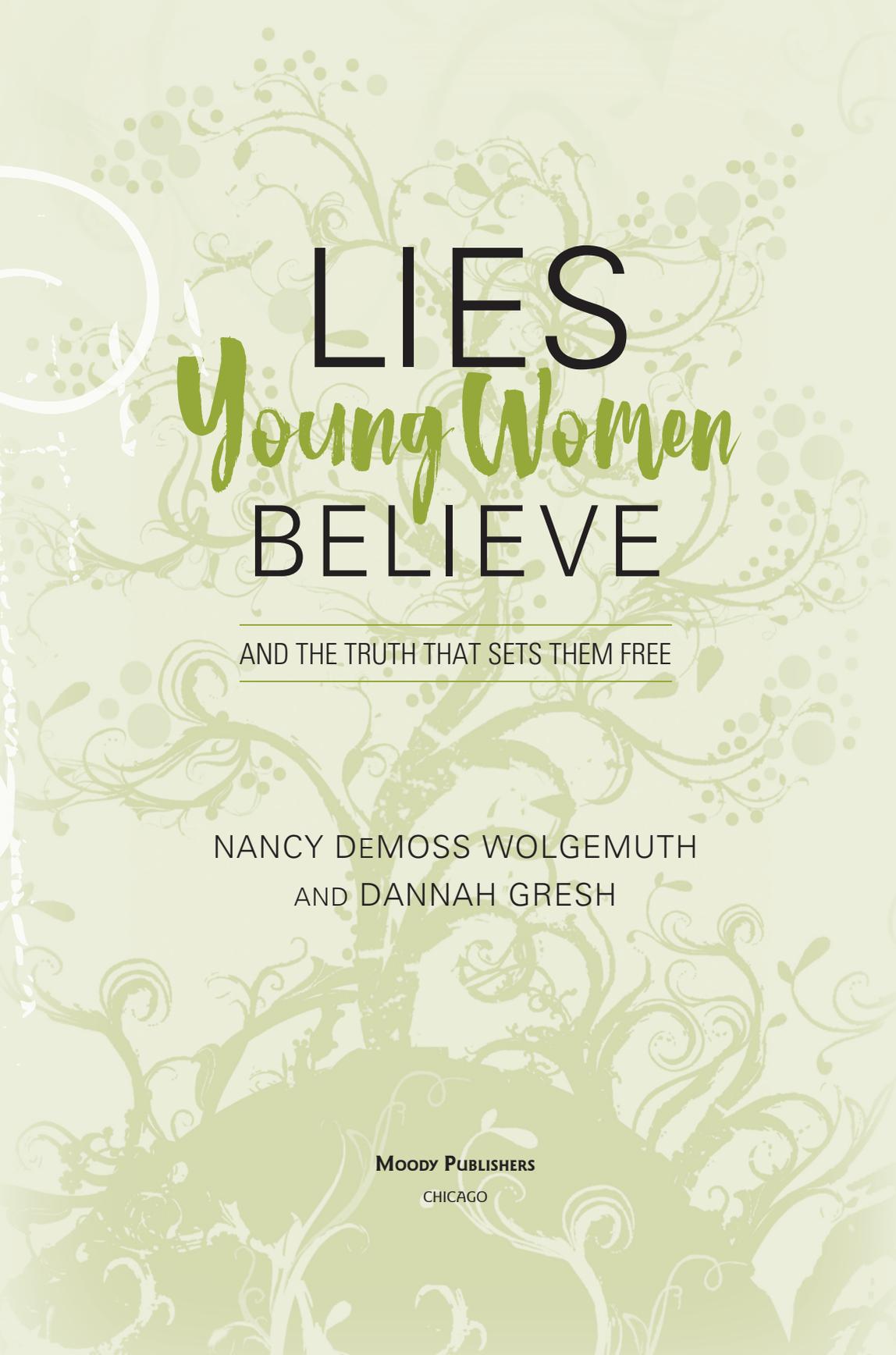


Contents of Set

Lies Young Women Believe

Lies Young Women Believe Study Guide



LIES
Young Women
BELIEVE

AND THE TRUTH THAT SETS THEM FREE

NANCY DEMOSS WOLGEMUTH
AND DANNAH GRESH

MOODY PUBLISHERS

CHICAGO



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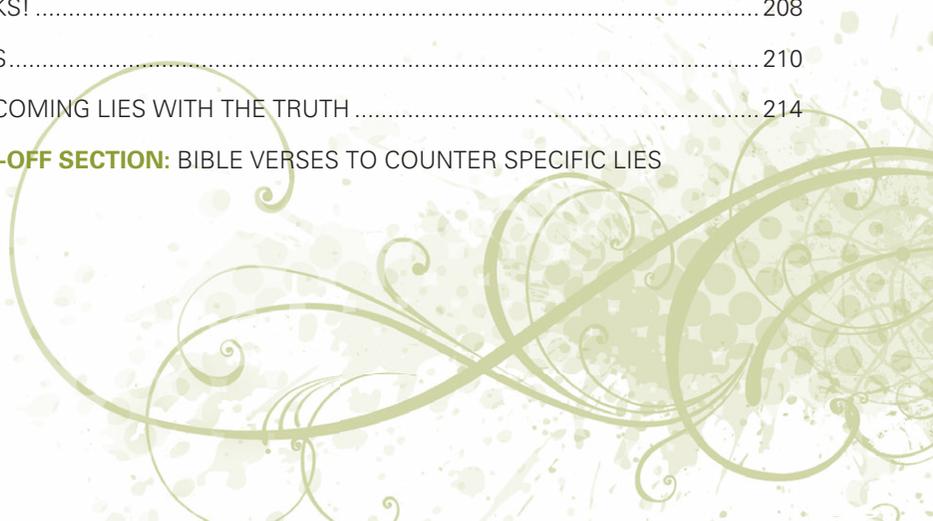
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The Deceiver

Where do lies come from?

Until that day, her life was almost a fairy tale—a paradise of sorts.

That all changed when Melanie was sixteen and she encountered her own personal “Tree of the Knowledge of Good and Evil.” Her boyfriend was a Christian. He prayed with her. Texted her Bible verses. She’d thought she could trust him. They’d never gone that far physically. But now, he was asking for more. And she had to decide whether to give in or walk away.

He begged, *“Don’t you really love me?”* His question was really an ultimatum and she knew it: *“Prove your love to me or we’ll break up.”*

Her boyfriend wasn’t who she thought he was. That was clear, but why did she want so badly to keep him? Why was she willing to do almost anything not to lose him? Why was she even considering doing something she knew in her heart was wrong?

She found herself depressed. Stressed. Lonely. Finally, when the ache became unbearable, she reached out for advice. Her youth leader started by praying with her. After some time of talking to God, Melanie and her youth leader just sat and waited in silence.



A **NOVEL** IDEA

This book will talk a lot about Eve and how she believed the lie that took down humanity. Her story is probably familiar to you, but you’ll be lost if you’ve forgotten what in the world the Tree of Knowledge of Good and Evil is or if you think Eve was made from Adam’s big toe. (Gotcha! Are you with us?)

