

- Pay Attention to Your Narratives-

We can talk ourselves into anything. Our internal narratives justify our beliefs as well as our actions. But when those narratives are not true, they lead to destructive thoughts and behaviors. We can choose to carry around false but comfortable narratives—or we can look to destroy them.

Ice-Breaker:

- **Did you grow up with a narrative you had to correct later in life? What was it related to? Money? A class of people? Religion? Education?**

- **Are there destructive narratives you catch yourself leaning into now? Where did they come from? How did you discover they were flawed?**

Discussion:

1. **Read Matthew 7:24–29. Jesus is clear: obedience and disobedience are like contrasting foundations of a building.**

    - **What is the narrative/argument that comes to mind when confronted with an invitation to live life Jesus' way?**

2. **Read 2 Corinthians 10:5–6. Notice the aggressive language Paul uses regarding how we should treat the false narratives we tell ourselves.**

    - **How aggressive are you at uncovering and looking to demolish your false narratives?**

3. **Name one narrative or argument you need to demolish. How does it contrast with the invitation to follow Jesus?**

4. **How would your life change if you changed the narrative you just mentioned?**

Application:

The Commitment:

False narratives can't be dealt with mildly. According to the apostle Paul, they must be attacked. We should be ready to react swiftly and strategically when old narratives resurrect themselves. Are you willing to make the following commitment? I will demolish every internal narrative that conflicts with the value system introduced by Jesus.