

Introduction: The difference “a word” makes

- *“A word aptly spoken is like apples of gold in settings of silver.”*

Proverbs 25:11

- *“The mouth of the righteous is a fountain of life, but violence overwhelms the mouth of the wicked.”*

Proverbs 10:11

- *“The tongue that brings healing is a tree of life, but a deceitful tongue crushes the spirit.”*

Proverbs 15:4

Paul models encouraging words:

1. Paul's **Blessing** –

¹ Paul, Silas and Timothy, To the church of the Thessalonians in God the Father and the Lord Jesus Christ: Grace and peace to you.

2. Paul's **Appreciation** –

² We always thank God for all of you, mentioning you in our prayers.

³ We continually remember before our God and Father your work produced by faith, your labor prompted by love, and your endurance inspired by hope in our Lord Jesus Christ.

3. Paul's **Confidence** in their faith –

⁴For we know, brothers loved by God, that He has chosen you,

⁵because our gospel came to you not simply with words, but also with power, with the Holy Spirit and with deep conviction. You know how we lived among you for your sake.

⁶You became imitators of us and of the Lord; in spite of severe suffering, you welcomed the message with the joy given by the Holy Spirit.

4. Paul's **Affirmation** of their impact –

⁷And so you became a model to all the believers in Macedonia and Achaia.

⁸The Lord's message rang out from you not only in Macedonia and Achaia—your faith in God has become known everywhere. Therefore we do not need to say anything about it,

⁹for they themselves report what kind of reception you gave us. They tell how you turned to God from idols to serve the living and true God,

¹⁰and to wait for His Son from heaven, whom He raised from the dead—Jesus, who rescues us from the coming wrath.

Conclusion = two reminders:

- We grossly underestimate the awesome power of an “affirming word.”
- We grossly underestimate how deeply those around us are hurting.

Application:

Who needs “An Affirming Word” from you today?

Discussion Questions:

1. Share a time when someone deeply encouraged you by what they said (or wrote).
2. Why is it so important to constantly encourage one another? (read Hebrews 3:13, 1 Thessalonians 5:14)
3. At which of the four ways of “speaking life” to others are you best?
4. Is there anyone with whom you struggle to use positive words of life?
5. What specific steps could you take to allow God to further develop your ability to speak words of life to those around you?

Introduction: Sociology 101

He was different, warm, friendly... and attacked everything I believed in.

Observation:

It's only a matter of time before something or someone attacks your faith – raising doubts in your heart, confusion in your soul, and a sense of inadequacy in your mind.

The Question:

How can we encourage those whose faith is being “knocked down?”

The Answer:

“Remember, Remember, Remember!”

Paul models encouraging memories: 1 Thessalonians 2:1-12

- Paul reminds them of **their reception of the message:**

*¹ For you yourselves know, brethren, that our coming to you was not in vain,
² but after we had already suffered and been mistreated in Philippi, as you know, we had the boldness in our God to speak to you the gospel of God amid much opposition.*

- Paul reminds them of **the character of the messengers:**

*³ For our exhortation does not come from error or impurity or by way of deceit;
⁴ but just as we have been approved by God to be entrusted with the gospel, so we speak, not as pleasing men but God, who examines our hearts.
⁵ For we never came with flattering speech, as you know, nor with a pretext for greed, God is witness,
⁶ nor did we seek glory from men, either from you or from others, even through as apostles of Christ we might have asserted our authority.*

- Paul reminds them of **the ministry they received:**

*⁷ But we proved to gentle among you, as a nursing mother tenderly cares for her own children.
⁸ Having thus a fond affection for you, we were well-pleased to impart to you not only the gospel of God but also our own lives, because you had become very dear to us.
⁹ For you recall, brethren, our labor and hardship, how working night and day so as not to be a burden to any of you, we proclaimed to you the gospel of God.
¹⁰ You are witnesses, and so is God, how devoutly and uprightly and blamelessly we behaved toward you believers;
¹¹ Just as you know how we were exhorting and encouraging and imploring each one of you as a father would his own children,*

- Paul reminds them of **the results in their lives:**

¹² so that you may walk in a manner worthy of the God who calls you into His own kingdom and glory.

