

## C O N T E N T S

*Acknowledgments / 7*

*Introduction / 9*

*How to Get the Most out of This Study / 11*

1. Laying the Foundation / 13
2. Trusting God / 23
3. Seeing Myself as God Sees Me / 33
4. Understanding Sin / 43
5. Setting Priorities / 53
6. Honoring God in My Marriage / 63
7. Raising Children / 75
8. Handling Emotions / 89
9. Dealing with Circumstances / 101
10. Walking in Freedom / 113

*Response Letter to Nancy / 122*

*Suggestions for Group Leaders / 124*



## CHAPTER ONE

# LAYING THE FOUNDATION

---

### IN A NUTSHELL . . .

The introduction and chapter 1 lay a foundation for understanding the power of Satan’s lies in our culture and in our personal lives and for discovering the far more powerful Truth as found in God’s Word. A fatal flaw that is embraced by our culture is to spurn the notion of absolute truth and so leave every issue in life open for negotiation. This kind of thinking has wreaked havoc in society.

Jesus came to give us abundant life, but so many of us live defeated, stressed out, lonely, fearful lives. The problem is that we have believed a lie, one of any number of lies in Satan’s arsenal. Oh, we don’t have to believe all of his lies; in fact, many of us would probably pride ourselves on not believing many of his lies. But there may be just one, just one little lie hanging like a luscious piece of fruit, one little lie that we have picked and eaten. Perhaps we didn’t see that it was a lie at first. Perhaps we just didn’t take the time to see the consequences because it looked so innocent, even helpful. In any case, that one lie has placed us in bondage and has kept us from living the joyous, confident, and radiant life Christ offers.

If you are experiencing bondage in any area of your life, I pray that this book will give you the necessary tools to understand what lie(s) you have believed and what truth you need to discover from God’s Word to replace that lie. I hope that you will understand that not one of Satan’s lies is harmless. We cannot dwell on Satan’s lies and come away unaffected. We need to be able to discern those lies when we hear them, to counter them with the Truth, and to help others to do the same.

#### NOTE FROM NANCY

*“I’m not talking about a magic formula that will make problems vanish; I’m not offering any shortcuts to an easy life, nor am I promising the absence of pain and difficulties. Life is hard—there’s no way around that. But I am talking about walking through the realities of life—things like rejection, loss, disappointment, wounds, and even death—in freedom and true joy” (p. 18).*

## EXPLORING THE TRUTH . . .



### THE POWER OF THE TRUTH (pp. 15–23\*)

#### DAY ONE

#### REALIZE

1. Read John 10:10. As you think about your life, would you say you are experiencing the abundant life Jesus came to give? Or do you find yourself just existing, coping, surviving, or struggling along? Explain.

---

---

#### REFLECT

2. Look at the list of words on page 16 of *Lies Women Believe*. List below any of those words that describe your current season of life. Add other words of your own, if needed. (If you are not currently dealing with these kinds of feelings but you know someone who is, describe how you think she is feeling. You can use this study to learn how to help her and others who are struggling.)

---

---

3. Look at the list of words on page 18 of *Lies Women Believe*. Write below the words (or any of your own) that you would like to describe your life.

---

---

4. Read John 8:31–36. What do you think Jesus meant when He talked about being free? How do you know He did not mean being free to do anything we want to do?

---

---

5. Read Galatians 5:1 and John 14:6. What (*Who*) is the Truth that sets us free?

---

---

#### RESPOND

6. The young woman whose story begins on page 21 said she had “given up hope” that she could ever be completely free from the moral habit that had kept her in bondage for years.

\*Unless otherwise indicated, page numbers correspond to pages in *Lies Women Believe*.

Is there any area of your life where you have given up hope that you can ever be free?

---

---

7. In what ways would you like your life to change as a result of this study?

---

---

*Lord, I do want to experience growth as a result of this study. I pray that You will show me where I am in bondage and reveal to me any lies I may believe that are holding me there. Show me the Truth that I need to know so I can be truly free. Amen.*



REALIZE

1. What do the following verses tell you about Satan and the way he operates?

John 8:44

---

---

2 Corinthians 4:4

---

---

2 Corinthians 11:14

---

---

Ephesians 6:11-12

---

---

1 Peter 5:8

---

---

## NOTE FROM NANCY

“Regardless of the immediate source, anytime we receive input that is not consistent with the Word of God we can be sure Satan is trying to deceive and destroy us. What we read or hear may sound right, may feel right, may seem right—but if it is contrary to the Word of God, it isn’t right” (p. 32).

