

COUNTERING LIES WITH THE *Truth*

THE LIE	1. God is not really good.
THE TRUTH	<ul style="list-style-type: none">• God is good, and everything He does is good. Psalms 31:19; 34:8; 100:5; 106:1; 119:68; 136:1; Ephesians 1:3-14• God never makes mistakes. Isaiah 46:10; Romans 8:28-39
THE LIE	2. God doesn't love me.
THE TRUTH	<ul style="list-style-type: none">• God's love for me is infinite and unconditional. John 15:13; Romans 5:8; 8:32, 38-39; Ephesians 3:14-19; 1 John 4:7-10• I don't have to perform to earn God's love or favor. Ephesians 1:4-6• God always has my best interests at heart. Psalm 21
THE LIE	3. God is just like my father.
THE TRUTH	<ul style="list-style-type: none">• God is exactly what He has revealed Himself to be in His Word. John 1:1; Hebrews 1:3• God is infinitely more wise, loving, generous, and kind than any earthly father could ever be. Hebrews 12:9-10
THE LIE	4. God is not really enough.
THE TRUTH	<ul style="list-style-type: none">• God is enough. If I have Him, I have all I need. Psalms 23:1; 73:23-26; Colossians 2:9-10

THE LIE	5. God's ways are too restrictive.
THE TRUTH	<ul style="list-style-type: none"> • God's ways are best. Deuteronomy 6:24-25; Joshua 1:8 • God's restrictions are always for my good. James 1:19-27 • Resisting or rebelling against God's ways brings conflict and heartache. Psalm 68:6; Proverbs 15:32-33
THE LIE	6. God should fix my problems.
THE TRUTH	<ul style="list-style-type: none"> • In this world, we will have problems and pain. Romans 8:21-22; John 16:33 • Our pain and heartaches are purposeful and will ultimately be for our good and His glory. 2 Corinthians 4:17; Job 23:10 • God has an eternal purpose He is fulfilling in the midst of my suffering. Romans 5:3-4; James 1:2-4 • No matter what difficulty I may be facing, God's grace is sufficient for me. 2 Corinthians 12:7-10

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THE LIE	7. I'm not worth anything.
THE TRUTH	<ul style="list-style-type: none">• My value is not determined by what others think of me or what I think of myself. My value is determined by how God views me. <i>Psalm 139:1-18; Ephesians 1:3-8; 1 Peter 2:4</i>• God paid the ultimate price to purchase me for Himself. <i>John 3:16, Romans 5:6-8</i>• If I am a child of God, I am His cherished possession and treasure. <i>Romans 8:15-17; Ephesians 1:18; 1 Peter 2:9</i>
THE LIE	8. I need to love myself more.
THE TRUTH	<ul style="list-style-type: none">• By faith, I need to receive God's love for me. <i>Galatians 2:20; Romans 8:31-39; 1 John 4:16</i>• God wants me to experience His love and to let Him love others through me. <i>Matthew 16:24-26; John 15:12; Ephesians 5:29</i>
THE LIE	9. I can't help the way I am.
THE TRUTH	<ul style="list-style-type: none">• If I am a child of God, I can choose to obey God. <i>Romans 6:1-14; 8:1-2</i>• I am responsible for my own choices. <i>Deuteronomy 30:19; Joshua 24:15</i>• I can be changed through the power of God's Spirit. <i>Galatians 5:16; Philippians 2:13</i>

