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week one

THE LANDSCAPE OF LIES

This week, you have a lot of reading to do. (It gets easier after this!) You'll read the introduction and chapters 1–3 in *Lies Young Women Believe* (LYWB). 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 3:1b). 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 *posed* 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, p. 22

KNOW THE TRUTH

A critical element of this study will be concentrating your focus on the Truth found in God's Word. In order to saturate your life with this Truth and help you develop the discipline of meditation, we want to encourage you to memorize a Scripture for each week of this study. (You can do it! We know you've got tons of other information stored in your mind that's not nearly as important! The key to memorizing Scripture—or anything else—is *review, review, review* and *use it in your life!*)

Here's the verse we'd like you to memorize this week:

"Flee the evil desires of youth, and pursue righteousness, faith, love, and peace, along with those who call on the Lord out of a pure heart." (2 TIMOTHY 2:22 NIV)

Day one: BLAZING LIES



READ

Read the Introduction: Blazing Lies in *LYWB*.



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. How would you answer the questions posed on page 13 of *LYWB*? It reads, “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?” Write your thoughts here.

3. Did you take the “what’s-the-status-of-your-lying-embers?” quiz? In case you haven’t, we’ve included it here for you to give it a try. **Why not take it now.**



Selecting one per pair, **circle** the word or set of words that reflect how you feel or respond **most of the time.** ✓✓

(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-text-messaging, Facebook, and more**

(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 status of your emotions and relationships?

4. Remember Erin's story in the introduction of *LYWB*? She was controlled by fear and experienced panic attacks nearly every night of her life. 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?



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 with your group each week.

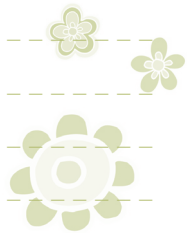
1. Often, it is easier to see the lies that others believe, than it is to see how you've been deceived. What are some lies you see the young women around you, especially your friends, believing?

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



WRITE IT OUT

If you are going to dig deep, you will need to spend time praying about what you're learning in the Word during the course of this study. We've included space at the end of each day for you to journal. You can pray 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.



DAY TWO: THE ORIGIN OF LIES



READ

Read chapter one: The Deceiver in *LYWB*.



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 arch-enemy.

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.¹

✿ "The Lord God took the man and put him in the Garden of Eden to work it and take care of it. And the Lord God commanded the man, '-----

----- . . .'" (2:15-17 NIV)

"The man and his wife were both naked, and they felt no shame. Now the serpent was more ----- than any of the wild animals the Lord God had made. He said to the woman, 'Did God really say, -----?'

The woman said to the serpent, 'We may eat fruit from the trees in the garden, but God did say, '----- .'

'-----,' the serpent said to the woman. 'For God knows that when you eat of it your eyes will be opened, -----

-----.' When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, -----

----- . She also gave some to her husband, who was with her, and he ate it. Then the eyes of both of them were opened, and they realized -----

-----; so they sewed fig leaves together and made coverings for themselves. Then

the man and his wife heard the sound of the Lord God as he was walking in the garden in the cool of the day, and they hid from the Lord God among the trees of the garden. But the Lord

God called to the man, 'Where are you?' He answered,

'I heard you in the garden, and I was -----

because I was -----;

so I -----.'" (2:25-3:10 NIV)

1. 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 upon the *English Standard Version* (unless they say "NIV"). If you don't have an ESV or NIV Bible, you can look up these verses online at www.biblegateway.com.

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. In chapter one, we shared Tracey's story. She was deceived into believing that it was OK to take crystal meth from her dad. What parallels do you see between the consequences that Tracey experienced and those that Eve experienced? Write three.

5. 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 are _____ to eat from _____ tree in the garden; but you must not eat _____
_____, for when you eat of it you _____ surely _____."

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

✿ "Did _____ really say 'You _____ eat from _____ tree in the garden?'"


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 any 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.*




 **6.** 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.

RESPOND

 **1.** If you look closely there is probably 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 expose yourself to "just one" sexual scene in movies here and there (Ephesians 5:3) or you are using 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 and may be headed toward consequences?



 **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?

WRITE IT OUT

Jesus, give me the discernment to recognize the tactics of the Enemy. I am

Jesus, give me the discernment to recognize the tactics of the Enemy. I am experiencing the consequences of lies I've believed in the area of . . .



DAY THREE: THE POWER OF LIES



READ

Read chapter two: The Deceived in *LYWB*.



REALIZE

1. Look up Psalm 119:11 and write it in your own words here.

If we dwell on God's Word, it seems we get a super-ability to overcome sin and walk in Truth. This lets us enjoy the abundant life God desires for us.

2. Why is it so surprising, then, that the opposite can also be true? When we dwell on the world's messages and our own fleshly desires, we fall prey to Satan's plan for our destruction. Why do you think it's sometimes hard for us to live as if we really believe this simple Truth?

3. Eve dwelled on the world's messages and her own desires instead of God's words. The progression looked like this >>

It's obvious that she began to *listen* when she heard the serpent's voice. Read Genesis 3:6 (NIV) below and circle what she began to *dwell* on concerning the tree.

"When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it."

After she dwelled on the lie, she started to *believe* what Satan had told her. Now, underline how she *acted* on her desires.

Eve cooperated with Satan by dwelling on lies rather than the Truth of God's Word.

THE PROGRESSION OF EVE'S LIE

Eve listened to a lie.

She got close to the serpent and entertained his suggestion.

Eve dwelled on the lie.

She conversed with him and considered what he said.

Eve believed the lie.

She believed the serpent's promise was more trustworthy than what God had said.

Eve acted on the lie.

She ate the fruit.

R RESPOND

1. In chapter two, 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 means the world uses to make us believe that being underweight is healthy? Write them in the list below.


THE SOURCE OF THOSE LIES (EXAMPLE: TEEN MAGAZINES)

EXAMPLE:
beautiful girls
are worth
more







We first listen to messages that aren't true from these sources; if we dwell on those lies, we begin to believe them. Go to the graphic of the ear and write some 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 the Truth of God's Word. 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. Figure out 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 in this area of your life?

3. We'd like you to set *one* reasonable goal in this area—to help you increase the time you spend reading the Word (and to keep you away from what keeps you away from it!). 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 proverb each day for the next month.
 -  Place your Bible on top of the remote control. Don't turn on the TV until after you've spent some time reading the Bible.

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 could encourage and motivate yourself 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 . . .



WRITE IT OUT

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

