

TRASH THE LIES®

CJ Rapp

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 A Ministry of Unfading Beauty Ministries

Trash the Lies®

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Curriculum Project Manager, Pam Marotta

Editor, Teresa Haymaker

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WELCOME AND HOW TO USE THIS STUDY GUIDE

Welcome! This study guide can be used as a follow-up study for the *Trash the Lies Conference* or independently in a group or individual setting, with or without the *Trash the Lies DVD* teaching. The content of this study reinforces principles taught during the *Trash the Lies Conference*, but it works well on its own, as well. It can also be used to establish new small groups that are formed during and after the conference.

How to Use this Study Guide

All your words are true; all your righteous laws are eternal.
Psalm 119:160 (NIV)

God's Word is truth; it is reliable for helping us understand what is true and what is not. Second Timothy 3:16-17 says: *All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work* (NLT). In order for us to recognize any lies we are tempted to believe, we must know God's Word so we will not be easily deceived.

In this study guide you will find five sections in each lesson. These sections offer you tools to help you grow in understanding and help you allow God to transform your thinking, beliefs, and the way you live.



MINING THE TRUTH

In this section you will have the opportunity to look carefully at God's Word to see what it says, discern what it means, and think about how it can change the way you think and live.

A DEEPER LOOK

Here, we offer an understanding of behaviors that damage our emotional and spiritual health. We may also see how wrong thinking causes us to sabotage our lives.

BECOMING A LIE SLAYER AND TRUTH SAYER!

Knowing the truth and understanding how we got on the wrong path is only the beginning of our journey toward living as God intends for us live. In this section we give you practical steps to position yourself for real change and a supernatural life transformation.

TREASURE THE TRUTH

This section is God's letter to you. It is a prayer from Scripture to your heart. You will find these short prayers to be encouraging as you realize the depth of love and concern God has for you. He adores you and desires for you to live an abundant, fulfilled life while you are here on Earth.

DISCUSSION

The questions in this section may be used in your personal study to help you draw out the important truths in each lesson. If you are part of a small group, the questions will help you have a meaningful discussion of each lesson.



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FOREWORD

A LETTER FROM GOD

...as many as received Him, to them He gave the right to become children of God, to those who believe in His name. John 1:12

Precious Ones,

You will never understand your true identity unless you can forever settle in your heart that you are a true daughter of the Creator of all...the Almighty, King of Kings. Once you can settle this issue and come to know me as your Heavenly Father, your life will change. You'll begin to take on a family resemblance. You will have my eyes, my heart, and my mind.

I am not a distant and remote Father, but a close and loving one. I am closer to you than your earthly father could ever be. My love for you is unconditional and everlasting. As your Father, I care about what happens to you...you are my child.

Through my son Jesus Christ, you have been adopted into my royal family as my child. You are the daughter of the King! You are my princess!

Your Loving Father



WEEK ONE: THE ORIGIN OF LIES

KNOW WHERE THEY COME FROM

What is a lie? A lie is defined as an untrue statement made with intent to deceive. It creates a false or misleading impression. In order for there to be something false, there must also be something true.

The Bible says God is the God of truth (Psalm 31:5). God describes himself as *The LORD, the LORD God, compassionate and gracious, slow to anger, and abounding in lovingkindness and truth* (Exodus 34:6). Psalm 119, written about the power and authority of God's Word, says in verse 160: *the sum of Your word is truth....* God is truth, his nature is truth, and his Word is truth. Never forget, he is the origin of truth!

The God of truth created the heavens and the Earth. He made a perfect planet and created perfect beings to live on it. He did this with his spoken Word. Make no mistake, his Word is full of power! Truth was the standard of the Garden of Eden, because truth is the nature of God. His Word is both creative and powerful. Since God is truth, where do lies and deception come from?



MINING THE TRUTH – Discovering the Source of Deception

1. Read Revelation 12:7-9 below.

- 7 *Then there was war in heaven. Michael and his angels fought against the dragon and his angels.*
- 8 *And the dragon lost the battle, and he and his angels were forced out of heaven.*
- 9 *This great dragon—the ancient serpent called the devil, or Satan, the one deceiving the whole world—was thrown down to the earth with all his angels. (NLT)*

- Who is the serpent?

- Where did he come from?

- What is he doing, according to verse 9?

To deceive someone is to deliberately cause them to believe something that is not true. The Greek word gives us further insight saying that deception is the act of seducing a person into rebellion against the truth.

Did you notice that Satan, known as the great dragon and the ancient serpent, is deceiving the whole world? That means whoever lives on planet Earth is an intended target of his deception, in whatever time they live. Deceiving is present tense indicating that even today the deception continues. It was not a one-time event but an ongoing action perpetrated against the entire human race.



In John 8:44, Jesus, speaking to a crowd of Jews, described Satan and his activities. He said:

...He was a murderer from the beginning, and does not stand in the truth because there is no truth in him. Whenever he speaks a lie, he speaks from his own nature, for he is a liar and the father of lies.

Satan, the serpent is the origin of lies. That is what it means to be the father of lies. Friends, he has had plenty of time to perfect his craft.

