

Defeating the Accusing Voices - Lesson

Lesson Summary: We need to overcome the pressures and negative voices inside of us accusing us.

The reasons we seek to medicate ourselves with drugs, sex, TV, games, music, food, and whatever other means we may use, is generally to escape.

What are we escaping?

Pressures from without – people's expectations, tension with others, uncertainty of future, failures, loneliness, etc. Anything real happening outside of your mind.

Pressures from within – the voices inside that say you are worthless and accuse you of being a terrible person whenever something triggers them.

Today we are focusing on the pressures within, the accusing voices and feelings.

PROVERBS 29:12 (NIV)

If a ruler **listens** to **lies**, all his officials become wicked.

If we listen to the lying voices in our minds, from our past or in our hearts, our whole reasoning will become corrupt.

How to Overcome the Accusing Voices

1. Recognize that just because something feels true doesn't make it true

- a) An engine warning light tells you either something is wrong with your engine, or something is wrong with your engine light.
- b) How we feel about something is not a valid truth test.
- c) The world lied to you when it told you your heart would show you the truth.

2. Share with others what you are feeling, and what you are thinking, and check it against scripture.

- a) Humble yourself to ask for help to see what the truth is
- b) We all have blind spots and ways of thinking that are wrong

3. Identify core beliefs that are wrong through prayer, godly counsel, and the Bible.

4. Confront the voices with the truth when they come.

5. Identify where those thoughts, or voices, are coming from

- a) It isn't just "the devil"
- b) There are things that happened in your past that you need to deal with and process in light of the truth of God.
- c) We go through life and experience so much, and some of it we just accepted when it wasn't true.
 - It is like the wizard of Oz, where the booming powerful, all knowing voice of Oz was speaking, and then the curtain was pulled back and you saw the source of it, and suddenly the mystery and power of it evaporated.
 - When you see where the voices are coming from, where they originate, they begin to lose their power.

6. Allow God to come in and heal the hurts from your past that cause the voices.

What are some of the accusing voices within you saying?