

1. **Stuff**

Lie: The things you have are yours.

Antidote: I will give in gratitude.

2. **Self**

Lie: The shame of your past defines you.

Antidote: I will remind myself of God's Word.

3. **Relationships**

Lie: Love others when it is easy and benefits you.

Antidote: I will forgive and affirm others.

4. **God**

Lie: God is not out for your good.

Antidote: I will look to the cross.