Read Genesis 3:1-13. Pay careful attention to what the serpent says to Eve. Consider using a highlighter to mark the serpent's arguments regarding the consequences of eating from the tree in middle of the garden.

- 1 Now the serpent was more crafty than any beast of the field which the Lord God had made. And he said to the woman, "Indeed, has God said, 'You shall not eat from any tree of the garden?'"
- 2 The woman said to the serpent, "From the fruit of the trees of the garden we may eat;
- 3 but from the fruit of the tree which is in the middle of the garden, God has said, 'You shall not eat from it or touch it, or you will die.' "
- 4 The serpent said to the woman, "You surely will not die!
- 5 For God knows that in the day you eat from it your eyes will be opened, and you will be like God, knowing good and evil."
- 6 When the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was desirable to make one wise, she took from its fruit and ate; and she gave also to her husband with her, and he ate.
- 7 Then the eyes of both of them were opened, and they knew that they were naked; and they sewed fig leaves together and made themselves loin coverings.
- 8 They heard the sound of the Lord God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the LORD God among the trees of the garden.
- 9 Then the LORD God called to the man, and said to him, "Where are you?"
- 10 He said, "I heard the sound of You in the garden, and I was afraid because I was naked; so I hid myself."
- 11 And He said, "Who told you that you were naked? Have you eaten from the tree of which I commanded you not to eat?"



- 12 The man said, “The woman whom You gave to be with me, she gave me from the tree, and I ate.”
- 13 Then the LORD God said to the woman, “What is this you have done?” And the woman said, “The serpent deceived me, and I ate.”

2. What was the first thing the serpent said to Eve? See Genesis 3:1 for help.
3. Summarize in your own words what the serpent implied about God in verses 4-5.

Friends, let me ask you a few questions I’ve been thinking about for quite some time. Why would the serpent attack God’s words if they weren’t true? Why attack God’s character? What possible motive would the enemy of God, who was hurled from heaven, have to discredit God? I’m not expecting you to answer. I just want you to ponder these questions.

I think, upon being hurled from heaven, Satan decided to take revenge against God by attacking what God loves most—the people he created in his image and likeness. We are still experiencing the results of his attack today.



4. What do you understand crafty to mean? Consider looking up this word in a dictionary, or online at www.dictionary.com.

5. Compare Genesis 2:15-17 with Genesis 3:1-2.

What did God say? (Gen. 2:15-17)

What did the serpent say God said? (Gen. 3:1)

What did Eve say God said? (Gen. 3:2-3)

Genesis 3:1 describes the serpent as crafty. His craftiness is seen in his communication. First he calls into question God's words by asking Eve what God really said. Then he suggests God is withholding something from Eve by not allowing them to eat from the tree of knowledge. He seduces her into considering the fruit. We have no way of knowing how long Adam and Eve were



in the garden before the fall. We can only assume from Eve's own conviction, that she had never even thought to question God's reasons not to eat of the tree until the serpent suggested God was keeping something from her. He was crafty indeed—suggestion is a powerful thing.

6. Consider all you have learned so far. When a lie is whispered to your heart or mind, who is really speaking to you?

7. Is there any reason for you not to believe God is the source of all truth and the serpent, the devil, the source of all deception? Explain your answer.

A DEEPER LOOK

You may think deception and lies should be black and white, just as good and evil are black and white. They *should* be clearly definable and easily recognizable. If it were only that easy! Look again at Genesis 3:1–5. The serpent used half-truths to seduce Eve. He enticed her into believing lies about God. Satan caused Eve to question the goodness, motives, and love of God by offering her all kinds of benefits if she would just eat the forbidden fruit.

Satan told Eve that instead of dying, she would become like God, knowing good and evil. This was the promise of a new and better life than the one she



had. He deceived Eve by appealing to something deep within her—something that wanted more than perfection.

You should know two important tactics the enemy uses on us. **First, lies are often subtle.** No one decides one day to start believing lies that have the potential to destroy their life, steal their peace, rob them of their joy, or kill their hope. It happens subtly, often without our ever realizing we have stopped believing the truth.

I will never forget the day when my husband was laid off work. Suddenly, my sense of security was completely rocked. I became fearful and anxious for our future. But God used this event to show me that I had believed the lie that my provision was in a paycheck instead of in the provider himself. I don't know how it happened, it just did. God taught me that he is the provider of all our needs. When I began to thank him for his provision, my faith was activated and my fear subsided.

Satan, in an ever so subtle way, plants seeds of doubt in our minds just as he did Eve's that day in the garden. Eve's thoughts turned into doubt, her doubt changed her feelings toward God, and her feelings resulted in actions. I have talked to many women who have been just as deceived as Eve. For example, consider the woman who connects with an old boyfriend on Facebook. She believes the lie, "it won't hurt anything to friend him." Soon she is flirting and exchanging instant messages, and before she even knows what has happened, she is in a full blown affair and plotting how to leave her husband. It all began with a very subtle, yet seducing lie planted deep within her thoughts. Like a cancer that starts with one mutated cell and then grows and spreads, a simple errant thought acted upon turns into a life-altering decision.

