Video #3: Living Loved

Outline

Cheri’s shares a personal story from middle school in which a boy mocked her. It was her first memory of experiencing shame. This incident gave her the lesson **I can be myself** *or* **I can be loved.**
 **Thought:** Cheri didn’t know it at the time, but she was listening to a liar.

And when you are listening to a liar, nothing *seems* louder than lies.

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Cheri discusses the familiar Bible story of Mary and Martha. She realizes the story may not be so much about Mary and Martha as it is about Jesus and His response to both women.

Cheri poses two “research” questions:

1. How does Jesus respond to each woman?
2. How does Jesus make each woman feel?

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Cheri reads a list of negative messages that might *feel* as if they could be true. Messages such as *I’m not good enough* and she asks the viewer to consider which ones might be lies they have believed.

Cheri shares the definition of *shame* that Brene Brown uses and she shows us the damage shame brings into our lives. Shame is the enemy’s favorite weapon against women.

**Remember: When you are listening to a liar, nothing *seems* louder than lies.**

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Next we look to scripture to see the answer to Cheri’s two research questions.

1. How does Jesus respond to wo**me**n?

2. How does Jesus make wo**me**n feel?

**Scriptures: Luke 10: 38-42, John 11: 4-6, John 11: 21-44**

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Line by line, using scripture, we look at Jesus’ response to both Mary and Martha.

Ultimately, beneath the research questions are deeply personal questions:

*How does Jesus respond to me?*
*How does Jesus make me feel?*

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Cheri plays a short video *Love Speaks Louder than Lies*, in which lies are crossed out, replaced by the truth from God’s word, and ultimately disappear.

When you are listening to Jesus, you won’t hear a liar, because His love speaks louder than lies.

And when you are listening to Jesus, you will know the Truth and the Truth will set you free.

**Application Point:**
You can be yourself AND be loved, *because* you are beloved by GOD.

**Question to ask:** What lies have you believed and what is the truth that defeats it?

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