

# DENIAL

Denial is “a self-protecting behavior that keeps us from honestly facing the truth.”

Denial is the enemy that keeps you from getting at the root of your pain. Before you can take the first step toward healing, you must admit what you’ve been denying.

Get help. I admit that I am powerless on my own and that I need help.

## **Disregards our feelings**

“You can’t heal a wound by saying it’s not there!” (Jeremiah 6:14).

## **Exhausts us**

The LORD frees the prisoners . . . . The LORD lifts the burdens of those bent beneath their loads (Psalm 146:7 NLT).

## **Never lets us grow**

They cried to the LORD in their trouble, and he saved them from their distress. He brought them out of darkness and the deepest gloom and broke away their chains (Psalm 107:13–14).

## **Isolates us from God**

God is light; in him there is no darkness at all. If we claim to have fellowship with him and yet walk in the darkness, we lie and do not live by the truth. But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin (1 John 1:5–7).

## **Alienates us from people**

“Stop lying to each other; tell the truth, for we are parts of each other and when we lie to each other we are hurting ourselves” (Ephesians 4:25).

## **Lengthens our pain**

“I will give you back your health and heal your wounds” (Jeremiah 30:17 NLT).

## **WRITE ABOUT IT AND TALK ABOUT IT**

Take your time as you answer honestly.

1. Do you pretend that everything is great when it really isn't? When was the last time you did this? Why?
2. How out of control does your life feel right now? Rate yourself on a scale of 1 to 10 with 10 being really out of control and 1 being in control. Why? What areas of your life are out of control and unmanageable? Be specific.
3. What areas of your life can you control? Be specific.
4. Do you have an "unspoken elephant" in your life/family? Something that is big and obvious, but you cannot talk about it openly?
5. In this lesson on denial we used the analogy that we must get to the flame (pain) which makes the water (our lives) boil out of control. What is your flame (pain)?
6. What do you usually do to get attention? Do you think that might be a form of denial? Why or why not?
7. How do you normally handle pain and disappointment?
8. How might you begin to address the denial in your life?
9. What scares you about facing your denial?

## **PRAY ABOUT IT**

What is one specific area within this lesson that you want prayer for?

## **PRAY ABOUT IT**

What is one specific issue relating to this lesson that you want prayer for?

**Your thoughts, feelings, ideas, questions . . .**

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