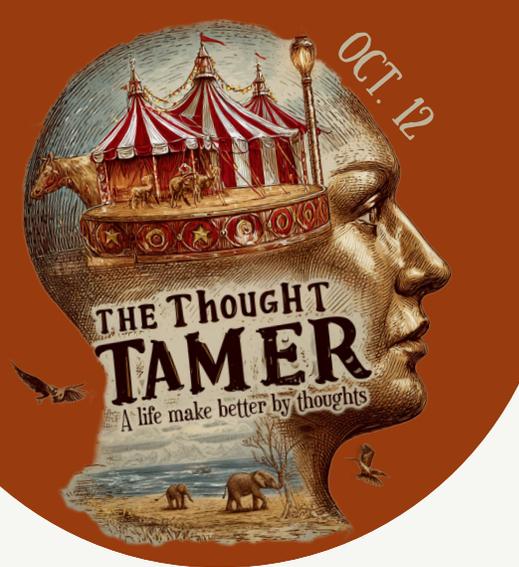


PROJECT BLUEBOOK – IDENTIFYING UFOs: UNTRUTHS
FUELING OVERREACTIONS”
GENESIS 3:1-5



THE THOUGHT TAMER
A LIFE MADE BETTER BY BETTER THOUGHTS

How is the thought taming going?

This study guide is designed to help you explore deeper what we covered in the sermon Project Bluebook. Now the first question is profound and simple

– are you able to spot UFOs in your life?

A UFO is – Untruths Fueling Overreactions

SO GRAB A BIBLE – A PEN – A QUIET PLACE – AND A JOURNAL.
AND LET'S START TAMING A FEW THOUGHTS!

Reread the passage – Genesis 3:1-5

Our quest is – Learning to detect the lies that launch emotional overreactions—and staying grounded in truth.

Let's add an additional verse that is helpful as well – John 8:32 — “Then you will know the truth, and the truth will set you free.”

Passage Overview

In Genesis 3:1-5, the serpent uses deception to twist God's words. Eve hears the lie, reasons with it, and reacts from it.

This same pattern repeats today: when we believe untruths, they fuel emotions that overreact and disconnect us from peace and obedience.

Observation Highlights

Distortion: “Did God really say?” — the first seed of doubt.

Addition: “We must not touch it.” — a subtle change to what God actually said.

Denial: “You will not surely die.” — the outright untruth that fueled the fall.

When we build reactions on misinformation, we lose balance, perspective, and intimacy with God.



Key Truths to Remember

Untruths fuel overreaction. Every exaggeration, rumor, or self-doubt can spin emotions out of control.

Truth brings freedom. When we check our feelings against Scripture, we regain clarity and calm.

Discernment takes practice. The Holy Spirit helps us separate what's true from what's merely loud.

Reflection Framework – The “U.F.O. Check”

Before reacting, pause to ask:

U – Untruth: What story am I believing right now? Is it accurate or assumed?

F – Fuel: Is this thought feeding faith or fear?

O – Overreaction: Am I responding with wisdom or emotion?

SEVEN DAYS OF JOURNALING QUESTIONS

Day 1 – The First Doubt

Read Genesis 3:1.

What subtle doubts creep into your mind about God's goodness or timing?
How can recognizing them early prevent an overreaction later?

Day 2 – Adding to God's Word

Read Genesis 3:2-3.

Have you ever added your own “rules” to what God actually said?
How can legalism or self-pressure distort truth?

Day 3 – The Voice of the Serpent

Read Genesis 3:4-5.

What lies does culture whisper that sound “almost right”?
How can you compare them to the truth of Scripture?

Day 4 – Emotional Fuel

Read Proverbs 14:29.

What emotions most often drive your quick reactions—fear, pride, insecurity?
What would it look like to let the Holy Spirit slow your response?

Day 5 – Grounded in Truth

Read John 8:31-32.

Which truth from God's Word calms you most when life feels uncertain?
Write it out and keep it visible this week.

Day 6 – The Ripple Effect

Read Genesis 3:6-7.

How did one overreaction affect Adam, Eve, and all creation?
Where do your own reactions influence others—for better or worse?

Day 7 – Restored by Grace

Read Romans 5:18-19.

How does Jesus reverse the damage caused by humanity's first “UFO”?
Where do you need to replace guilt with grace today?

Commitment

“Lord, help me spot the untruths that try to fuel my reactions. Teach me to pause, pray, and respond in truth and love.”

Now What Challenge... expand the Now What from Sunday with this bit of helpful advice

Pause before reacting—take a spiritual deep breath.

Probe your thoughts—ask, “Is this true?”

Proceed with truth—choose responses that reflect Christ's peace.