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The Landscape of *Lies*

This week, you have a lot of reading to do, including the introduction and chapters 1–3 in *Lies Young Women Believe* (LYWB for short!). It gets easier after this week. We'll digest things one chapter at a time, so read a chapter when the assignment appears.

Catching a Glimpse

“Back in the garden, Eve met an imposter with a diabolical agenda. He wanted Eve to become his slave by rejecting God and His purposes for her life. The serpent craftily asked, “Did God actually say, ‘You shall not eat of any tree in the garden?’” (Genesis 3:1). That’s not exactly what God had said, but it certainly sounded similar. God had told Adam (and Eve) they couldn’t eat from the Tree of the Knowledge of Good and Evil. Satan used a clever combination of half-truths and falsehoods *posing* as Truth. ✦ He began by planting doubts in Eve’s mind about what God had actually said. . . . He wanted her to turn her back on God, to reject His Truth, and to believe his carefully crafted lies . . . and she did. ✦ And that’s exactly what the great Imposter wants you to do.”

(Lies Young Women Believe, page 20)

KNOW
the
TRUTH

A critical element of this study will be concentrating your focus on the Truth found in God’s Word. We want to encourage you to memorize a Scripture for each week of this study. (You can do it!)

The first verse we want to encourage you to memorize is to the right. We also have these verses on an insert in the back of the book that you can cut out and carry with you.

“So flee youthful passions and pursue righteousness, faith, love, and peace, along with those who call on the Lord from a pure heart.”

(2 TIMOTHY 2:22)

DAY ONE:

Blazing Lies

R READ

Read the Introduction: Blazing Lies in *LYWB* (pages 9–15).

R REALIZE

Realize means “to make real or actual.” That’s what we want to do with this section of each day’s study. We want to “make real or actual” the Truth that you’ve just read. This is where you’ll roll up your sleeves and move from just being “introduced” to the Truth in the book to making it so real in your life that you “know” it.

1. Look up 2 Peter 2:19. Rewrite the verse in your own words in the space provided.

2. Here are a few of the questions posed in the Introduction to *LYWB*. Record your responses below. (Be honest!)

Are there consuming areas of your life that you can’t stop thinking about—perhaps food, guys, or your appearance?

Do you feel as if your life is being controlled by powerful emotions—like fear, depression, anger, loneliness, jealousy, or self-pity?

Are there harmful habits or destructive patterns you can identify in your life—things like cutting yourself, drinking, using drugs, or sexual activity—that you just can’t seem to change or let go of?

3. Did you take the “what’s-the-status-of-your-lying-embers?” quiz? In case you haven’t, we’ve included it here. **WHY NOT TAKE IT NOW?**

>>> Circle the word or set of words that reflect how you feel or respond most of the time. (Select one per pair.)

1 **Relaxed** >>> or Totally stressed-out

2 Happy-to-be-single or **Gotta-have-a-guy**

3 Good-with-what-ya-got or **Ugly**

4 **FORGIVEN OR GUILTY**

5 Definitely-taking-my-problems-to-God-first or **Gotta-ask-my-friends-for-advice**

6 Got-just-enough-friends or > **LONELY**

7 **Friendly** or > Totally PMS-ing

8 **AUTHENTIC OR HYPOCRITICAL**

9 **In-control-of-my-tech-world** or **Would-DIE-without-texting-and-social media**

10 Confident-in-my-stand-to-be-pure or **Ashamed-to-stand-alone**

11 Content-with-what-ya-got or **MUST-shop-now**

12 **The-real-deal** or **Different-depending-on-who-I’m-with**

13 **Walking-in-victory** or Unable-to-overcome-certain-sins

14 Content-to-submit or Angry-at-my-parents

15 **Confident-of-God’s-protection** or Afraid-of-Satan

Look at the words you circled. What might these words reveal about the condition of your emotions and relationships?



4. Remember Erin’s story in the introduction of *Lies Young Women Believe* (pages 9–10) (Fun fact: that is the very same Erin who helped write this Bible study and who runs LiesYoungWomenBelieve.com. Freedom is possible!) Erin was controlled by fear and experienced frequent panic attacks. Her fear was the result of believing lies, but it took her a long time to see that. The biggest lie she believed was “everyone leaves.” What Scripture verse would *you* use to counteract that lie with Truth? Write it down below.

R RESPOND

Respond means to “answer” or to “take action.” We want you to do more than just realize the Truth. We want you to act on it! Each day we will guide you through a series of questions or activities designed to help you respond to the Truth you’ve encountered. This is where it gets personal as you apply Truth directly to your life. If you do this study as part of a group, we’ll guide you back to discuss some of these questions together.

1. Often, it’s easier to see the lies that others believe, than it is to see how you’ve been deceived. What are some lies you see the young women around you, especially your friends, believing?

