

Truth, Lies & God's Promises - Women's IDMM

Date: 8/23

(1 HOUR)

OBJECTIVES:

After working through this lesson, participants will be able to:

1. Identify negative self talk/thoughts as lies
2. Understand the characteristics and attributes of God so that we can know Him and the truth
3. Understand what God says and thinks about us and operating out of His viewpoint in order to walk in the fullness of life He has for us
4. Recognize the God's promises and stand upon them in the face of difficulties

OVERVIEW FOR TRAINERS:

This lesson helps participants understand how negative beliefs/lies affect how we operate and to counteract it, we must know who God is and stand firm on His truth and promises.

MATERIALS:

- Poster-size paper, markers, & masking tape
- Starter: Role Play - Not Good Enough
- Handouts: *Practical Steps: What can you do to stand up to the negative beliefs/self-talk?*
- Bible Verses

STARTER: Role Play: Not Good Enough

1st I'm really excited about all of this information we are learning in Women's IDMM! I think it's going to be a great way to reach out to the ladies around me. But I'm feeling anxious and worried about doing it.

2nd Why are you so worried about it?

1st I'm worried I'm not good enough to do it. What if I screw up and fail? What if I forget everything I learned? I'm not sure I am capable of doing this.

2nd Yeah, I understand how you feel. I worry about not being good enough too.

----Ask SHOWD questions----

S = What do you **See**?

H = What is **H**appening?

O = Does this happen in **O**ur place?

W = **W**hy does this happen?

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D = What will we Do about it?

I. The Problem: Negative Beliefs & Lies

1. What are negative beliefs?

Beliefs shape your thoughts, words and actions. When we have negative beliefs, we have negative/bad thoughts toward ourselves. Negative beliefs turn into negative thoughts (or negative self-talk which is the internal dialogue in your head). These can become so ingrained in us that we begin to believe them as truth about ourselves, even though they are lies. Like the roots of a tree, these lies grow down deep into our hearts and minds and cause us to respond in fear, anxiety, sadness, worry, etc.

2. What are some negative beliefs (negative self talk) people might think about themselves?

- a. **I Am Not Good Enough**
- b. **I Am Unlovable:** I must meet the standards others have set for me because otherwise I will be unlovable
- c. **I Am Worthless:** I must prove myself because my worth depends on what I do.
- d. **I Am Unacceptable:** I must gain the acceptance of others because their opinion matters most.
- e. **I Am Unable:** I must pull back because I am less capable than others.
- f. **I Am Bad:** I must be perfect because my actions define who I am.

Though they may feel very real and true, these negative beliefs are actually lies.

3. What is a lie?

The definition of a lie is to make an untrue statement with intent to deceive. The very nature of a lie is a thought so deceitful and credible that you accept it as truth. It sounds so reasonable...why wouldn't we believe it?!

4. What does the Bible teach us about lies?

Read John 8:44b - *"He was a murderer from the beginning. He has always **hated the truth**, because there is **no truth in him**. When he lies, it is consistent with his character; for he is a **liar** and the **father of lies**."*

- a. The Bible says that Satan is the Father of Lies.
- b. There is no truth in Satan. He hates truth.

Satan's goal is to lie to each one of us to the point that we believe whatever he says as truth instead of believing God. He uses these negative beliefs/self talk to keep us thinking badly about ourselves.

5. Do you think Satan is our friend or our enemy?

Our enemy!

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II. How Do we Fight Against the Negative Beliefs & Lies? With Truth!

1. Read John 14:6-9. What does this passage teach us about Jesus/God?

*"Jesus answered, 'I am the **way** and the **truth** and the **life**. No one comes to the Father except through me. If you really know me, you will know my Father as well. From now on, you do know him and have seen him.' If you had really known me, you would know who my Father is. From now on, you do know him and have seen him!" Philip said, "Lord, show us the Father, and we will be satisfied." Jesus replied, "Have I been with you all this time, Philip, and yet you still don't know who I am? **Anyone who has seen me has seen the Father!** So why are you asking me to show him to you?"*

a. Jesus is truth. What he says and who he is, is truth.

2. Where should we start if we want to counter the lies?

a. Anyone who has seen Jesus has seen the Father (God). We start with Jesus, who is truth, and knowing Him. That leads us to God the Father.

Who is God and what are some things that the Scriptures say about Him?