How? We help them...

- 1. Remember the day!**
- 2. Remember the people!**
- 3. Remember the love!**
- 4. Remember the transformation!**

Conclusion: When our faith is slandered...

Remembering “the work” of God in our past
is what provides perspective to
do “the will” of God in the present.

Application:

Who do you know who needs a guided tour down their spiritual “memory lane?”

Discussion:

1. Read Psalm 103:1-5 and discuss the importance of “remembering” in our spiritual lives.
2. Brainstorm as a group and come up with six to eight ways that would help you practice “remembering” on a regular/habitual basis.
3. Re-read 1 Thessalonians 2:3-11 and list five or six specific examples of how God wants us to minister to others from Paul’s model of ministry to the Thessalonians.
4. How did “remembering” encourage you today? Why?
5. Ask God to show each member in the group one person in their network who needs encouraging. Determine this week, with God’s power, to help them remember.

Introduction:

Spiritual entropy is a fact of life!

- **The Symptoms:**

- Internal –
- External –

- **The Danger:**

- **The Question:**

- **The Obstacles – from the outside the inside:**

Paul models A “Rescue 911” Response:

1. Paul thanks God continually for the manner in which the Thessalonians received the Word of God.

1 Thessalonians 2:13-16

Your 1st step in a “Rescue Intervention”:

Communicate your **GRATITUDE** for the authenticity of their faith in the midst of spiritual opposition.

2. Paul expresses his deep affection and longing for the Thessalonians.

1 Thessalonians 2:17-20

Your 2nd step in a “Rescue Intervention”:

Express your **SINCERE CONCERN** for them as a person, with words and ways that make sense to them.

3. Paul's deep concern and genuine fears motivate him to send Timothy to encourage the Thessalonians.

1 Thessalonians 3:1-5

Your 3rd Step in a “Rescue Intervention”:

Pursue a specific means of **RELATIONAL CONNECTION** with them for the purpose of spiritual encouragement and protection.

4. Paul explodes with joy and breaks out into prayer over Timothy's report of the Thessalonians positive spiritual progress.

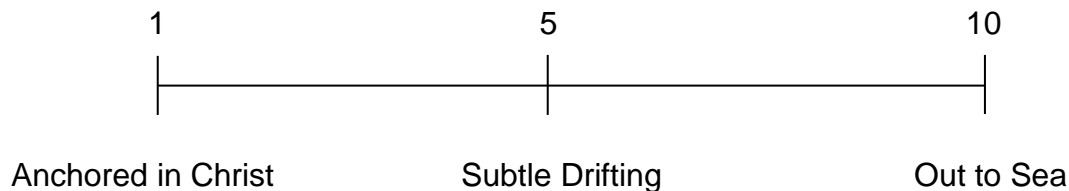
1 Thessalonians 3:6-13

Your 4th Step in a “Rescue Intervention”:

Rejoice with them and “over them” at any and every step of **POSITIVE SPIRITUAL PROGRESS**.

Application / Discussion Questions:

1. On a scale of 1 to 10, what manner of “spiritual drifting” is occurring in your life right now?



2. Quickly list those who come to your mind whom you sense are spiritually drifting. Which one of these people do you care enough about to attempt a “rescue intervention?”
3. What specific obstacles or fears make you “less than eager” to take this step of “rescue intervention?”
4. What positive factors (obedience, consequences of failing to do so, support and help from others, etc.) “most motivate” you to step out in faith and help someone in spiritual danger?
5. When will you start “operation rescue?”

Introduction:

“Everyone needs someone at some time to give them something in order to become the someone they long to become.”

To “Inspire” - Webster’s Definition:

- Literally – to breathe, blow upon, infuse with life.
- To prompt, arouse, or produce a thought or feeling.
- To stimulate or impel to some creative or effective effort.
- To cause, guide, communicate or motivate as by divine or supernatural influence.

