

SECTION 3: SMALL GROUP APPLICATION WORKSHEET

Cultural & Worldly False Beliefs

Name: _____ Date: _____

Scripture Focus:

“See to it that no one takes you captive through hollow and deceptive philosophy, which depends on human tradition and the elemental spiritual forces of this world rather than on Christ.”

— Colossians 2:8 (NIV)

Why This Matters

The world is constantly sending messages about success, identity, truth, happiness, and worth. Many of these ideas seem normal or acceptable, but they often lead us away from God’s truth.

This worksheet is designed to help participants recognize cultural lies, identify how those lies may have shaped them, and replace them with Scripture-based truth.

Group Discussion Starter

Which cultural message do you hear most often today?

Which one do you think affects people the most?

Recognizing Common Cultural False Beliefs

1. Materialism

False Belief: “My worth is in what I own, achieve, or accomplish.”

Broken Fruit: Anxiety, comparison, greed, emptiness, always feeling “not enough”

God's Truth: "Life does not consist in an abundance of possessions."
— Luke 12:15

How have you seen this belief affect people today?

2. Relativism

False Belief: "Truth is whatever I feel it is."

Broken Fruit: Confusion, instability, lack of conviction, shifting morals

God's Truth: "Your word is truth."
— John 17:17

Have you ever struggled with basing truth on feelings instead of God's Word?

3. Self-Sufficiency / Independence

False Belief: "I don't need God. I can do life on my own."

Broken Fruit: Pride, burnout, fear, isolation, self-reliance

God's Truth: "Apart from Me you can do nothing."
— John 15:5

In what ways can independence become unhealthy?

4. Identity by Culture, Politics, or Social Groups

False Belief: “My identity is found more in my race, politics, status, gender, or group than in Christ.”

Broken Fruit: Division, pride, shame, fear, confusion, anger

God’s Truth: “You are all one in Christ Jesus.”
— Galatians 3:28

What identities are people most tempted to build their lives around today?

5. Pleasure as the Highest Goal

False Belief: “If it feels good, it must be right.”

Broken Fruit: Addiction, unhealthy relationships, impulsive decisions, bondage

God’s Truth: “There is a way that seems right to a man, but its end is the way of death.”
— Proverbs 14:12

Why do you think feelings can sometimes be misleading?

Personal Reflection

Which of these false beliefs has influenced you the most?

What "fruit" has this belief produced in your life?

What does God's Word say instead?

Truth Exchange Exercise

Fill in the blanks below:

The false belief I have struggled with is:

The cultural message behind it is:

The effect it has had on my life is:

The truth from Scripture that replaces it is:

My new truth declaration is:

Weekly Challenge

This week, each time you hear a message from media, work, school, social media, entertainment, or culture, pause and ask:

“Is this God’s truth, or a cultural lie?”

Write down one example below:

Cultural Message I Heard:

Why It Conflicts with God’s Truth:

Scripture That Speaks Against It:

Closing Prayer

Lord, help me recognize the lies that culture, the world, and the enemy try to place in my mind. Teach me to measure every message against Your Word. Replace false beliefs with truth. Help me build my identity, worth, and purpose on You alone. In Jesus’ name, amen.