THE LIE	10. I have my rights.
THE TRUTH	<ul style="list-style-type: none"> • Claiming rights will put me in spiritual bondage. Jonah 4; Psalm 37:1-11; Luke 6:46 • Yielding rights will set me free. John 6:38; Hebrews 10:7
THE LIE	11. Physical beauty matters more than inner beauty.
THE TRUTH	<ul style="list-style-type: none"> • At best, as long as we are on this earth, physical beauty is temporal and fleeting. Proverb 31:30 • The beauty that matters most to God is that of my inner spirit and character. 1 Samuel 16:7; 1 Timothy 2:9; 1 Peter 3:3-5
THE LIE	12. I should not have to live with unfulfilled longings.
THE TRUTH	<ul style="list-style-type: none"> • I will always have unfulfilled longings this side of heaven. Romans 8:23, 25; Ephesians 3:11; Hebrews 11:13-16 • The deepest longings of my heart cannot be filled by any created person or thing. Psalms 16:11; 73:25 • If I will accept them, unfulfilled longings will increase my longing for God and for heaven. Deuteronomy 8:3; Psalm 34:8-10; Philippians 3:20-4:1

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THE LIE	13. I can sin and get away with it.
THE TRUTH	<ul style="list-style-type: none">• The choices I make today will have consequences. I will reap what I sow. Genesis 3:4-5; Galatians 6:7-8• Sin's pleasures only last for a season. Hebrews 11:25• Sin exacts a devastating toll. There are no exceptions. Psalm 10:6, 11, 13• If I play with fire, I will get burned. I will not escape the consequences of my sin. Psalm 32:1-5; Ecclesiastes 8:12; 12:13-14; James 1:13-15
THE LIE	14. My sin isn't really that bad.
THE TRUTH	<ul style="list-style-type: none">• Every act of sin is an act of rebellion against God. Romans 5:6-7, 10; 1 John 1:5-10• No sin is small. Proverbs 5:21; 20:27; Habakkuk 1:13; Romans 6:23; Galatians 5:19-21; James 5:19-20
THE LIE	15. God can't forgive what I've done.
THE TRUTH	<ul style="list-style-type: none">• The blood of Jesus is sufficient to cover any and every sin I have committed. 1 John 1:7• There is no sin too great for God to forgive. Psalms 85:10; 130:3-4• God's grace is greater than the greatest sin anyone could ever commit. Romans 3:24-25; 6:11-14

THE LIE	16. It's not my fault!
THE TRUTH	<ul style="list-style-type: none"> • God does not hold me accountable for the actions of others. Genesis 3:11-13; Ezekiel 18:19-22 • I am responsible for my own choices. Psalm 51:1-10; Philippians 4:8-9; Colossians 3:1-17
THE LIE	17. I can't live in consistent victory over sin.
THE TRUTH	<ul style="list-style-type: none"> • If I am a child of God, I don't have to sin. Romans 6:14 • I am not a slave to sin. Through Christ I have been set free from sin. John 8:31-32, 36; 14:6; Romans 6:6-7; Galatians 5:1; Hebrews 10:10 • By God's grace and through the finished work of Christ on the cross, I can experience victory over sin. John 15:5; 1 Corinthians 6:9-11; Galatians 2:20; 5:22-25

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THE LIE	18. I don't have time to do everything I'm supposed to do.
THE TRUTH	<ul style="list-style-type: none"> There is time in every day to do everything that God wants me to do. Psalm 90:10-12; Luke 10:38-42; John 17:4; Acts 20:24; Ephesians 2:10
THE LIE	19. I can thrive without consistent time in the Word and prayer.
THE TRUTH	<ul style="list-style-type: none"> It is impossible for me to be the woman God wants me to be apart from spending consistent time cultivating a relationship with Him in the Word and prayer. Job 23:12; Psalms 5:3; 27:4; 119:147; Proverbs 2:1-6; 3:5-6; Matthew 6:25-34; 14:23
THE LIE	20. My work at home is not as significant as the work or other activities I do outside the home.
THE TRUTH	<ul style="list-style-type: none"> Keeping our homes is an important way we glorify God and advance the work of His kingdom. 1 Timothy 5:9-10 The work we do in our homes is strategic for the gospel. Titus 2:4-5