4 Keys to inspiring others:

1. Motivate them! →

2. Teach them! →

3. Affirm them! →

4. Correct them! →

Paul models inspirational encouragement:

1. Paul motivates, “Your lives please God!”

*¹Finally, brothers, we instructed you how to live in order to please God, as in fact you are living. Now we ask you and urge you in the Lord Jesus to do this more and more.
²For you know what instructions we gave you by the authority of the Lord Jesus.*

2. Paul teaches, “God demands sexual purity!”

*³It is God's will that you should be sanctified: that you should avoid sexual immorality;
⁴that each of you should learn to control his own body in a way that is holy and honorable,
⁵not in passionate lust like the heathen, who do not know God;
⁶and that in this matter no one should wrong his brother or take advantage of him. The Lord will punish men for all such sins, as we have already told you and warned you.
⁷For God did not call us to be impure, but to live a holy life.
⁸Therefore, he who rejects this instruction does not reject man but God, who gives you His Holy Spirit.*

3. Paul affirms, “Your brotherly love is awesome!”

*⁹Now about brotherly love we do not need to write to you, for you yourselves have been taught by God to love each other.
¹⁰And in fact, you do love all the brothers throughout Macedonia. Yet we urge you, brothers, to do so more and more.*

4. Paul corrects, “Be responsible, make an impact!”

*¹¹Make it your ambition to lead a quiet life, to mind your own business and to work with your hands, just as we told you,
¹²so that your daily life may win the respect of outsiders and so that you will not be dependent on anybody.*

Summary:



- We must motivate before we instruct.
- We must instruct before we affirm.
- We must affirm before we correct.
- We must correct with the motivation in view.

Application: You really can live a life that pleases God!

Discussion Questions:

1. Who in your relational network needs some inspirational encouragement?
2. Which of the 4 Keys to Inspiring would be most appropriate to use at this time in their life?
3. Discuss God's view of sex: List three reasons (from the text) why God clearly prohibits sex apart from marriage. How do these prohibitions reflect God's concern, protection, and love for us?
4. How did Christ speak to your life today? What would obedience to His Word look like?

How to give hope to the fearful:

1 Thessalonians 4:13-18

- **Question:** What happens to a believer when he/she dies?
- **Answer:** The certainty of a believer's resurrection is based on the fact of Christ's resurrection.

¹³Brothers, we do not want you to be ignorant about those who fall asleep, or to grieve like the rest of men, who have no hope.

¹⁴We believe that Jesus died and rose again and so we believe that God will bring with Jesus those who have fallen asleep in Him.

- **Question:** What about our "loved ones" (believers) who die before us?
- **Answer:** The Christian dead will rise first and share in the Kingdom.

¹⁵According to the Lord's own word, we tell you that we who are still alive, who are left till the coming of the Lord, will certainly not precede those who have fallen asleep.

- **Question:** When and how will these "end times" events occur?
- **Answer:** At the rapture of the Church.

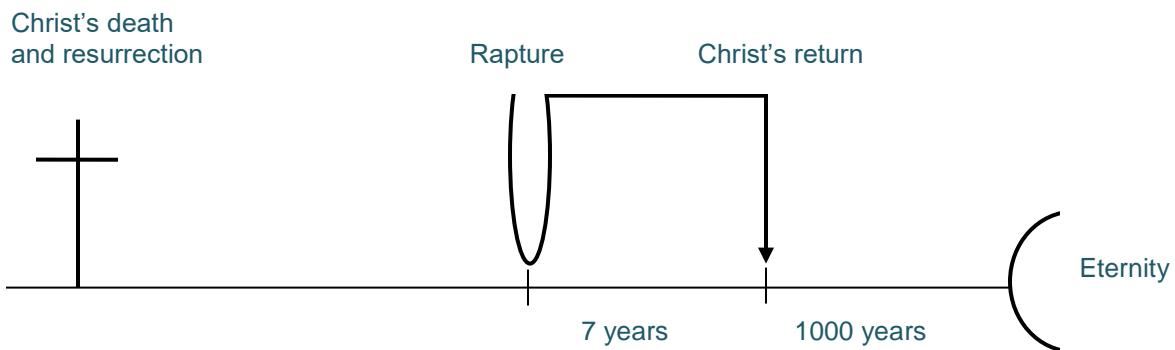
¹⁶For the Lord Himself will come down from heaven, with a loud command, with the voice of the archangel and with the trumpet call of God, and the dead in Christ will rise first.

