

SERIES: HOW NOT TO BE YOUR OWN WORST ENEMY

Episode 2: "Pay Attention to Your Narratives"

We can talk ourselves into anything. Our internal narratives justify our beliefs as well as our actions. But when those narratives aren't true, how do we replace them?

QUESTIONS

- 01 Did you grow up with an internal narrative you had to correct later in life? How did you discover that it was flawed?
- Currently, are there any destructive narratives you find yourself believing about yourself or others? Where did they come from?
- Andy mentioned that following Jesus means embracing a new narrative that informs our consciences and behaviors. How does this idea land with you?
- Name one narrative you
 need to replace. How does it contrast with the value system established by Jesus?

NOTES

BOTTOM LINE

Avoid regret by paying attention to the stories you tell yourself.

Learn something new? Have any epiphanies? Tweet your story and tag us @YourMove.