

## THE TRUTH ABOUT WHAT YOU BELIEVE

- My beliefs are my choice.

Instead of believing what they know was the truth about God, they deliberately chose lies. Romans 1:25

- My beliefs determine my behavior.

Be careful how you think; your life is shaped by your thoughts. Prov. 4:23 Prov. 4:20-26

V.20-27

My son, pay attention to what I say: listen closely to my words. Do not let them out of your sight, keep them within your heart, for they are life to those who find them and health to a man's whole body. Above all else, guard your heart, for it is the wellspring of life. Put away perversity from your mouth, keep corrupt talk far from your lips. Let your eyes look straight ahead, fix your gaze directly before you. Make level paths for your feet, and take only ways that are firm. Do not swerve to the right or the left, keep your foot from evil.

- The world has taught me many false beliefs.

Don't always believe everything you hear...for there are many false teachers around. 1 John 4:1

- Untrue beliefs can be the cause of emotional problems and unhappiness.

Then you will know the truth, and the truth will set you free. John 8:32

- The only source of absolute truth is God.

God will continue to be true, even when every person is false. Rom. 3:4

Though all heaven and earth shall pass away, yet My words remain forever true. Luke 21:33

- Building my life on the foundation of God's truth is the key to emotional health and stability.

Everyone who hears these words of Mine and puts them into practice is like a wise man who built his house on the rock. Matt. 7:24

## THE FIRST STEP TO FREEDOM: COMMITMENT

### Three steps to freedom:

1. I commit myself to seeking the truth.

There's going to come a time when people won't listen to the truth but will go around looking for teachers who will tell them just what they want to hear. They won't listen to what the Bible says but will (casually) follow their own misguided ideas. 2 Tim. 4:3-4

Don't follow foolish stories that disagree with God's truth. 1 Tim. 4:7

2. I commit myself to living the truth.

We will no longer be like children, forever changing our minds about what we believe because someone has told us something different or has cleverly lied to us and made the lies sound like the truth. Instead, we will lovingly follow the truth at all times-speaking truly, dealing truly, living truly and so become more and more in every way like Christ. Eph. 4:14-15

3. I commit myself to believing the truth.

You are saved by the Spirit that makes you holy and by your faith in the truth. 2 Thess. 2:13

Jesus said, "I am the truth and the life. John 14:6 John 14:6