We have a novel idea: we’d like you to read her story for yourself. Just open your Bible to Genesis 2:15 and read through the end of chapter three. Imagine you’re in the most beautiful garden ever created and sink into the drama of her story. We promise it’ll read like a . . . well, a novel!

Then tears began to stream down Melanie's face. "My whole life is one big fat lie," she said.

"Tell me how," the woman asked.

She opened her eyes and spoke with certainty: "The straight A's. All my soccer trophies. A perfectly organized bedroom. Never sleeping in. Never missing devotions. My obsession with a perfect SAT score. I do that for the same reason I'm considering doing this with my boyfriend."

"Can you explain the connection?" said the woman.

As only God can, He had shown Melanie the root of her emotional confusion and distress: "I've realized that I believe I have to perform to be loved." The temptation to have sex with her boyfriend was just the fruit of a lie she had been believing. God wanted to go down deep with Melanie to rip up the root.

 *When I stopped striving for a moment and finally sat still, I could hear God's Truth clearly. I understood. God loves me because I'm His, not because of what I can do or how much I can excel. That night, God showed me something I couldn't see before. I realized that almost everything I did was based on this lie about performance. Seeing the truth about my value was so freeing.*



REALITY READING

This book is not fiction! And we didn't want any of the stories we used to be fiction either. Though the story in this chapter is true, we've chosen not to use "Melanie's" real name. We'd do the same for you! Throughout the book, if we use only a first name, you'll know that we've changed the name.

