

"CBT - AN OPEN INVITATION"

Lesson for Sunday, November 20, 2022

Scripture References:

2Samuel 9
Philippians 3:13-14
Hebrews 12:1-2
Ephesians 2:4-6

LESSON OUTLINE

I. Restoration and Value

Old Testament

Micah 7:19

New Testament

Luke 4:18
1Corinthians 15:58
John 10:10
Hebrews 10:17

II. The Mephibosheth Syndrome

2Samuel 9
2Corinthians 4:18
1Samuel 18:1-4
1Samuel 20:14-47
2Samuel 4:4
Numbers 13
Proverbs 13:7

2Corinthians 5:17
Philippians 4:19
1Thessalonians 5:23
Romans 12:1-2

III. CBT - Come Back Truth

Philippians 4:19
1Thessalonians 5:23
Romans 12:1-2
Philippians 3:13-14
Hebrews 12:1-2
Ephesians 2:4-6

Word Definitions

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| 1. | Mephibosheth: | "Person of Shame" |
| 2. | Lodebar: | "Place of Shame" |
| 3. | David: | "Beloved of God" |
| 4. | Jonathan: | "Whom Jehovah Gave" |
| 5. | Ziba: | "Planter" |
| 6. | Ammiel: | "People of God" |
| 7. | Machir: | "Sold" |
| 8. | Dan: | "Judge" |

"Who You Are"

There is a worksheet attached to this lesson for you to complete which will show you just how the Lord looks at you and how you should begin to see yourself.

Questions to Consider

1. Talk about why it is sometimes hard for us to see ourselves as the Lord sees us.
2. Discuss how broken things can be restored.
3. What is the value of restoration and how can you see the value in your life?
4. Talk about why we allow what people say to impact us negatively.
5. Why is it necessary to change your thoughts and feelings in order to change negative behavior.
6. Talk about CBT - Cognitive Behavior Therapy - in relation to the acronym that Camille came up with "Come Back Truth" and how these complement one another.

SisStar Reflections

1. Until you begin to see yourself in relation to what the Word says, you will always be defeated.
2. Daily renewal of your mind by the Word will help you to walk in the Truth of God's Word.
3. When your thoughts are opposed to what the Word of God says, change your thoughts because the Word will not change to agree with your thoughts.
4. Be kind to yourself. Understand that walking in the Truth of God's Word is a process - and it is ongoing. You are in a marathon - a footrace of endurance - not speed.
5. You are the daughter of the King - and He Loves you with an Everlasting Love. You can love yourself because your Father loves you.

