfeit money in their training. They study real money. They become experts in the look, feel, smell, and even the weight of real money so they can spot a forgery easily. Training to identify a counterfeit begins with studying the original.

For the believer of Christ, this analogy holds true. We evaluate our thoughts against the standard of Christ. If our thoughts don’t agree with truth, we deem them lies to be discarded. But in order to be able to judge our thoughts against the standard of Christ, we must first become well acquainted with His truth. It requires us to know what Scripture says. More importantly, it requires us to know (ginōskō) through a relationship with Him.

5. Do you have a difficult time reading God’s Word, or having daily quiet times? What are some ways you can overcome the obstacles standing in the way of making this a priority? Would you be willing to ask a friend to keep you accountable?

If what we believe doesn’t reflect what is true, then what we feel doesn’t reflect reality. Our thoughts are not always true, and our feelings cannot always be trusted. Since God’s Word is absolute truth, it can be trusted.
6. Let’s practice demolishing lies with truth. Begin by writing the truth found in the scripture and identifying which lie it demolishes.

LIES WE BELIEVE

God isn’t enough for me.
Physical beauty matters more than inner beauty.
I need a husband to be happy.
I have nothing to offer.
God can’t forgive what I’ve done.
I’m defective and a reject.
I’m not worth anything.

What is the truth found in each of these scriptures? How do these demolish lies you believe?

- 1 John 1:7

- Psalm 73:23-26

- Ephesians 1:3-8

- Proverbs 31:30

- Isaiah 54:5

- Psalm 139:14

- Ephesians 2:10

As you discover the truth over the lie, ask God to make this truth a reality in your life. Cross out the lie in the image below as you pray. (Some of these scriptures are applicable to more than one statement on the list.)
When we apply God’s truths to our lives, the old lies lose their power. It’s through the consistent practice of seeking out, believing, and speaking truth to ourselves that we will find the freedom from the shackles of insecurity.

7. Read Hebrews 4:12 and ask God to use His truth to cut to expose the enemy’s deception. Ask Him to help you see yourself through His eyes, through the lens of His truth. What is God saying to you? Record your thoughts below.

"Your spiritual enemy will do anything he can to keep you from picking up the Word of God because he sees it for what it is: a weapon that cuts to the quick of his deception."

- Anna Light, Unshackled
Notes for Small Group Discussion:

1. Briefly share your thoughts on the video.
2. Briefly talk about spiritual concepts you learned.
3. Share with your group a choice you need to make that will honor God.
4. Consider practical ways to find accountability with these truths.

To share your thoughts regarding this study, contact us at info@ariseministries.net.

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