



# Your Mom *Lie*

## MODULE 5: WHOSE VOICE ARE YOU HEARING?

Voice of God	Voice of Inner Critic
<b>Tone of Voice:</b> gentle and humble, loving, imploring, beseeching, urging our return to Him.	<b>Tone of Voice:</b> accusing, nagging, mocking voice generating fear, causing confusion and a sense of rejection.
<b>Specific:</b> tells you to take one specific action in response to sin. Freedom follows.	<b>Vague and General:</b> generates a blanketing sense of guilt that striving seeks to relieve. Creates a sense of hopelessness and weakness.
<b>Encourages you:</b> says you can rely on His power through the yoke, not your strength.	<b>Discourages you:</b> attacks your self-image, tells you that you are not enough and not as you should be.
<b>Releases you from the past:</b> tells you that your sin and stain is forgiven, removed, never to be held against you.	<b>Throws your past in your face:</b> replays your sin and shame, reminds you of all your poor choices and bad decisions.
<b>Attracts you to Him:</b> generates an expectancy of kindness, love, forgiveness, and help for all your problems.	<b>Rejects you:</b> produces a feeling that God has rejected you as unworthy and unholy and expects you to strive to get back into His favor.
<b>Draws you into Fellowship:</b> Encourages conversation with you in the midst of your struggles and burdens and encourages yoking to Him.	<b>Isolates you:</b> shames you to withdraw from others and to assume they will reject you.
<b>Tells the Truth:</b> states the facts about you and God.	<b>Lies to You:</b> twists truth about you and God.
<b>Gives Rest:</b> Yokes with you so that your burdens are light.	<b>Steals Rest:</b> Drives you to strive harder to find your own rest.

Chart adapted from *Come with Me* by Kathy Escobar, 2002

### COACHING QUESTIONS:

*What does your inner critic say to you as a mom?*

*In what way have you mistaken the voice of the inner critic for the voice of God?*