## REFLECT

2. Why do Satan’s lies often appear good and attractive?  
\_\_\_\_\_  
\_\_\_\_\_
3. What are some of the forms Satan’s deception takes in our culture?  
\_\_\_\_\_  
\_\_\_\_\_
4. How can you discern the difference between Truth and deception?  
How can you keep from being deceived by Satan’s lies?  
\_\_\_\_\_  
\_\_\_\_\_

## RESPOND

5. Satan knows that you will be more vulnerable to deception if you are not regularly meditating on God’s Word. What “good” things keep you away from consistent study of the Word?  
\_\_\_\_\_  
\_\_\_\_\_
6. How can you raise your awareness of the Enemy? What can you do today to consciously embrace God’s powerful Truth?  
\_\_\_\_\_  
\_\_\_\_\_

*Lord, I know that Satan is a very real enemy and that he would like nothing better than to make me ineffective for You and Your kingdom. I ask that You will help me to stay in Your Word and to be aware of the truth that no matter how powerful Satan is, You are more powerful. Amen.*



## OPENING YOUR EYES, pp. 32–37

### DAY THREE

## REALIZE

1. Read Genesis 2:15–17 and 3:1–13. What seemingly good thing did Satan offer to Eve? Why did she think it was a good offer?

## REFLECT

2. Make a list of the primary sources of input you have coming into your life (e.g., movies, books, certain friends, a counselor).

---

---

3. How careful are you about evaluating that input and seeking to discern Truth from error? Check the statement below that best describes you:

- I have been heavily influenced by the culture and other “voices” around me and don’t generally stop to evaluate what I hear and see in light of God’s Word. I am not very discerning when it comes to Truth and error. (If this is really true of you, chances are you have been deceived and may not even realize that it describes you!)
- I am careful in some areas but not in others. I need to grow in spiritual discernment.
- I evaluate the things I hear and see through the grid of God’s Word and carefully consider the consequences when tempted with wrong choices. (According to Hebrews 5:14, the ability to discern between good and evil is a mark of spiritual maturity.)

4. Describe a time when you made a wrong choice without stopping to consider the cost and the consequences.

---

---

5. Identify the lie that Satan used to lead you to believe that you (or others) would not be affected by the sin.

---

---

6. What truth from God’s Word can you now cite that would have helped you walk away from Satan’s lie?

---

---

## RESPOND

7. Ask God to help you grow in your ability to discern good from evil and to make godly choices. Ask Him to show you if there is any area of your life where you are currently being deceived by input that is contrary to the Word of God.

## NOTE FROM NANCY

*“Most people mindlessly accept whatever they hear and see. . . . Few Christians seriously consider the consequences of their choices. We simply live our lives, responding to the people, circumstances, and influences around us. . . . It all looks so good; it feels so right; it seems so innocent. But we end up in abusive relationships, head over heels in debt, angry, frustrated, trapped, and overwhelmed. We have been deceived” (pp. 35-36).*

*Father, open my eyes so that I will not be deceived by Satan's lies.  
Sometimes a course of action seems right when I don't stop to think about  
Your Truth or about the consequences that could result. Teach me to consider  
my choices in light of Your Word. Amen.*



SEEING THE PROGRESSION, pp. 37–40

DAY FOUR

REALIZE

1. From pages 37–40 in *Lies Women Believe*, what are the four steps that take us from initial deception to bondage?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

2. Look again at Genesis 3:1–13. What did Eve do that matched each of these four steps that led her from deception to bondage?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

## REFLECT

3. As long as we live in this world, we cannot completely isolate ourselves so that we never hear any lies. What is the difference between “hearing” and “listening to” lies?

---

---

4. Read Philippians 4:8–9. Why is it so important to be selective about the input we allow to come into our minds and to consciously choose to expose ourselves and listen to the Truth?

---

---

## RESPOND

5. Review the list you made on Day Three of sources of input that you are allowing to come into your life. Is there anything on that list that is exposing you unnecessarily to deception?