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THE LIE	21. I can't tell anyone.
THE TRUTH	<ul style="list-style-type: none">• Healthy sex and sexuality is free of shame. <i>Genesis 2:25</i>• Guilt is God's tool to bring you back to Him and is free of undue condemnation. <i>1 John 2:1; Romans 8:1</i>• Shame is Satan's tool designed to drive you away from God. <i>Genesis 3:10</i>• God designed the Church to help bring healing to those struggling with sin and shame. <i>James 5:16</i>• Your sexual past and current temptations do not define you. The cross does. <i>1 Corinthians 6:9-12</i>
THE LIE	22. My sexuality is separate from my spirituality.
THE TRUTH	<ul style="list-style-type: none">• God created the biological sexes of male and female to reflect something about His image. <i>Genesis 1:26-27</i>• When one man and one woman join together in marriage and sexual intimacy, they reflect the oneness of God the Father, God the Son, and God the Holy Spirit. <i>Genesis 2:24</i>• Marriage and sex are a picture of the gospel. <i>Ephesians 5:31-32</i>

THE LIE	23. This is who I am.
THE TRUTH	<ul style="list-style-type: none"> • Feelings are not facts. The heart—my feelings—can be deceptive and wicked. Jeremiah 17:9 • The most important thing about my sexuality is not how I feel, but what God says is true. 1 John 3:20 • My identity is as an image bearer of God. Genesis 1:26–27 • Claiming that my identity is in my sexuality denies my purpose to glorify God. Romans 1:20–23
THE LIE	24. God’s standards for sex are out of date.
THE TRUTH	<ul style="list-style-type: none"> • God’s standards were never “in style.” Genesis 19:5; 38:22; Leviticus 18; Judges 19:22; 1 Kings 11:1–8; 1 Corinthians 6:9 • Sexual integrity is when my sexual choices are a consistent expression of my relational and spiritual commitments. Ephesians 5:3; 1 Thessalonians 4:3–5; 1 Corinthians 6:13–20 • God does not want me to engage in any form of sex outside of marriage. Leviticus 18:22; 19:29; 20:10; Proverbs 7:4–27; Matthew 5:28; Mark 7:21–22; Romans 1:27; 1 Corinthians 6:9; 7:2; Ephesians 4:19; 5:3–4; 1 Thessalonians 4:3 • If I am married, God wants me to engage in regular and mutually pleasing sex with my husband—except when we agree together to abstain for a time of focused prayer. 1 Corinthians 7:1–5

THE LIE

25. I have to have an outlet for my sexual desire.

THE TRUTH

- My longing for intimacy is legitimate. The physical act of sex is an expression of the deeper work of intimacy a person longs to experience.

Genesis 4:1

- My longing for sexual expression can be a snare. Pursuing it apart from God's plan and order will lead to enslavement, not fulfillment.

Galatians 5:1

- I can live without a sexual outlet, but I cannot live without the unfailing love of God.

Proverbs 19:22 NIV

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THE LIE

26. I have to have a husband to be happy.

THE TRUTH

- Being married (or not married) does not guarantee happiness.
James 1:16-17
- There is no person who can meet my deepest needs. No one and nothing can make me truly happy apart from God.
Psalms 62:5; 118:8-9; Jeremiah 17:5-7
- God has promised to provide everything I need. If He will receive more glory by my being married, then He will provide a husband for me.
1 Chronicles 29:11-12; Job 42:1-2; Proverbs 16:9; 1 Corinthians 7:25-38
- Those who wait on the Lord always get His best. Those who insist on getting what they want often end up with heartache.
Psalms 37:4; 106:15; Jeremiah 17:5-8

THE LIE

27. It's my job to change my mate.

THE TRUTH

- A godly life and prayer are a wife's two greatest means of influencing her husband's life.
James 5:16; 1 Peter 3:1-4