¹⁷After that, we who are still alive and are left will be caught up together with them in the clouds to meet the Lord in the air. And so we will be with the Lord forever.

¹⁸Therefore encourage each other with these words.

5 aspects of the rapture:

- Return of Jesus for His Church 1 Thessalonians 4:16a
↓
- Resurrection of the dead in Christ 1 Thessalonians 4:16b
↓
- Rapture of the Church to heaven 1 Thessalonians 4:17a
↓
- Reunion of believers with Christ and each other 1 Thessalonians 4:17b
↓
- Reassurance of hope in the face of death 1 Thessalonians 4:18



*Ryrie, page 14

How to Give Help to the Fearless:



4 things we can't afford to forget:

1. People are **hurting** far more than you know and far more than they show.
2. You have far more to **offer** than you know and far more than you show.
3. Encouragement is helping others take that “**next step**” they couldn't take on their own and allows them to become more like Christ.
4. The key to encouragement = **ATTITUDE!**

Attitudes That Build Great Churches:

1. A word to leaders 1 Thessalonians 5:12
 - Work hard
 - Lead well
 - Admonish wisely

2. A word about leaders 1 Thessalonians 5:12-13
 - Respect them
 - Esteem them
 - Be at peace with them

3. A word to all of us 1 Thessalonians 5:14-15
 - Warn the idle
 - Encourage the timid
 - Help the weak
 - Be patient with all men

Attitudes that build great Christians:

1. A word about your private worship

1 Thessalonians 5:16-18

- Be joyful always
- Pray continuously
- Give thanks in all circumstances

2. A word about your public worship

1 Thessalonians 5:19-22

- Be open to the Spirit
- Be receptive to the Word
- Be discerning and selective

3. A word about your spiritual growth

1 Thessalonians 5:23-28

- Be dependent
- Be responsible

Examine yourself - Examine the body

*A man ought to examine himself
before he eats of the bread and drinks of the cup.
For anyone who eats and drinks
without recognizing the body of the Lord
eats and drinks judgment on himself.*

1 Corinthians 11:28-29

Application / Discussion Questions:

1. How has God used His Body (the Church) to love, support, and encourage you in recent weeks and/or months? Thank Him!
2. When you review the “Attitudes” That Build Great Churches, where do you need to ask for God’s forgiveness? Is there a specific person you need to make things right with or take time to help? Do it today!
3. What new insight did you get today that could help you become a great (healthy) Christian? Tell a friend and take a step of faith in that arena.
4. In what specific way(s) or relationship(s) does God want to make you an **awesome encourager**? What would trusting Him in that area or relationship look like this week?

Introduction: Piercing words – wounded lives

The root cause of interpersonal conflicts is our consuming passion for **SELF-GRATIFICATION**.

¹ What is the source of quarrels and conflicts among you? Is not the source your pleasures that wage war in your members? ² You lust and do not have; so you commit murder. You are envious and cannot obtain; so you fight and quarrel. You do not have because you do not ask. ³ You ask and do not receive, because you ask with wrong motives, so that you may spend it on your pleasures.

James 4:1-3

- Our Problem =

- The Symptoms =

- Our Strategy =

- The Results =

God's prescription: **HUMBLE YOURSELF** and God will heal your relationships.