---

---

6. What steps can you take to better protect your mind and heart from Satan’s deception?

---

---

*Lord, please show me any ways that I have made myself more vulnerable to Satan’s lies by the kinds of influences I am choosing to allow into my life. Help me to fill my mind and heart with the Truth. Amen.*



## CLAIMING THE TRUTH, pp. 40–41

DAY FIVE

## REALIZE

1. What are the three steps that will help us move from spiritual bondage to freedom?

1. 

---

2. 

---

3. 

---

## NOTE FROM NANCY

*“There are no harmless lies. We cannot expose ourselves to the world’s false, deceptive way of thinking and come out unscathed” (p. 38).*



## NOTE FROM NANCY

*“Satan is a powerful enemy. His primary weapon is deception. His lies are powerful. But there is something even more powerful than Satan’s lies—and that is the Truth” (p. 41).*

## REFLECT

2. How does the Truth counter lies?

---

---

3. What does the Bible say about Truth in the following verses?

Psalm 33:4

---

Psalm 51:6

---

John 8:32

---

John 17:17

---

2 Timothy 2:15

---

4. Read John 14:15–17 and 16:13. What is the Holy Spirit’s role in helping us discern and walk in the Truth?

---

---

## RESPOND

5. Can you identify any specific area(s) of bondage in your life—any area where you are not walking in freedom? (See pages 17, 40–41 in *Lies Women Believe* for examples of common types of bondage.)

---

---

6. “Every area of bondage in our lives can be traced back to a lie” (p. 40). Ask God to help you during the course of this study to discover what lie(s) you have believed that may have placed you in bondage. Also ask the Lord to show you the truth from His Word that counters Satan’s lie.

*Lord, I pray that You will show me clearly what lies I have believed.  
Then show me the Truth that will set me free. Thank You for Your Word and  
for Your Holy Spirit that point me to the Truth. Help me to claim Your  
Truth and to walk in Your Truth today and every day. Amen.*

## WALKING TOGETHER IN THE TRUTH . . .

1. Why is our understanding of Truth so important?

---

---

2. A popular theme in our culture is that there are no absolutes. “All truth is good. Whatever truth works for you is good for you, and what works for me is good for me.” While on the surface that appears very tolerant, where does this kind of thinking ultimately lead?

---

---

3. Describe some lies that are widely accepted as truth by our society. In what ways do these lies influence people’s choices, and in what ways are they destructive to people’s lives?

---

---

4. List three or four widespread problems in our world, and discuss how each could be the result of deception.

---

---

---

---

5. What women can you think of in the Scripture who were deceived and then influenced others to sin?

---

---

6. Discuss some ways women in our day have been deceived. How has that deception influenced sinful choices in others?

---

---

### NOTE FROM NANCY

*“From that moment [in the Garden of Eden] to this, Satan has used deception to win our affections, influence our choices, and destroy our lives. In one way or another, every problem we have in this world is the fruit of deception—the result of believing something that simply isn’t true” (p. 32).*

**NOTE FROM NANCY**

*“There is a unique sense in which Satan targets women for deception. That is part of his strategy. He knows that if we as women buy into his deception, we will influence the men around us to sin, and our sinful choices will set a pattern for subsequent generations to follow” (p. 33).*

7. Share one or more ways that you have opened yourself up to deception in the past by choosing to expose yourself to input that is contrary to the Truth.

---

---

8. What are some illustrations of Satan’s offers that women today find appealing? (Keep in mind that the things Satan tempts us with are not always inherently evil. The fruit that Eve ate wasn’t bad or sinful in and of itself—in fact, it was something God had created. What made Eve’s choice sinful was that God had said not to eat the fruit.)

---

---

9. Share a choice you were tempted to make that looked appealing and seemed right, but was contrary to God’s Word. If you fell for the lie, describe any negative consequences that resulted.

---

---

10. Read together Acts 17:10–12. What did the people in Berea do in order to discern the Truth? How can we avoid being deceived and become more discerning about the input we receive?

---

---

**NOTE FROM NANCY**

*“The forbidden fruit was ‘good for food and pleasing to the eye, and also desirable for gaining wisdom.’ . . . If it hadn’t seemed so attractive, do you think Eve would have fallen for the offer? . . . Of course not. What makes Satan’s offers so alluring and so deceptive is that they look so right” (p. 36).*

---

---