***Instructions:** Divide into 3 groups and assign Bible verses to each group. Read the passages of Scripture within the groups and write down on newsprint the characteristics and attributes of God they see from the Bible verses to share with the class. (5-10 minutes)*

3. What does the Bible teach us about God? What are some of His characteristics and attributes?

a. Read 1 John 4:9-10, 16b - **God is Love**

"God showed us how much he loved us by sending his one and only Son into the world so that we might have eternal life through him. This is real love - not that we loved God, but that he loved us and sent his Son as a sacrifice to take away our sins....God is love, and all who live in love live in God and God lives in them."

b. Read Psalm 103:8 - **God is Gracious & Compassionate, Slow to Anger**

"The Lord is compassionate and gracious, slow to anger, abounding in love."

c. Read Titus 1:2 & Psalm 145:13 - **God is Truthful/He keeps ALL of His promises; Trustworthy**

Titus 1:2 "This truth gives them confidence that they have eternal life, which God—who does not lie—promised them before the world began."

Psalm 145:13 "For your kingdom is an everlasting kingdom. You rule throughout all generations. The Lord always keeps his promises; he is gracious in all he does."

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- d. 2 Corinthians 1:3-5 - **God is the Source of Comfort; Merciful**
"All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of ALL comfort. He comforts us in all our troubles so that we can comfort others...for the more we suffer for Christ, the more God will shower us with his comfort through Christ."
- e. Read Psalm 46:1 - **God is a Refuge (Safe Place) & Strength:**
"God is our refuge and strength, an ever-present help in trouble."
- f. Read Joshua 1:9b - **God Never Leaves**
"Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go."

4. What do you think about God based on these characteristics and attributes? (To the whole group)

- a. Trustworthy. Someone I can listen to.
- b. He's really great - full of good character.
- c. I can trust what He has to say about me.

5. Who Does God Say That I Am? What Does He Think About Me? What Truths Does God Speak Over Me?

Return to groups and assign Bible verses to each group. Read the passages of Scripture within the groups and write down answers on the newsprint. Be ready to report to the class. (10 minutes)

- a. Read Zephaniah 3:17 - **He Delights and Rejoices over Me**
"For the Lord your God is living among you. He is a mighty savior. He will take delight in you with gladness. With his love, he will calm all your fears. He will rejoice over you with joyful songs."
- b. Read Galatians 4:6-7 - **I am a Child of God**
"And because we are his children, God has sent the Spirit of his Son into our hearts, prompting us to call out, 'Abba, Father.'" Now you are no longer a slave but God's own child. And since you are his child, God has made you his heir.
- c. Read Romans 8:15-17 - **I am Adopted into the Family (CHOSEN & WANTED) & Made an Heir/Have Belonging**
You were adopted into the family. That means God **CHOSE** you and **WANTED** you. So now you are a part of HIS family, His **CHILD**. And get to be heirs in future glory with Christ.
*"So you have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when **he adopted you as his own children**. Now we call him, "Abba, Father." For his Spirit joins with our Spirit to affirm that we are*

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God's children. And since we are his children, we are his **heirs**. In fact, together with Christ we are heirs of God's glory. But if we are to share his glory we must also share his suffering."

d. Romans 5:11 - **I am a Friend of God**

A friend is someone you trust or enjoy being around, sharing close affection with.

*"So now we can rejoice in our wonderful new relationship with God because our Lord Jesus Christ has made us **friends of God**."*

e. Read Psalms 139:13-18 - **I am Wonderfully Made**

*"For you created my innermost being; you knit me together in my mother's womb. I praise you because **I am fearfully and wonderfully made**; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be. **How precious to me are your thoughts, God! How vast is the sum of them! Were I to count them, they would outnumber the grains of sand— when I awake, I am still with you.***

f. Read Genesis 1:26-27, 31a - **I am Created in His Image - and that's VERY GOOD!**

*"Then God said, **Let us make mankind in our image**, in our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals, and over all the creatures that move along the ground. So God created mankind in his own image, **in the image of God he created them**; male and female he created them. God saw all that he had made, and it was **very good**."*

g. Read Romans 15:7 - **I am Accepted**

*"Accept one another, then, just as **Christ accepted you**, in order to bring praise to God."*

h. Read Matthew 6:25-26 - **I am Valuable**

*"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. **Are you not much more valuable than they?***

i. Read Lamentations 3:22-23, Psalm 54:10, & Romans 5:8 - **Loved Unconditionally, Fiercely, & Passionately**

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"The faithful love of the Lord never ends!...Great is his faithfulness; his mercies begin afresh each morning." -

"...My unfailing love for you will not be shaken."

"While we were still sinners, God LOVED us...."

When we truly know and understand that God is a God of love and loves each one of us unconditionally, fiercely, and passionately, and we find our identity in His love, it changes how we respond to everything. There is no need to fear or worry about anything because no matter what, I am loved. And that frees us up to become exactly who God created us to be!

Do YOU know how much you are deeply loved by God?!

III. Standing on the Truth of His Promises

Once we know the truth about who God is and who we are, we need to stand on and hold fast to this truth and trust in His promises. As we lean into these truths, they will begin to take root and through the power of the Holy Spirit, will give you power in your heart and mind to tackle the negative thoughts/lies.