2. How would you like your life to change as a result of this study?

PRAY ABOUT IT

To dig deep, spend time praying about what you're learning in the Word during this study. Ask God to help you see lies and replace them with His Truth. We've included space at the end of each day for you to journal. You can pray silently or out loud, but we'd like to challenge you to record your prayers right here in this book. As you look back, you will be amazed at how God has faithfully responded to you. We'll get you started at the end of each day of study.

Jesus, I want to grow emotionally, spiritually, and relationally as a result of this study. I pray that You will reveal areas of spiritual and emotional bondage in my life and any lies I've believed that are keeping me enslaved. Show me the Truth I need to know to experience freedom, especially in the areas of . . .



DAY TWO:

The Origin of Lies

R READ

Read chapter 1: The Deceiver in *LYWB* (pages 17–23).

R REALIZE

1. Consider today quiz time! Take a stab at the following questions about Satan, and then check your answers by taking a deeper look at a few Scripture passages that tell us about God’s archenemy.

>> **A.** If you could describe Satan’s physical appearance, based on Scripture, what words would you use?

... big and hairy

... black and scaly

... bright and beautiful

... short and slimy

It might be surprising to realize that Satan would best be described by the words *bright* and *beautiful*! Read 2 Corinthians 11:14 and Ezekiel 28:12.

How can the reality of Satan’s appearance affect our tendency to believe his lies?

>> **B.** According to Scripture, what is Satan’s native language?

... Latin

... Lying

... Pig Latin

... Jive

Look up John 8:44 to be sure your answer is correct. (Though you probably don’t need any help!) What does the writer mean when he writes that lying is Satan’s *native* tongue?

>> **C.** Why was Satan cast out of heaven?

... pride

... bad breath

... failure to clean his room

... shining his wings

Of course, Satan wasn't kicked out of heaven for not cleaning his room! Ezekiel 28:12-19 describes Satan's fall. Look it up. What specific character traits led to his downfall?

2. Look up Genesis 2:15-3:10 in your Bible. We want you to thoroughly digest this story. (So much of this book hinges on your understanding of Eve's fall.) As you read the passage, fill in the blanks to review key thoughts.

✿ *"The LORD God took the man and put him in the garden of Eden to work it and keep it. And the LORD God commanded the man, saying, '_____*
_____ . . .'

(Genesis 2:15-17).

✿ *"Now the serpent was more _____ than any other beast of the field that the LORD God had made. He said to the woman, '_____?' And the woman said to the serpent, '_____ but God said, ' _____.' But the serpent said to the woman, '_____. For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.'*

"So when the woman saw that the tree was _____, and that it was a _____, and that the tree was to be _____, she took of its fruit and _____, and she also gave some to _____ and he _____. Then the eyes of both were opened, and they knew that they were naked. And they sewed fig leaves together and made themselves loincloths.

"And they heard the sound of the LORD God walking in the garden in the cool of the day, and the man and his _____ among the trees of the garden. But the LORD God called to the man and said to him, '_____?' And he said, '_____.'" (Genesis 3:1-10).



We're going to do some fill in the blanks on key Bible passages throughout this study. Just like the memory passages, the fill-in-the blank exercises are based on the English Standard Version. If you don't have an ESV Bible, you can look up these verses online at BibleGateway.com or download a Bible reading app like YouVersion.

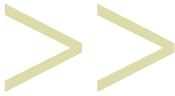


3. The story of Adam and Eve in the Garden of Eden is likely a familiar one. Let's look at it closely.

A. Who is the deceiver in these passages? _____

B. What specific lies does he tell to Eve? _____

C. What are the consequences? _____



4. OK, let's take a closer look at how Eve's deception began. Look up Genesis 2:16–17. Fill in the blanks of God's actual command to Adam:

 "You may surely eat from _____ tree in the garden; but of the tree of the _____ you shall _____ eat, for in the day that you eat of it you shall _____."

Now look up Genesis 3:1. Fill in the blanks of what Satan said to Eve:

 "Did God actually say, 'You shall not eat of _____ tree in the _____'?"

Satan began his deception by planting doubts in Eve's mind about what God had *actually* said. God was clear. Adam and Eve had freedom to eat from every tree except one. Satan questioned that freedom by subtly modifying what God had said. The result was Eve and then Adam doing something God had warned would have negative consequences.

We often doubt that a relationship, emotion, or activity is truly harmful *even when God's Word specifically warns against it.*

5. Look up Jeremiah 29:11. How does Satan’s desire for our destruction differ from God’s desire for our lives?

God desires for us to live abundant lives. He wants you to experience true freedom, joy, peace, and contentment. Our goal in this study is to move you toward His desire for you.



R RESPOND

1. Is there an area of your life where God’s Word warns that an activity will cause you harm, but you have chosen to participate anyway? For example, maybe you sometimes expose yourself to “just one” sexual scene in movies here and there (Ephesians 5:3) or you use language that “everyone else is using” but that’s negative, unkind, or filthy (Philippians 4:8). What is one area where you are not heeding God’s commandments?

