

SESSION  
**1**

THE CONVERSATION STARTER

# “Which One Wins?”

Launch your study with this  
**CONVERSATION STARTER**

[Watch the video](#) or read it below.



### READ

Before the study, take a moment to read  
Luke 15:17-20;  
Rom. 6:16-17; 7:19-20



### HEAR US USE THIS STUDY GUIDE

Check out our podcast episode #175, “Do Not Be Deceived!” as an example of a conversation led by this study guide.

[biblegeeks.fm/175](https://biblegeeks.fm/175)



**A** grandfather tells his grandson, “Two wolves live inside each of us, one that wants to bless us and one that wants to destroy us. They fight for control of our lives.” “Which one wins?” asks the grandson. “The one you feed.”

It’s like Paul, who said *“I do not understand my own actions. For I do not do what I want, but I do the very thing I hate”* (Rom. 7:15). He’s still in control, but he’s pulled in so many directions that he ends up doing something he — the self underneath all those voices — doesn’t want to do. Ever feel that way? If so, it’s time to face the facts and tell yourself the truth about your thoughts.



### THE BIG IDEA

We get to choose which inner voice we obey.

Though our heads can fill with a cacophony of voices, none of those voices define us. We decide which voice is loudest. The one we feed will win.

We can relate to Jesus’ story of the prodigal son, as the boy sat in a pigsty and pined for better days. Ever feel lost, needing to come home? But Jesus teaches that coming home is a two-step process — before the son *“came to his Father”* (Luke 15:20) he *“came to himself”* (Luke 15:17). Why does he need to come to himself? Because, as we sometimes say, “he’s not acting like himself.”

So, he reasons with himself, considering his options (Luke 15:17). A brilliant strategy! Then he tells himself what he needs to do (Luke 15:18-19): swallow his pride, own his failures, and beg for mercy. Most people would rather rationalize than do the hard, right thing. But he got up and went home (Luke 15:20).

He could have told himself he was right or had a pity party — but would that have worked? We can all invent stories about our lives to make us feel better, but maybe we should stop listening to our own stories and start telling ourselves the truth.



### THE BIG QUESTION

What’s the hard, right thing you need to do?

# Facing Facts

TELL YOURSELF THE TRUTH

## INTRODUCTION

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Launch the study with a **CONVERSATION STARTER** on the Big Idea.

Read, listen, or watch “Which One Wins” – [biblegeeks.fm/daily-274](https://biblegeeks.fm/daily-274) ▶▶



**ICE BREAKER** — Get everyone engaged and talking.

What are two truths and a lie about yourself?

## ACT I

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**LIKE THE TEACHER** — Matthew 13:13-15

What do you see Jesus doing here?

Why do you think it’s recorded in the book? What’s the point of the passage?

What do these words teach you about facing the truth?

What insights and applications do you take from Christ’s words here?

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STUDY GUIDE

# Facing Facts

TELL YOURSELF THE TRUTH

## ACT II

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### SCRIPTURE DU JOUR: “Do Not Be Deceived”

All four passages below contain the warning, “do not be deceived.” Read each passage and think through the prompts.

#### Scripture #1 - 1 Corinthians 15:33-34

In context, what’s the point of this passage?

Why do you think Paul starts this instruction with a command to “not be deceived”?

#### Scripture #2 – 1 Corinthians 6:9-11

In context, what’s the point of this passage?

Why might someone be deceived about these truths?

#### Scripture #3 - Galatians 6:7-8

In context, what’s the point of this passage?

Why do you think Paul starts this instruction with the warning, “do not be deceived”?

#### Scripture #4 – James 1:16-17

In context, what’s the point of this passage?

Reading the context beginning in verse 13, why might someone be deceived about what James wants to get across?

### Thinking About These Scriptures

Why do you think this phrase shows up repeatedly in Scripture?

How can we protect ourselves from being deceived by others?

How can we protect ourselves from deceiving **ourselves**?

What application do you take away from this collection of passages about being deceived

# Facing Facts

TELL YOURSELF THE TRUTH

## ACT III

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**REACH OUT** — Connect with each other with this question.

What are your blind spots when talking to yourself?

## WRAP UP

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**THE CHALLENGE** — Ready to put it into practice?

Acknowledge any falsehood in your heart and ask God to forgive you.



**REQUEST** — Go to God in a closing prayer.

For example: "Father, open my eyes to see" (cf. Matt. 13:15).



**NEXT SESSION** — Finding Hope

Prepare by reading Matt. 14:30-32; Ps. 42-43