1. What are some of His promises to us from the Bible?

Return to the 3 groups and assign the Bible verses to each. Report back to the class. (5 minutes)

a. Philippians 4:6-7,9 - Gives us His Peace

*"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the **peace of God**, which transcends all understanding, will **guard your hearts and your minds** in Christ Jesus...And the God of peace will be with you."*

b. Read Deuteronomy 31:6, Hebrews 13:5b & Matthew 28:20b - Will Never Leave Us

*"Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; **he will never leave you nor forsake you.**"*
*"**Never will I leave you; never will I forsake you.**"*
*"...And surely **I am with you** always."*

c. Read John 14:26 - He will Teach Us All Things

"But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you."

d. Read John 14: 16-18 - He will Help

"And I will ask the Father, and he will give you another advocate to help you and be with you forever—the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives

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with you and will be in you. I will not leave you as orphans; I will come to you."

e. **Read Psalm 91:14-16 - He will Rescue & Protect**

"The Lord says, "I will rescue those who love me. I will protect those who trust in my name. When they call on me, I will answer; I will be with them in trouble. I will rescue and honor them. I will reward them with a long life and give them my salvation."

f. **Read 1 Peter 5:10 - Restores, Supports, Strengthens Us**

"In his kindness God called you to share in his eternal glory by means of Christ Jesus. So after you have suffered a little while, **he will restore, support, and strengthen you**, and he will place you on a firm foundation."

IV. Practical Steps: What can you do to stand up to the negative beliefs/self-talk? - HANDOUT

Pass out practical steps and ask for volunteers to read.

- 1. Identify the Negative Thoughts/Self-Talk.** If you are feeling bad about yourself, what thoughts are going through your head? What are you thinking? When you feel anxious or worried about something, what thought triggered that feeling?
- 2. Pick a Scripture Verse that Identifies Best with You.** What truths do you need to remember? Write down a phrase or verse from Scripture that speaks to you. Keep it on a notecard or as a note on your phone. Write it on a sticky note and put it next to your mirror at home. Memorize that phrase or verse. Keep it with you at all times.
- 3. Speak the truth.** When those negative thoughts begin to creep into your mind, speak the Scripture verse you chose out loud. Say it more than once, more than twice if you need to and remind yourself that you are speaking God's truth and what He thinks about you!
- 4. Ask God to Help You.** Ask God to help you distinguish the negative thoughts/lies from His truth. Think about this question: This thought that I have, would my enemy say this about me, or would God say this about me? Use this to distinguish God's voice from the voice of negativity and lies.
- 5. Give thanks.** Thank God for hearing you, for helping, and for the truth! You may not feel like anything is different – don't let your feelings dictate the truth. Let the truth dictate reality in your life. Thank God for showing you His truth!

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6. **Remind yourself daily of His love through visualization exercises.** Visualization is a way of holding a mental image of God/Jesus as a way of encountering Him and allowing the Holy Spirit to speak truth over your life.

V. Biblical Visualization

1. **Has anyone ever heard of Biblical visualization? What is your experience?**
2. **What is visualization?**

Visualizing is the act of creating visual, mental images in the mind. As believers, we can meditate on God's Word and visualize in our minds the words we read and hear into mental images. It can be used as a way to connect with the Lord on a deeper level.

Biblical Visualization Exercise:

Close your eyes.

Imagine Jesus is in the room with you. He's sitting next to you.

As you picture Jesus next to you, He has a HUGE smile on his face. He is looking at you with pure delight and joy! He is so proud of you. You make Him so happy! You are his daughter, and He loves you so much! You are beautifully made and created in His image. He thinks the world of you. He is your friend and loves to spend time with you. He will always be with you. Nothing can EVER keep Him from loving you!

Take a minute to develop this picture in your mind.

What negative thought or lie needs to be replaced with truth? What truth does Jesus want to speak to you today? Think about that right now.

Take some time to reflect upon what Jesus says to you. Receive whatever He wants to speak to you today and allow His truth to take root in your heart.

Try taking time to bring to mind this same picture at least once a day to remind you of God's truth.

VI. Closing Prayer:

Colossians 2:7: "Let your roots grow down into him, and let your lives be built on him. Then your faith will grow strong in the truth you were taught, and you will overflow with thankfulness."

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Ephesians 3:16-21: *I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong. And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is. May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God. Now all glory to God, who is able, through his mighty power at work within us, to accomplish infinitely more than we might ask or think. Glory to him in the church and in Christ Jesus through all generations forever and ever! Amen.*

STARTER: Role Play: Not Good Enough

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- 2nd** Why are you so worried about it?
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