

# HOW ~~NOT~~ TO BE YOUR OWN WORST ENEMY

## Week 2: 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.

### Discussion Questions

1. Did you grow up with a narrative you had to correct later in life? Was it related to one of these? Something else?

**Money • A Class of People • Religion • Education**

2. What destructive narratives do you catch yourself leaning into now? Where did they come from?
3. How did you discover that a narrative you have may be flawed? Has someone confronted you with it?
4. **Read Matthew 7:24–29.**
  - What stands out to you?
  - Read verse 26 again. What key words stand out and why?
5. **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?
6. Name one narrative or argument you need to demolish. How does it contrast with the invitation to follow Jesus?
7. How would your life change if you changed the narrative you just mentioned?

### Changing Your Mind

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.*