

Lesson 1 – Denial

September 19, 2022

What is denial? Denial is a false sense of beliefs that are not based on reality and a self-protecting behavior that keeps us from facing the truth.

Small Group Questions:

1. Am I in denial about something in my life?
2. Am I going to let my past failures or present situation prevent me from taking this journey?
3. Am I afraid to change?
4. What are my fears of the future?
5. Do I keep beating myself up over past mistakes?
6. Have I accepted God's forgiveness?
7. Am I wearing a mask to appear like everything is okay when it is not?
8. Am I willing to change?