

## THE SPIRITUAL DETOX (Week 2)

### Toxic Lies

1. Reflect on the Nature of Lies: How have you experienced the subtle influence of lies in your own life? Can you identify a time when a lie shaped your decision-making or perception of reality?
2. Truth Seeking: Why is it inherent in us to seek truth? Discuss how this desire has manifested in your life and the ways in which it can be both a strength and a vulnerability.
3. Read John 8:31-36. In what ways does Jesus contrast the freedom He offers with the bondage of sin? How does "holding to His teaching" lead to true freedom?
4. Reflect on Jesus' statement that "everyone who sins is a slave to sin." What are the implications of this in the context of modern-day temptations and societal pressures.
5. What are some lies that you have believed about yourself, others, or God? How have these lies influenced your behaviour and relationship with God?
6. Unconscious Influences vs. Intentional Excuses: What examples can you share of unconscious influences and intentional excuses in your life. How do these categories help you understand your own struggles with sin?
7. Read Ephesians 6:10-15. Paul emphasizes the importance of the belt of truth. What are practical ways to "put on" the belt of truth daily and how does it supports the other pieces of the armour of God.
8. Is there a lie you've struggled with and found a Scripture that spoke truth into that lie. Share how this truth challenges the lie and how you can apply it to your life.
9. How can being part of a Christian community help in identifying and combating the lies we believe? Share an experience where a brother or sister in Christ helped you see a lie you were believing.
10. Reflect on the practical steps suggested in the sermon for dealing with lies and sin (e.g., listing sins and lies, renouncing lies, seeking mentorship). Which of these steps could you take this week to move toward freedom?