



08.23.2026  
ONE DEGREE  
Discussion Guide

### SERMON SUMMARY

Dr. Donna Pisani revealed how the enemy works through subtle distortions of truth: lies that are just one degree off from what God actually says. Drawing from lives in the Bible, she challenges us to identify the lies we have been living under, replace them with the truth of God's Word, and walk in the abundance God has already promised us.

### SCRIPTURES USED IN THE MESSAGE

- Luke 1:37
- Philippians 3:12
- John 8:32
- Genesis 1:28, 2:16-17, 3:1, 9
- Matthew 3:17, 4:3, 4, 7, 10
- Hebrews 4:12
- Psalm 81:13, 16
- Genesis 3:9

### TALK IT OVER

Choose questions that keep the discussion moving. No need to discuss every question.

- What is one thing from this past week, good or hard, that you carried into this room tonight?
- Describe a time when a lie came to you disguised as something that felt almost true? What made it difficult to recognize?
- What fears have you been soothing rather than identifying them?
- In Genesis, the enemy reframed what God said by pointing to the one restriction in the middle of an abundant garden. Where in your own life do you find yourself most tempted to focus on what you cannot have rather than what God has already given you? What does that tend to produce in you emotionally and spiritually?
- What is the difference between living from a posture of entrustment versus entitlement? What does each one look like practically in everyday life?
- How do you discern which voice you're allowing to interpret what you're walking through?

- The message introduced a simple filter: anything God speaks carries hope. If there is no hope attached to it, it is a lie. What are the recurring thoughts or inner narratives in your life right now? Run them through that filter. Which ones carry hope and which ones do not?
- What lies are you believing that were never meant for you?
- Why do you think the specific words of Scripture carry a different kind of power than general encouragement or good advice?
- What would it mean to move from just hearing the Word to actively repeating it? What truths from the Bible are you speaking over your life?
- The Shunammite woman declared "It is well" even when her son had died and her circumstances were at their worst. What is the difference between genuine faith-filled declaration and simply pretending everything is fine? How do you hold both honesty about your circumstances and trust in God's promises at the same time?
- What are you attaching your "It is" to?
- What might it look like in your own life if you began declaring "it is well" over a situation that currently feels anything but well? What would that require of you?
- God's question to Adam and Eve was, "Where are you?" He was grieving because His children were hiding in shame, and it was an invitation to come home. Is there any area of your life where shame has caused you to hide from God or from community? What would it look like to respond to that invitation this week?

## APPLICATION IDEAS

- Choose one or more of the following to put into practice before your group meets again.
  - Take 10 to 15 minutes this week and ask the Holy Spirit to reveal one recurring thought or belief that does not have hope attached to it. Write it down and name it as a lie.
  - Once you have identified the lie, search the Bible for a verse or passage that directly counters it. Write that truth down somewhere you will see it every day. Begin repeating it aloud daily.
  - For the next seven days, when a discouraging or fearful thought comes up, run it through the filter Dr. Pisani gave: Does this thought carry hope? If not, name it as a lie and replace it with what God's Word says.
  - Identify one situation in your life right now that feels uncertain, painful, or out of control. Begin declaring over it daily, "It is well," not as a denial of the difficulty but as a declaration of trust in God's goodness and faithfulness.
  - If there is an area of your life where shame has caused you to hide from God, from your community, or from yourself, take one step this week to come out of hiding. That might mean praying honestly, reaching out to a trusted friend, meeting with a pastor, or simply sitting with God and saying, "Here I am."

## PRAYER FOCUS

At Lifepoint, we pray until something happens. Make time in every group meeting to pray for one another and the larger matters of concern to your group.

- Pray specifically over the lies that were named during your discussion. Ask the Holy Spirit to show everyone where they have been off from the truth, to give them hunger for the Word of God as their weapon, and to lead them into the abundance God has already prepared for them. Thank God that "it is finished" and the price for every lie, every shame, and every broken place has already been paid.

## LEADER TIPS

- Be transparent with your group. It is important for you to reveal your own imperfections and challenges if you expect your group members to do the same.