

# Myth Busting

Myths about our spiritual journey

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## 1. Myth #1: My faith journey should be consistent.

Truth: Our spiritual journey is inconsistent and messy

- Our faith journey is messy because of our human \_\_\_\_\_
- Our faith journey is messy because it is filled with \_\_\_\_\_

*Psalms 22:1 "My God, my God, why have you abandoned me? Why are you so far away when I groan for help?" (NLT=New Living Translation)*

*Psalms 42:9 "O God my rock," I cry, "Why have you forgotten me? Why must I wander around in grief, oppressed by my enemies?" (NLT)*

- Our faith journey is messy because we still struggle with \_\_\_\_\_  
*Romans 7:18-19 "...I want to do what is right, but I can't. <sup>19</sup>I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway." (NLT)*

*Philippians 1:6 <sup>And</sup> I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns." (NLT)*

## 2. Myth #2: The journey is always going to make sense

Truth: Following Jesus requires us to embrace the unknown

*Isaiah 55:8-9 "My thoughts are nothing like your thoughts," says the LORD. "And my ways are far beyond anything you could imagine. <sup>9</sup>For just as the heavens are higher than the earth, so my ways are higher than your ways and my thoughts higher than your thoughts." (NLT)*

- Sometimes the mystery is how God can \_\_\_\_\_ your life  
*Ephesians 4:1 "Therefore I, a prisoner for serving the Lord, beg you to lead a life worthy of your calling, for you have been called by God." (NLT)*

- Sometimes the mystery is what God \_\_\_\_\_ in your life

## 3. Myth #3: If I'm obedient enough bad things won't happen

Truth: Most pain in life has nothing to do with your behavior

*John 16:33 "I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world." (NLT)*

- My obedience does not make life \_\_\_\_\_  
*Jeremiah 12:1 "You are always righteous, LORD, when I bring a case before you. Yet I would speak with you about your justice: Why does the way of the wicked prosper? Why do all the faithless live at ease?" (NIV-New International Version)*

- Painful events do not mean I haven't done \_\_\_\_\_

#### 4. Myth #4: If I'm disobedient, God will reject me

Truth: God's acceptance of us is not based upon our behavior

*Psalms 103:10-14 "He does not punish us for all our sins; he does not deal harshly with us, as we deserve. <sup>11</sup>For his unfailing love toward those who fear him is as great as the height of the heavens above the earth. <sup>12</sup>He has removed our sins as far from us as the east is from the west. <sup>13</sup>The LORD is like a father to his children, tender and compassionate to those who fear him. <sup>14</sup>For he knows how weak we are; he remembers we are only dust." (NLT)*

- There is not a point of no \_\_\_\_\_

- It is the unconditional nature of the relationship that \_\_\_\_\_

*Ephesians 3:18-19 "And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is. <sup>19</sup>May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God." (NLT)*

#### 5. Myth #5: I must be worthy of God's love

Truth: We are not worthy, but we are unconditionally loved anyway

*Romans 5:8 "But God showed his great love for us by sending Christ to die for us while we were still sinners." (NLT)*  
It wasn't because we showed so much promise or were so "savable".

*Romans 8:38-39 "And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. <sup>39</sup>No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord...." (NLT)*

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#### Discussion Questions:

1. Believing myths about our spiritual journey can hinder this experience in a variety of ways. Begin your discussion by sharing some of your own wrong beliefs that you may have once held on to. Share how you discovered they were myths. How did you get past them?
2. Spend the rest of your time going through the five myths mentioned in the message. Go through each one individually. How can you relate with each one? Did this wrong belief once influence you? If not, how did you come to experience what was true?

Be sure to be open and transparent in your discussion. Everyone's journey is filled with highs and lows, obstacles, pain and even disillusionment. Be gracious with each other's stories.