Melanie had been lied to. Parts of her story may sound familiar to you. Or your story may be quite different. Maybe yours is a pattern of on-again, off-again friendships marked by "mean girl" moments. Constant fighting with parents who seem over-controlling. Or an ache to have your parents acknowledge that you're even alive. Secret, shameful habits. Plummeting grades. Patterns and relationships that once bothered you have come to seem "normal." But the consequences of depression, confusion, and loneliness reveal that something isn't right.

I (Nancy) received a letter one day from a young woman who had grown up in a Christian home and had been home-schooled; she even had a sense that God had a specific call on her life to serve Him. However, as her letter revealed, something wasn't right. In fact, things were very, very wrong:

 *I'm having a very hard time right now. Deep depression and anger and lots of different things have changed in me. I want to end my life or hurt myself really bad, even though I feel the Lord has a special thing for me to do when I get older. I hate my life and my family. It feels like it will never end and I will have to live like this for the rest of my life. We have been to many doctors, and no one knows what is causing this.*

You'd never have guessed what was going on inside this girl by looking at her. As I read her letter, my heart ached, and I wondered how many more young women in our Christian homes and churches are experiencing similar turmoil.

If you've turned over every rock looking for physical causes to your situation, it may be that you've believed one or more lies that have become deeply embedded in your thinking and have placed you in bondage.

Let's look at how our struggle with bondage began in the first place, so we can get you on your way to freedom. To do that, let's turn our attention once again to the first woman to fall for a lie.



FEEL LIKE THERE'S NO HOPE?

Suicide is the third leading cause of death for those aged 15 to 24.¹ We shudder to think that you may be struggling with such emotional bondage. Oh, how we wish we were there to hug you and tell you that there is hope. We're not just saying that. We mean it.

If you are struggling with thoughts of suicide, please reach out for help right now.

➡ **Cry out to the Lord.** Ask Him to rescue you from any evil influences that are trying to destroy you.

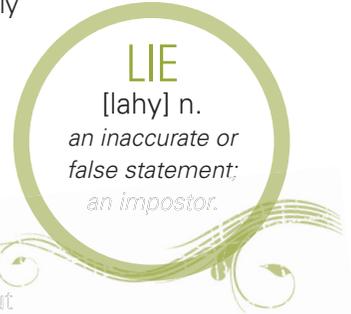
➡ **Talk to your parents, your pastor or youth pastor, or a godly Christian woman.** Ask them to pray for you and to help you get through this rough time.

➡ **Dial a help line and talk to a person live now.** We recommend calling Focus on the Family at 1-800-A-FAMILY.

THE DEFINITION OF LIES

A lie is “a false statement with deliberate intent to deceive; an inaccurate or false statement.”² Another definition is “an impostor.” A lie is an impostor of the Truth. We often don’t detect lies because they camouflage themselves so well.

Back in the garden, Eve met an impostor 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 sure 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. When Eve told him that God had said they would die if they ate the fruit, he responded with a series of lies. He said, “*You will not surely die.* For God knows that when you eat of it your eyes will be opened, and *you will be like God, knowing good and evil*” (Genesis 3:4–5). 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 Impostor wants you to do too.

THE ORIGIN & PURPOSE OF LIES

The Bible tells us that Satan poses as an “angel of light” (2 Corinthians 11:14). Ezekiel 28 tells the story of how he asserted his claim to be like God. He is *the* Impostor. And his motives are malicious through and through, as Jesus Himself pointed out:

“The devil . . . was a murderer from the beginning, and does not stand in the truth, because there is no truth in him. When he lies, he speaks out of his own character, for he is a liar and the father of lies.” (John 8:44)

SATAN'S NATIVE LANGUAGE IS LYING. He speaks through different mouthpieces, sometimes using evil rulers, false religions, social media, Netflix, popular songs, or even friends to deceive us.

Why does he lie to us? The verse above suggests that his ultimate goal is our destruction. The ultimate fruit of his lies is death. We begin to experience the results of this “death” before our hearts stop beating. Look at God’s words to the first man:

“OF THE TREE OF THE KNOWLEDGE OF GOOD AND EVIL YOU SHALL NOT EAT, FOR IN THE DAY THAT YOU EAT OF IT YOU SHALL SURELY DIE.”
(GENESIS 2:17)

What did God mean when He said they would die on the day they ate of the forbidden fruit? Eve clearly didn’t die *physically* the day she first sinned. However, the moment she took a bite of that fruit, she did die *spiritually*—she was separated from God, who is Life.