⁷ Submit therefore to God. Resist the devil and he will flee from you. ⁸ Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded. ⁹ Be miserable and mourn and weep; let your laughter be turned into mourning and your joy to gloom. ¹⁰ Humble yourselves in the presence of the Lord, and He will exalt you.

James 4:7-10

Four steps to diffuse conflict:

1. **GIVE IN TO GOD**
"Submit yourselves therefore to God . . ."
James 4:7a
2. **GET TOUGH WITH SATAN**
"Resist the devil and he will flee from you."
James 4:7b
3. **GET CLOSE TO GOD**
"Draw near to God and He will draw near to you."
James 4:8a
4. **GET RIGHT WITH OTHERS**
"Cleanse your hands . . . purify your hearts . . ."
"Let there be tears for the wrong you've done . . ."
James 4:8b
James 4:9

God's promise:

Humble yourselves in the presence of the Lord, and He will exalt you. James 4:10

Personal Application and Discussion Questions:

1. What is at the core of our conflicts with other people? Briefly define “hedonism” in your own words.
2. Why is hedonism a lie? How are we influenced to unconsciously “buy into” its philosophy daily?
3. How does God view our strategies to gratify ourselves apart from Him?
4. What is the solution to interpersonal conflict? What specifically is involved in “humbling ourselves” before God and others?
5. Is there a specific relationship that needs attention in your life? What would humbling yourself look like in this situation?

Introduction: Few things have more power...

¹¹Brothers, do not slander one another. Anyone who speaks against his brother or judges him speaks against the law and judges it. When you judge the law, you are not keeping it, but sitting in judgment on it. ¹²There is only one Lawgiver and Judge, the One who is able to save and destroy. But you—who are you to judge your neighbor?

James 4:11-12

We are commanded to stop “tearing one another down” by our “slanderous” speech.

- What is “slanderous” speech?
- How is slanderous speech commonly practiced?
- Why do even sincere Christians get caught in the “web” of speaking against others?

Why is “tearing others down” by our speech and judgmental attitudes one of the most serious sins mentioned in Scripture?

- **Reason #1:** Because it demonstrates total disregard and contempt for God’s highest command – to love one another. (Leviticus 19:18, James 2:8)

Anyone who speaks against his brother or judges him speaks against the law and judges it. When you judge the law, you are not keeping it, but sitting in judgment on it.

James 4:11b

- **Reason #2:** Because it reveals that we are in fact “playing God.”

¹² There is only one Lawgiver and Judge, the One who is able to save and destroy. But you—who are you to judge your neighbor?

James 4:12

How can we break the habit of “playing God?”

- **Step 1: Develop CONVICTIONS about speaking against others.**

¹ Do not judge, or you too will be judged. ² For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you.

Matthew 7:1-2

³⁶ But I tell you that men will have to give account on the day of judgment for every careless word they have spoken. ³⁷ For by your words you will be acquitted and by your words you will be condemned.”

Matthew 12:36-37

- **Step 2: Ponder the CONSEQUENCES of your speech.**

³⁴ "A new command I give you: Love one another. As I have loved you, so you must love one another. ³⁵ By this all men will know that you are My disciples, if you love one another."

John 13:34-35

- **Step 3: Refuse to buy THE LIE!**

³ So when you, a mere man, pass judgment on them and yet do the same things, do you think you will escape God's judgment?

Romans 2:3

- **Step 4: Refuse to let others GOSSIP.**

- **Step 5: TALK less!**

¹⁹ When words are many, sin is not absent, but he who holds his tongue is wise.

Proverbs 10:19

Summary: A good paraphrase to memorize!

¹¹ Don't criticize and speak evil about each other, dear brothers. If you do, you will be fighting against God's law of loving one another, declaring it is wrong. But your job is not to decide whether this law is right or wrong, but to obey it. ¹² Only He who made the law can rightly judge among us. He alone decides to save us or destroy. So what right do you have to judge or criticize others?