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THE LIE	28. My husband is supposed to serve me.
THE TRUTH	<ul style="list-style-type: none">• If I expect to be served, I will often be disappointed. If I seek to serve others without expecting anything in return, I will never be disappointed. <i>Proverbs 31:10–31; Mark 10:42–45</i>• A wife has a distinctive calling to be a “helper”—an “indispensable partner”—to her husband. <i>Genesis 2:18</i>• We are never more like Jesus than when we are serving others. <i>John 13:5</i>
THE LIE	29. If I submit to my husband, I’ll be miserable.
THE TRUTH	<ul style="list-style-type: none">• Through submission, a wife has the privilege of painting a picture of the church’s submission to Christ. <i>Ephesians 5:21–22</i>• Through submission, a wife entrusts herself to the One who has ultimate control of her husband and of her situation and is always looking out for her best interests. <i>Proverbs 21:1</i>• A wife’s respectful, submissive spirit can be a powerful means of influencing a husband who is disobedient to God. <i>1 Peter 3:3–6</i>

THE LIE	30. If my husband is passive, I've got to take the initiative, or nothing will get done.
THE TRUTH	<ul style="list-style-type: none"> • If a woman jumps in to take the reins, rather than waiting on God to move her husband, her husband is likely to be less motivated to fulfill his God-given responsibility. Genesis 16:1-2; Psalm 27:14
THE LIE	31. There's no hope for my marriage.
THE TRUTH	<ul style="list-style-type: none"> • Marriage is a lifelong covenant that is intended to reflect the covenant-keeping heart of God. Genesis 2:18-24; Ecclesiastes 5:4-6; Malachi 2:13-16; Mark 10:2-12 • There is no marriage God cannot heal. There is no person God cannot change. Matthew 5:44; 18:21-22; Mark 11:25 • God uses the rough edges of each partner in a marriage to conform the other to the image of Christ. Ephesians 5:24-27 • God's grace is sufficient to enable a woman to be faithful to her husband and to persevere in extending Christlike love and forgiveness. 2 Corinthians 12:9

THE LIE	32. I have the right to control my reproductive choices.
THE TRUTH	<ul style="list-style-type: none">• God is the Creator and Giver of life. Genesis 1; 2:7• God is ultimately in charge of a woman’s body and her fertility. He is the One Who opens and shuts the womb. Genesis 20:18; 29:31• Life begins at conception. Abortive methods of contraception are the taking of a life. Genesis 2:7; 9:6; Psalm 22:9-10; Job 31:15; Jeremiah 1:4-5
THE LIE	33. We can’t afford (more) children.
THE TRUTH	<ul style="list-style-type: none">• Children are a blessing from God and a fulfillment of the command of God to multiply and fill the earth. One of the purposes of marriage is to produce “godly offspring.” Genesis 1:28; Psalms 113:9; 127:3–5; Malachi 2:15• The Lord will provide everything a woman needs to raise and provide for any children He gives her. Luke 12:24; Matthew 6:31–32; Philippians 4:13, 19

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THE LIE	34. I can't control/can control the way my children turn out.
THE TRUTH	<ul style="list-style-type: none">• God promises a blessing to parents who keep His covenant and who teach their children to do the same. <i>Psalm 103:17-18; Acts 2:39</i>• Parents cannot force their children to walk with God, but they can model godliness and cultivate a climate in the home that creates an appetite for God and is conducive to the spiritual nurture and growth of their children. <i>Psalm 144:12, 15; Isaiah 54:13; Matthew 5:13-16</i>• Parents who assume their children know the Lord, regardless of their lifestyle, may give their children a false sense of security and may not be praying appropriately for their children. <i>Jeremiah 32:40; Hebrews 3:14</i>
THE LIE	35. My children are my number-one priority.
THE TRUTH	<ul style="list-style-type: none">• Loving and serving God is every believer's highest priority. <i>Deuteronomy 10:12; Luke 10:27; Matthew 12:50</i>• It is possible to sin by loving our children more than we love the Lord. <i>Matthew 10:37; Luke 14:26</i>• Children are taught to put God first by watching their parents put God first. <i>Deuteronomy 6:7; Proverbs 22:6; Ephesians 5:1</i>• Children need to be trained to be selfless rather than selfish. <i>Micah 6:8; Ephesians 6:4; Hebrews 12:9-10; Proverbs 22:15</i>