The Tree of Life was now off-limits, and she was banished from paradise. She would now be a slave to her own sinful, selfish desires and choices. She would bear the consequences of living in a fallen, broken world, rather than enjoying the eternal pleasure of life in Paradise. She and her husband would have to endure pain and hardship as they fulfilled their basic responsibilities related to family and work. With each passing year this hardship would take its toll on their bodies, and they would eventually experience physical death.

What a vivid picture this is for us.

The moment we believe and act on a lie, as Eve did, we begin to experience consequences. We become increasingly enslaved to false, destructive ways of thinking and living. Satan’s ultimate goal is our



THE TREE OF **KNOWLEDGE** OF GOOD & EVIL

It was the tree in the dead center of the Garden of Eden, which God had told Adam (and indirectly Eve) not to eat. They could eat of every other tree, including the Tree of Life. When Adam and Eve chose to disobey God and eat from the one tree God said was off-limits, they lost their “freedom of choice.” They could no longer eat from the Tree of Life and were banned from the garden.

destruction and death. Not just physical death some day in the future. He'd like to make you a part of his walking dead on this earth, not free to enjoy God and life as He created you to live it. You see, zombies are more than the bad guys in scary movies or on Netflix. Walking around enslaved to fear and death is a very real lifestyle for many.

THE TARGET OF SATAN'S LIES

Satan targets women with his lies.

For reasons we cannot fully understand, Satan chose to target a woman for his first deception in the Garden of Eden. Twice in the New Testament the apostle Paul points out that it was the woman who was deceived: "The serpent deceived Eve by his cunning" (2 Corinthians 11:3). "Adam was not deceived, but the woman was deceived and became a transgressor" (1 Timothy 2:14).

It may feel like a bad rap, but facts are facts. Satan obviously targeted Eve, perhaps thinking that if he could get her to buy into his deception, she would influence her husband to eat the forbidden fruit with her—which is exactly what happened.

And to this day, Satan continues to target women of every age for deception.



Your generation is bombarded with more messages (many of them untrue) than any past generation.

Netflix, Pinterest, texting, Instagram, Snapchat . . . The list goes on and on and is constantly changing. With so many media, the messages you are bombarded with are vastly more numerous than any previous generation has ever experienced. Never has a generation been exposed to so many messages through so many mediums.

The result is quite interesting. Social scientists have noticed that the younger generations who grew up with the Internet have responded to the information overload by becoming more careful.³ The information available concerning the consequences of some choices has resulted in a downward trend in smoking, drinking while driving, television viewing, and even sex. You're even more likely than older generations to drink water and understand that soft drinks aren't great for you.⁴

But along with all that strength of conviction exists some of the fuzziest moral thinking that any generation has ever known. There is no longer a

single source of prevailing influence or Truth. Instead, your generation tends to determine moral positions based on how a behavior makes you *feel* and whether it makes someone else *feel* good or bad. *If it makes me happy, it must be right.*

For example, 75 percent of college students admit to cheating on tests to get the grade they want. Once caught, they almost universally agree that cheating is wrong . . . unless they get away with it, in which case they believe it's OK to cheat. The technical term for this trend is "situational morality." Your generation is more likely than ours to determine right and wrong based on the context, rather than firm moral standards.⁵

The "Gender Revolution" of our day is an illustration of "morality" being impacted by how the outcome makes us feel. Your generation will be the first to mature into a gender fluid culture. That is to say, even the unmistakably clear biological distinction between male and female is no longer what people think determines gender. You can be born female, but if you identify more as male, then who's to say you're not really male?