James 4:11-12

Discussion Questions:

1. What was most helpful to you from today's message?
2. Why, from God's perspective, is it so important that we speak about one another and relate in a loving manner? What's at stake?
3. Where do you find yourself most prone to "speak against" someone or become judgmental?
4. Which of the practical steps to stop "playing God" do you need to put into practice? Share your game plan to do this with your group.
5. Is there someone you need to apologize to?

Introduction: Henry's "good job" was a bad deal!

Why do we make bad job decisions?

"Come now, you who say, 'Today or tomorrow, we shall go to such and such a city, and spend a year there and engage in business and make a profit.'"

James 4:13

The business plan included:

- He chooses his **TIME**.
- He selects his **LOCATION**.
- He limits his **STAY**.
- He defines his **MARKET**.
- He projects his **PROFITS**.

The problem: The business plan excluded **GOD!**

“Commit to the Lord, whatever you do, and your plans will succeed.”

Proverbs 16:3

“In his heart a man plans his course, but the Lord determines his steps.”

Proverbs 16:9

Summary: Bad decisions about work flow from false assumptions.

“Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes.”

James 4:14

False Assumption #1: Life is **PREDICATABLE.**

False Assumption #2: Life is **LONG.**

How do we make good decisions about work?

¹⁵ "Instead, you ought to say, 'If it is the Lord's will, we will live and do this or that.' ¹⁶ As it is, you boast and brag. All such boasting is evil. ¹⁷ Anyone, then, who knows the good he ought to do and doesn't do it, sins."

James 4:15-17

Principle #1: Make GOD'S WILL the foundation for all decision making.

James 4:15

Principle #2: Recognize the ROOT CAUSE of planning apart from God.

James 4:16

Principle #3: Don't buy the LIE.

(Upwardly mobile work opportunities are automatically the will of God.)

Principle #4: Act on your GOD – GIVEN dreams and impulses.

James 4:17

Conclusion: A word of hope for those who have bought the lie and paid the price: ***“GOD WANTS TO RESTORE YOU!”***

Discussion Questions:

1. Why do our work decisions have such a significant impact on our relationships?
2. What are two common assumptions that lead to bad decisions regarding our work? Share a time or experience that verifies the reality of this truth.
3. From today's study, what three guidelines would you give to someone who came to you for advice concerning a big job opportunity?
4. What aspect of this message/passage impacted you the most? Why? What practical application could this truth have in your life right now?

Introduction: “If I had more money, I would be more happy.”

- **True or false?**
 - Exhibit A = Yesterday’s Headlines
 - Exhibit B = Today’s Relationships

- **The lie:** My **SIGNIFICANCE** and **VALUE** is measured by the quality and quantity of the things I **POSSESS**. **POSSESSIONS** provide security and power, so I can be safe, personally satisfied, and rule my world.

- **Overview of the passage:**
 - Intended Audience
 - Historical Background
 - Structure of the Passage

- **The truth:** God **IS NOT** opposed to wealth. Many of the greatest believers in the Bible were wealthy; but God **IS** opposed to the misuse and abuse of wealth.

- **Warning! Misused wealth brings God’s judgment!**

“Now listen, you rich people, weep and wail because of the misery that is coming upon you.”

James 5:1

The wrong uses of wealth: 4 warnings!

1. Don’t **HOARD IT!**

²“Your wealth has rotted, and moths have eaten your clothes. ³Your gold and silver are corroded. Their corrosion will testify against you and eat your flesh like fire. You have hoarded wealth in the last days.”

James 5:2-3

2. Don’t **STEAL IT!**

“Look! The wages you failed to pay the workmen who mowed your fields are crying out against you. The cries of the harvesters have reached the ears of the Lord Almighty.”

James 5:4

3. Don’t **WASTE IT!**

“You have lived on earth in luxury and self-indulgence. You have fattened yourselves in the day of slaughter.”

James 5:5

4. Don’t **ABUSE IT!**

“You have condemned and murdered innocent men, who were not opposing you.”

James 5:6

The right uses of wealth: 4 commands!