THE LIE

36. I'm not/she's not a good mother.

THE TRUTH

- The sin of comparison leads to pride and envy.
James 3:14-18; Proverbs 8:13; 1 Corinthians 3:3
- Ultimately, every mom is accountable to the Lord for her parenting choices.
Romans 14:1-14; Matthew 12:36; Romans 2:16; 1 Corinthians 4:5; Galatians 6:3-4
- Accepting people whose parenting opinions differ from our own brings glory to God.
Romans 15:7; James 3:12-18; Ephesians 4:2

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THE LIE	37. If I feel something, it must be true.
THE TRUTH	<ul style="list-style-type: none">• My feelings cannot always be trusted. They often have little to do with reality and can easily deceive me into believing things that are not true. Psalm 119:29-30; Jeremiah 17:9-10• I must choose to reject any feelings that are not consistent with the Truth. Psalms 33:4; 51:6; 56:3-4; Ephesians 4:14-15; Philippians 4:8-9
THE LIE	38. I can't control my emotions.
THE TRUTH	<ul style="list-style-type: none">• I do not have to be controlled by my emotions. Psalm 6:1-10; Isaiah 54:10; Matthew 5:44; 28:20; Ephesians 4:26; Philippians 4:4-7; 1 Thessalonians 5:18• I can choose to fix my mind on the Truth, to take every thought captive to the Truth, and to let God control my emotions. Psalm 42:11; Isaiah 26:3; 50:10; John 10:10; 17:17; 2 Corinthians 10:5; Philippians 4:8-9; Colossians 3:1-2

THE LIE	39. I can't help how I respond when my hormones are out of whack.
THE TRUTH	<ul style="list-style-type: none"> • By God's grace, I can choose to obey Him regardless of how I feel. <i>Philippians 2:12-13; James 4:7</i> • There is no excuse for ungodly attitudes, responses, or behavior. <i>1 Thessalonians 5:23-24</i> • My physical and emotional cycles and seasons are under the control of the One who made me, cares for me, and has made provision for each stage of my life. <i>Psalms 139:1-18</i>
THE LIE	40. I can't bear being depressed.
THE TRUTH	<ul style="list-style-type: none"> • Physical and emotional symptoms of depression are sometimes the fruit of issues in the spirit that need to be addressed. <i>1 Samuel 1:6-7; 1 Kings 21:4, 7; Psalms 32:3-4; 42:3-8; 55:4-5; Lamentations 3:1-33; Jonah 4:1-4</i> • Regardless of how I feel, I can choose to give thanks, to obey God, and to reach out to others. <i>Philippians 4:4-7</i> • God has given us powerful resources—His grace, His Spirit, His Word, His promises, the body of Christ—to minister to our emotional needs. <i>Psalms 25:4-5; Romans 8:26; 2 Corinthians 12:9</i>

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THE LIE	41. If my circumstances were different, I would be different.
THE TRUTH	<ul style="list-style-type: none">• My circumstances do not make me what I am; they merely reveal what I am. <i>Matthew 6:21; 15:19; Luke 6:45</i>• If I'm not content with my present circumstances, I'm not likely to be happy in another set of circumstances. <i>Philippians 4:11-12</i>• I may not be able to control my circumstances, but my circumstances do not have to control me. <i>Hebrews 13:5; James 1:2-5</i>• Every circumstance that touches my life has first been filtered through God's fingers of love. <i>Genesis 45:8; 50:20; Job 1:8-12; 14:5; Psalm 139:16; Matthew 10:29-31; Romans 8:28</i>
THE LIE	42. I shouldn't have to suffer.
THE TRUTH	<ul style="list-style-type: none">• It's impossible to become like Jesus apart from suffering. There is redemptive fruit that cannot be produced in our lives apart from suffering. <i>Hebrews 5:8; 1 Peter 4:1</i>• Suffering can become a doorway into greater intimacy with God. <i>Acts 14:22; 1 Peter 2:21; 3:9</i>• True joy is not the absence of pain, but the presence of Christ in the midst of the pain. <i>Psalm 23:4; Hebrews 2:10, 17-18; 1 Peter 5:10</i>

