

# Unraveled

THE **LIES** WE BELIEVE  
AND THE **TRUTH** WE  
FORGET



WEEK 4

**LIE: I AM UNLOVABLE OR  
UNWORTHY OF LOVE.**

**TRUTH: I AM MORE  
LOVED THAN I CAN  
IMAGINE.**

**How do you define love?**

Pastor Megan gave a few examples. Which ones have you experienced or expected? What would you add?



## **READ OUTLOUD**

God is love. This is how God showed his love among us: He sent his one and only Son into the world so that we might live through him. This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins.

1 **John 4:8-10**

## **TYPES OF LOVE**

**ROMANTIC LOVE:** A FEELING OF HAPPINESS WHEN YOU ARE WITH SOMEONE.

**AUTONOMOUS LOVE:** DOING WHATEVER YOU WANT WITHOUT JUDGMENT FROM ANYONE ELSE.

**IDEALIST LOVE:** LOVE IS HAVING EVERYONE LIKE YOU AND APPROVE OF YOU.

**SELF-FOCUSED LOVE:** LOVE IS BEING SERVED BY OTHERS AND EXPERIENCING THEIR LOVE FOR YOU WITHOUT GIVING ANYTHING BACK

**PERMISSIVE LOVE:** LOVE IS FULL PERMISSION TO BE ME NO MATTER WHAT THAT MIGHT MEAN FOR ANOTHER PERSON.

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**READ Gen. 22:2-14**

1. What stands out to you most in this story?
2. In verses 2 and 3, how does Abraham respond to God's request? How would you respond?
3. In verse 8, Abraham tells Isaac that God will provide the sacrifice. How do you think Abraham was feeling at this point in the story? How would you be feeling?
4. Why do you think this story is essential for every follower of Jesus?
5. What did you takeaway the most from Pastor Megan's teaching on this story?

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Let's

**P.R.A.Y.**

We recommend you close your time in prayer. We know that group prayer isn't for everyone. However, we encourage it as a good practice for anyone wanting to **receive God's sacrificial love on their behalf.**

This acronym is a helpful way to take what we have talked to each other about and talk to God about it. Take a few moments to pray as a Group using this guide to help you.

## **P = PRAISE GOD OR THANK HIM**

*Thank God for the ways He has made it possible for you to be loved by Him.*

## **R = REPENT OR ACKNOWLEDGE PERSONAL FAULT**

*Admit or confess where you've recently messed up and have experienced shame.*

## **A = ASK GOD FOR HELP**

*Name something specific you would like God's help with.*

## **Y = YIELD OR SURRENDER**

*Give God one area of control that you've struggled to give.*