



APOSTOLIC CHRISTIAN
Counseling and Family Services

Established in Truth

MODULE 7

VIDEO INTRODUCTION

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TEACHING

Every day, countless stories and messages quietly shape our view of the world—telling us what's valuable, what's true, and what's worthy of our pursuit. These cultural narratives seep into our hearts without us even noticing: "Your worth depends on your achievements," "Real happiness comes from financial security or recognition," "You have to control everything to be safe." Even if we don't fully believe these lies, they subtly influence our daily choices and deepest desires.

That's why anchoring ourselves intentionally in Jesus' truth is essential to our discipleship. The Apostle Paul knew exactly how crucial this was, urging believers to "*be not conformed to this world, but be ye transformed by the renewing of your mind*" (*Romans 12:2*). In other words, real transformation requires that our inner thoughts and beliefs be reshaped by Jesus' vision of reality—not just once, but continually.

But how do we actually renew our minds? It's not by passively skimming the Bible or waiting for a sermon to inspire us. It happens through intentional practices—carefully and slowly reading the Bible, prayerfully meditating on Jesus' life and teachings, memorizing passages of scripture, and choosing to carry God's word into the everyday moments of our lives. As we do this consistently, the truth begins to take hold of us, reshaping not just how we think, but how we naturally respond in situations we face each day.

Over time, this consistent anchoring in truth changes our hearts. We begin to notice when we're living from cultural narratives rather than Christ's truth. When anxiety rises because

we're chasing approval, the Spirit reminds us: "You are beloved." When we're tempted to pursue possessions or status to feel secure, Jesus gently draws us back: "Your life doesn't consist in what you own." Anchoring ourselves in his truth frees us from the exhausting cycle of striving and allows us to rest securely in who God says we are.

Ultimately, this isn't a one-time event but an ongoing journey. Each day we choose again to anchor ourselves in Jesus' reality. Each day, by grace, his truth reshapes us little by little—moving us from anxiety to peace, from striving to contentment, from fear to trust. As we intentionally ground ourselves in his teaching, Jesus' words naturally become the story we live from, forming us into people who genuinely look, live, and love like him.

DISCUSSION QUESTIONS

1. What cultural messages about success, happiness, or identity do you feel most influenced by right now? How do you notice these stories shaping your thoughts or behavior?
2. Describe a moment when a specific teaching or truth from Jesus helped you see a situation differently. What changed?
3. Of the practices mentioned—slow Scripture reading, meditation, memorization—what has been most helpful for anchoring you in Jesus' truth? Which practice might you like to explore or deepen?
4. If someone watched your daily life closely, what would they say is the primary story shaping your life right now? How closely does it align with Jesus' vision of reality?

ACTIVITY: DAILY TRUTH CHECK-IN

1. Pause and notice:

- Take a moment to quietly reflect on your day and notice any anxious or restless thoughts. What beliefs or narratives might be behind those feelings? (Examples: “My worth is tied to my performance,” “I must control outcomes,” “I must be liked by everyone.”)

2. Anchor in truth:

- Slowly read teachings from the Bible that directly counter these anxious narratives. (Use provided examples or verses you’ve personally chosen.)

3. Reflect and pray:

- Take a few minutes to pray: “Jesus, how does your truth reshape how I see this situation or myself?”

Cultural Narrative	Anchoring Truth
I’m only valuable if I’m successful or admired.	<i>Matthew 5:3, 1 John 3:1, Romans 5:8</i>
I am not enough.	<i>Matthew 6:26, 2 Corinthians 12:9</i>
If I don’t push myself ahead, I’ll miss out or fall short.	<i>Matthew 20:26, Matthew 20:16, Luke 14:11</i>
True happiness is found in wealth and comfort.	<i>Luke 12:15, Matthew 6:19-21</i>
I must control things to feel secure.	<i>Matthew 6:25-34, Matthew 11:28, John 14:27, 1 Peter 5:7</i>
I need to be liked by everyone.	<i>John 15:18-21, Galatians 1:10</i>
If I forgive, I’ll be taken advantage of or appear weak.	<i>Matthew 5:44, Matthew 6:14, Ephesians 4:32</i>
My life has no meaning or purpose.	<i>Matthew 5:14, Matthew 28:19-20, Ephesians 2:10, Colossians 3:23</i>
I need to be more like someone else to be valuable or worthy.	<i>Psalms 139:14, Ephesians 2:10, 1 Corinthians 12:18</i>

FOLLOW-UP DISCUSSION QUESTIONS

1. What was the most meaningful insight you gained from the daily "Truth Check-In" practice this week? Why did it resonate with you?
2. Were there specific anxious narratives or beliefs you found yourself returning to repeatedly? Which truth from Jesus was particularly helpful?
3. How did spending intentional time each day anchoring in Jesus' truth affect your thoughts, emotions, or actions?
4. What's one practical rhythm you'd like to continue after this week to remain more consistently anchored in truth? How can we support each other in this practice?