1. **SAVE** it faithfully!

“The wise man saves for the future, but the foolish man spends whatever he gets.”

Proverbs 21:20

2. **MAKE** it honestly!

“Work brings profit; talk brings poverty!”

Proverbs 14:23

“Let him who steals steal no longer; but rather let him labor, performing with his own hands what is good, in order that he may have something to share with him who has need.”

Ephesians 4:28

3. **SPEND** it wisely!

¹⁷ “Command those who are rich in this present world not to be arrogant nor to put their hope in wealth, which is so uncertain, but to put their hope in God, who richly provides us with everything for our enjoyment. ¹⁸ Command them to do good, to be rich in good deeds, and to be generous and willing to share.”

1 Timothy 6:17-18

4. **GIVE** it generously!

²⁴ “One man gives freely, yet gains even more; another withholds unduly, but comes to poverty. ²⁵ A generous man will prosper; he who refreshes others will himself be refreshed.”

Proverbs 11:24-25

“It is more blessed to give than to receive”

-Jesus Christ, Acts 20:35

Summary: Until you get your financial house in order, your relational life will always be in chaos.

Discussion Questions:

1. Why is money such a “hot button” in our relationships? What does money reveal about our inner attitudes and values?
2. How is “The Lie” sold to us daily? What are some general evidences that most of us buy much of “The Lie?”
3. How will putting our finances in order ultimately put our relationships in order also?
4. What specific step do you need to take to get your finances and/or attitudes about them aligned with God’s Word?

Introduction: Under pressure, we tend to play the "if only..." game

The lie: "The grass is greener on the other side of the fence" mentality. If I could only change **((PERSONAL FILL-IN))**, then everything would be **WONDERFUL**.

The false premise: My happiness = God's number one agenda

- Major premise = God wants me to be happy

- Minor premise = My situation, job, marriage, school, relationships are so painful/stressful that...

- Conclusion = This situation or relationship can't be God's will for my life.

The truth: Running from adversity and conflict in relationships does not solve problems, but compounds them. **Patience** and **perseverance** are the keys to relational transformation.

⁷Be patient, then, brothers, until the Lord's coming. See how the farmer waits for the land to yield its valuable crop and how patient he is for the autumn and spring rains.

⁸You too, be patient and stand firm, because the Lord's coming is near.

⁹Don't grumble against each other, brothers, or you will be judged. The Judge is standing at the door!

¹⁰Brothers, as an example of patience in the face of suffering, take the prophets who spoke in the name of the Lord.

¹¹As you know, we consider blessed those who have persevered. You have heard of Job's perseverance and have seen what the Lord finally brought about. The Lord is full of compassion and mercy.

¹²Above all, my brothers, do not swear—not by heaven or by earth or by anything else. Let your "Yes" be yes, and your "No," no, or you will be condemned.

James 5:7-12

Four commands:

- We are commanded to **BE PATIENT**, James 5:7-9
even when circumstances are beyond our control.
- We are commanded to **BE PATIENT** and **STAND FIRM**, James 5:10
even when our circumstances are unfair and unjust.
- We are commanded to **PERSEVERE**, James 5:11
even when we don't understand why God is allowing such adversity in our lives.
- We are commanded to demonstrate our **PATIENCE**, James 5:12
and perseverance by keeping our vows and commitments.

Discussion Questions:

1. Why is it so easy to fall into the "grass is greener" mentality?

2. What must we **understand** and grasp about relationships if we are to endure the "hard times" to later enjoy the "best times"?
 - a. What does the **farmer** teach us about the seasons of relationships?

 - b. What do the **prophets** teach us about adversity in relationships?

 - c. What does **Job** teach us about the value of persevering through the hard times?

3. In what relationship do you most need to develop patience or perseverance?

4. How does what comes out of your mouth encourage that perseverance or hinder it?

5. The "greener grass" mentality is a powerful lie; what or who could help you refocus your commitment to follow God's truth?