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THE LIE	43. My circumstances will never change—this will go on forever.
THE TRUTH	<ul style="list-style-type: none">• My suffering may last a long time, but it will not last forever. Psalm 30:5, 11-12; Romans 8:18; 2 Corinthians 4:8-18• My painful circumstances will not last one moment longer than God knows is necessary to achieve His eternal purposes in and through my life. Genesis 21:5-7; 40:23-41:1; John 11:17• One day all pain, suffering, and tears will be removed forever. Isaiah 35:1, 10; Revelation 21:1-7
THE LIE	44. I just can't take any more.
THE TRUTH	<ul style="list-style-type: none">• Whatever my circumstance, whatever my situation, His grace is sufficient for me. Psalm 130:5; 2 Corinthians 12:7-10• God will never place more on me than He will give me grace to bear. 2 Corinthians 11:22-30
THE LIE	45. It's all about me.
THE TRUTH	<ul style="list-style-type: none">• God is the beginning and end and center of all things. All things were created by Him and for Him. It's all about Him! Acts 20:24; Colossians 1:16-18



PREFACE

1. Nancy DeMoss Wolgemuth, *Adorned: Living Out the Beauty of the Gospel Together* (Chicago: Moody, 2017).
2. Nancy DeMoss Wolgemuth, *Lies Women Believe Study Guide*, rev. ed. (Chicago: Moody, 2018). Please note that an older version of this guide, called *The Companion Guide to Lies Women Believe*, may still be available. The older version does not cover every aspect of this new edition of *Lies Women Believe*, so be sure and look for the Study Guide, not the Companion Guide.
3. Nancy DeMoss Wolgemuth and Dannah Gresh, *Lies Young Women Believe: And the Truth That Sets Them Free* (Chicago: Moody, 2008); Dannah Gresh, *Lies Girls Believe* and *A Mom's Guide for Lies Girls Believe* (Chicago: Moody, 2018); Robert Wolgemuth, *Lies Men Believe: And the Truth That Sets Them Free* (Chicago: Moody, 2018).

CHAPTER 1: Truth . . . or Consequences

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CHAPTER 2: Lies Women Believe . . . About God

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5. G. Campbell Morgan, *Exposition of the Whole Bible: Chapter by Chapter in One Volume*, G. Campbell Morgan Reprint Series (Eugene, OR: Wipf & Stock, 2010, orig. pub. 1959), 36.
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CHAPTER 3: Lies Women Believe . . . About Themselves

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2. W. E. Vine, *The Expanded Vine's Expository Dictionary of New Testament Words*, ed. John R. Kohlenberger III with James A. Swanson (Minneapolis: Bethany, 1984, orig. pub. 1940), 751.
3. Elisabeth Elliot, *A Lamp unto My Feet: The Bible's Light for Daily Living* (Ada, MI: Revell, 2004), Day 28, 83–84.

CHAPTER 4: Lies Women Believe . . . About Sin

1. Amy Bloom, *Self*, April 1999, 40.
2. Arthur Bennett, ed., *The Valley of Vision: A Collection of Puritan Prayers & Devotions* (Carlisle, PA: Banner of Truth, 1975, 2002 edition), 124, 143.
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4. John Alexander, "And That's That: Sin, Salvation, and Woody Allen," *The Other Side*, January/February 1993, 55.
5. Bennett, ed., *Valley of Vision*, 137.

CHAPTER 5: Lies Women Believe . . . About Priorities

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