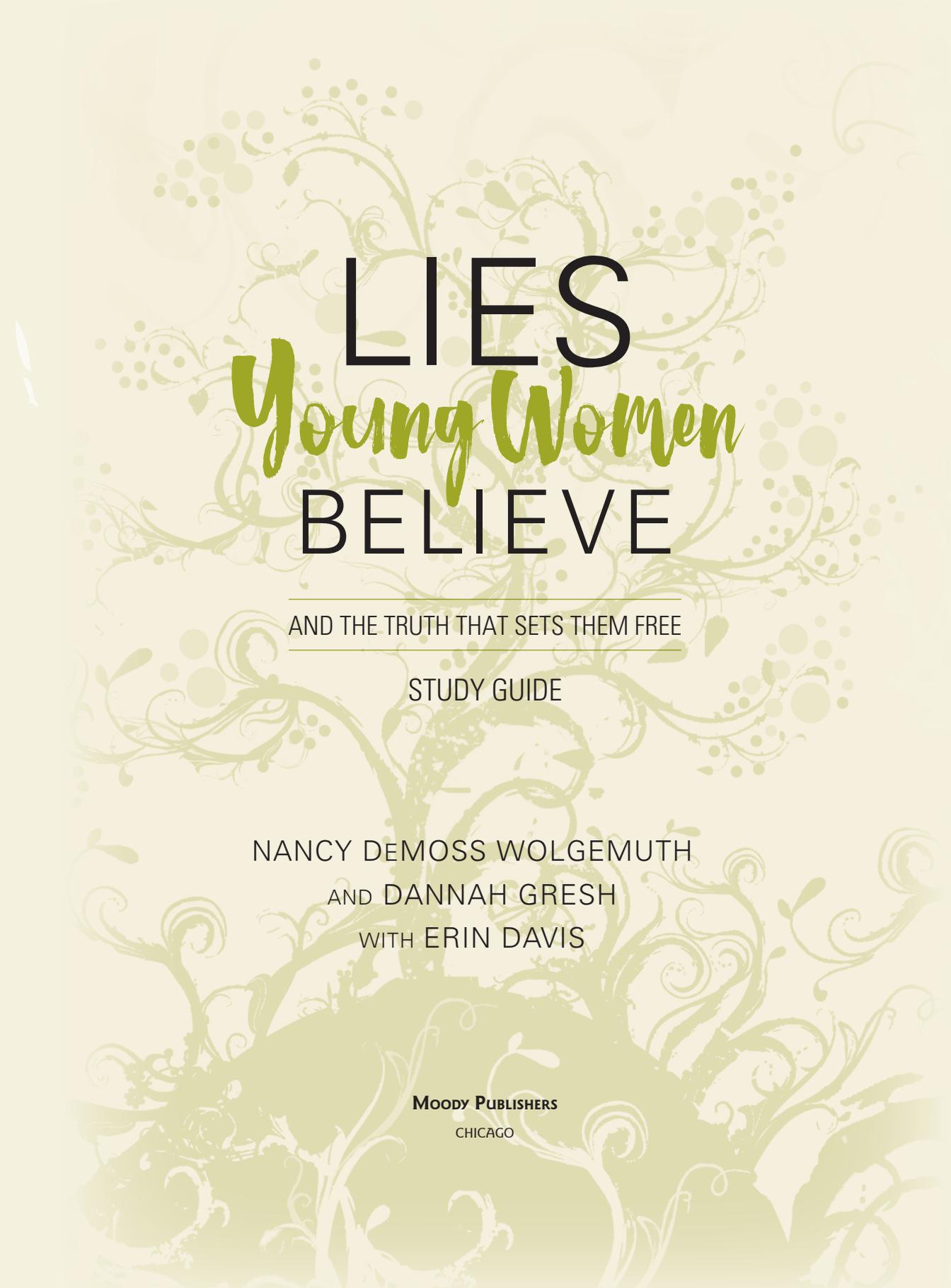
What has brought us to this place? Stories. The stories of individuals who feel one way or another have tugged at our emotions. We have allowed stories to become authoritative because of how they make us feel. Do you see a problem with that? We sure do.

We hope you do too! Let's start a movement that will buck and begin to change the current trend of untruth! Let's start looking to the One and only source of Truth.

And let's purpose to live lives that display the power and beauty of Truth to those around us.

We're here to spur you on in that movement, by fueling you with a passion to douse Satan's lies with the Truth. Before you start, there's something you should know about *your* role in these lies.

>>> **Check out the next chapter.**



LIES *Young Women* BELIEVE

AND THE TRUTH THAT SETS THEM FREE

STUDY GUIDE

NANCY DEMOSS WOLGEMUTH
AND DANNAH GRESH
WITH ERIN DAVIS

Moody PUBLISHERS
CHICAGO

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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).

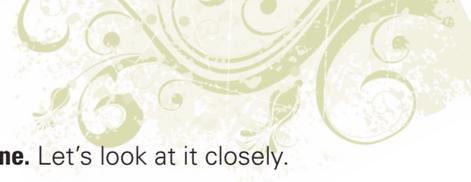
 *"Now the serpent was more _____ than any other beast of the field that the LORD God had made. He said to the woman, ' _____?' And the woman said to the serpent, ' _____' but God said, ' _____.' But the serpent said to the woman, ' _____'. For God knows that when you eat of it your eyes will be opened,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

R READ

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

R 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.



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.**