2. Sin always has consequences, even though we may not experience them right away. What are some consequences Christians may face when they sin, especially as it relates to the sin you wrote about above?



R RESPOND

1. In chapter 2, we introduced you to a girl we called Caitlyn. She moved quite quickly from being a wide-eyed, happy twelve-year-old to a bulimic who was fighting for her life. Lots of girls today focus on the world's messages about beauty and value. They often end up fighting battles similar to Caitlyn's. What are some ways the world presents the message that being underweight is healthy? List them on the left side below.

THE SOURCE OF THOSE LIES

(Example: Following models on social media)

LIES I'M BELIEVING

(Example: Beautiful girls are worth more)

First, we listen to the lie. If we dwell on those lies, we begin to believe them. On the right side, write examples of lies we begin to believe about ourselves in the area of beauty and value if we dwell on the world's messages

2. Eve cooperated by dwelling on lies rather than trusting God. We do the same thing. Instead of spending time in God's Word cultivating inner beauty, we spend hours in front of the mirror or at the gym, focused on our physical appearance. Calculate the amount of time you spent last week reading your Bible and praying versus looking in the mirror or working out. Write the number of minutes for each day of the week.

BIBLE / PRAYER

MIRROR / WORKING OUT

Sunday	-----	-----
Monday	-----	-----
Tuesday	-----	-----
Wednesday	-----	-----
Thursday	-----	-----
Friday	-----	-----
Saturday	-----	-----

Is this an accurate reflection of how you typically spend your time?

3. We'd like you to set *one* reasonable goal in this area—to help you increase the time you spend reading the Word. Here are some ideas to get you started.

-  Commit to spend 15 minutes reading your Bible each day when you get home from school.
-  Read a chapter of Proverbs each day for the next month.
-  Determine not to look at your phone until after you've spent time reading and meditating on God's Word.

Those are some ideas we thought of, but you know what motivates you better than we do! Spend a few minutes thinking about how you can stay motivated to spend more time dwelling on the Truth. Then, complete this sentence with the commitment you are making:

I commit to spend more time dwelling on the Truth by . . .

PRAY ABOUT IT

Jesus, uncover lies in my life. Expose me to Your powerful Truth. Especially in the area of . . .

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DAY FOUR:

The Power of Truth



READ

Read chapter 3: The Truth in *LYWB* (pages 33–37).



REALIZE

1. Fill in the blanks for the following passages.

 "Jesus said to him, ' _____ am the _____ , and the _____ ,
and the _____ .'" (JOHN 14:6)

 "So Jesus said to the Jews who had believed in him, 'If you _____
in my _____ , you are truly my _____ , and you will
_____ the _____ and the _____ will set you
_____ .'" (JOHN 8:31–32)

 "Your _____ is _____ ." (JOHN 17:17)

Based on these verses, write a concise definition of Truth:

TRUTH IS _____ .

Truth is Jesus Christ. He is the standard or original for Truth. He reveals Truth to us through His written Word.

2. Read John 1:14 and circle the name of Jesus that is presented in that verse.

WONDERFUL COUNSELOR

THE WORD

PRINCE OF PEACE

Jesus is the *living* Word of God. The Bible is the *written* Word of God. Our lives should be in agreement with every word God has given us in the Bible and in Jesus Christ.



3. What is one area of your life where you need to be set free? Ask God to help you begin to identify any lies you believe and to help you turn to Christ and His Word to set you free from any deception and bondage you are experiencing. By faith, thank Him that His Truth can set you free!

P PRAY ABOUT IT

Jesus, I acknowledge that You are Truth and that You can set me free from every sinful bondage. I need the power of Your Truth in my life. Help me find freedom through the Truth, specifically in the area of . . .

Handwriting practice lines consisting of multiple sets of horizontal dashed lines. Three decorative floral icons are placed on the lines: one on the left side of the first set, one on the right side of the second set, and one on the left side of the third set.



ACT

At the conclusion of each week, we will encourage you to put truth into action. Some of these steps will be fun. Others will be challenging. All of them are meant to expose the power of lies in your life and to replace those lies with Truth from God's Word.



These are great activities for you to complete or discuss with others during your small group study!

SATURATE YOUR LIFE WITH TRUTH <<

For the next week, we want you to saturate your life with Truth. Find some Scriptures that are particularly meaningful to you. You can even write those on the blank memory cards in the back of the book. If you don't know where to start, concentrate on verses that spell out God's love for you. (John 3:16 and Psalm 45:11 are examples.) The concordance in the back of your Bible is a great tool to help with this as well. You could also look at the appendix in the back of *Lies Young Women Believe* where we have done some of the research for you and provide truth verses based on various topics.

Write these verses out and cover your world with them. Place a copy on your bathroom mirror, in your car, in your textbooks. (Don't glue them onto your books . . . we wouldn't want you to get in trouble!) Come up with creative ways to remind yourself of these verses throughout the day. **Allow the power of God's Word to begin to loosen the power of lies in your life.**