Second, lies distort our judgment. Instead of seeking God's will—asking him what is true or for strength to stand up against, or trash, the lie—we rationalize and distort the truth. Eve's judgment was obviously distorted. But why? Because she let her thoughts and feelings have more power over her than she allowed God to have. Satan deceptively convinced her that she could be independent of God and could therefore be "like" God.



What could the woman on Facebook have done differently? When she found herself thinking about the old boyfriend, she could have asked God to help her overcome the temptation to connect with him. She could have asked God to help her see her husband through his eyes. She could have asked him to renew their connection and rekindle their passion. She could have asked God to show her the truth and give her the strength to walk in it. Perhaps one lie gave birth to another and she believed God was disappointed with her so she couldn't go to him for help. Isn't that just what the enemy wants? Isn't that his end game; division in our relationships and separation from God? Why else deceive?

It is important for us to learn to discern the voice of the enemy so even the most subtle of lies can be easily identified. God would never lie to you. On the other hand, as Puritan Pastor Thomas Brooks once said, "Satan promises the best, but pays with the worst; he promises honor, but pays with disgrace; he promises pleasure but pays with pain, he promises profit, and pays with loss, he promises life and pays with death."¹

BECOMING A LIE SLAYER AND TRUTH SAYER!

Step One – Know the Truth

In John 8:32 Jesus said: *Then you will know the truth, and the truth will set you free.* (NIV)

It has been said that an ounce of prevention is worth a pound of cure. In other words, it is easier to prevent a problem than fix one. In our case, truth is the antidote to lies. Truth is the key to freedom from the lies and distortions of the serpent. If an apple a day will keep the doctor away, then a Scripture a day will keep the devil away!

¹ Brooks, Thomas. *Charles Haddon Spurgeon, Smooth Stones Taken from Ancient Brooks*, Sheldon & Company, New York (1860).



Step Two – Meditate on the Truth

In order to recognize the lies, we must have a daily dose of the truth about God. We need to understand who we are in his sight, and how he wants us to live.

The more truth we take in, the easier it will be to identify the lies—both subtle and obvious—that threaten to destroy our peace of mind and our relationships with God and others. Any thought that contradicts the Word of God is a lie.

Psalm 51:6 says: *Behold, You desire truth in the innermost being, And in the hidden part You will make me know wisdom.*

We get Scripture into our innermost being by meditating on it. One of the most important truths for us to know is who God is—his character. Read the Scripture below three times aloud. It is your memory verse for this week. Underline, circle, or highlight any word or phrase that stands out to you.

- 6 *Then the LORD passed by in front of him and proclaimed, “The LORD, the LORD God, compassionate and gracious, slow to anger, and abounding in lovingkindness and truth;*
- 7 *who keeps lovingkindness for thousands, who forgives iniquity, transgression and sin....” Exodus 34:6-7*

Prayerfully consider how knowing the characteristics of God listed in Exodus 34:6-7 affects your understanding and trust in God.

Step Three – Trash the Lie...Give it to God!

1. Is there any character quality of God listed in Exodus 34:6-7 that you have trouble believing or accepting? If so, why? Record your thoughts below.



2. Rewrite any doubts or lies you have believed about the goodness, character, or love of God into a prayer. Ask God to replace these feelings and doubts with the truth of who he is and how much he loves you.

TREASURE THE TRUTH

Dear Precious Child,

I want you to know that you have an enemy. And the sooner you realize it, the better off you will be.

The enemy comes to devour your life, he attacks you in your most vulnerable areas and he will make you feel overwhelmed by your circumstances. The enemy wants to overpower you by his tactics and beat you down with feelings of unworthiness, guilt, and fear.

But, because I am God, I cannot be shaken by the enemy. I am here to protect you. I will be your shield. I alone can deliver you from the enemy's lies. No matter what is happening to you or around you, no matter how vulnerable you may feel about your situation, you can become immovable in the face of an attack from the pit of hell. So come to me so I can strengthen you against the lies of the enemy.

I will lift you above those who rise against you and deliver you. I will lead you to a righteous path. Hear my voice precious child, so I can bring peace to your soul as you battle against the lies the enemy wants you to believe. When you come to me it makes you armed and dangerous!

Almighty God



DISCUSSION

1. In your own words define “lie.”
2. How can reading and memorizing Scripture help you recognize lies?
3. In this lesson we learned the origin of lies. How does knowing where lies come from help you in your battle to overcome them?
4. What sources does the enemy use to spread lies?
5. In general, what lies do you see people falling victim to?
6. Share one lie you believed and how you ultimately came to realize it was a lie.





WEEK TWO: THE EFFECTS OF LIES

DECEPTION IS DESTRUCTIVE

Have you ever heard the saying “There is no harm in a little white lie.”? Well, the story of Adam and Eve clearly proves the saying is not true. While the serpent’s lies might not have been obvious to Eve, they were none-the-less deadly. Knowing how the devil—the serpent of old—operates, is critical. His goal is always to deceive us. He wants us to believe his lies so he can rob us of our future, steal our sense of worth and confidence, kill our hope, and destroy our relationships with God and others. Remember, Jesus called him a liar and a murderer from the beginning. We must be aware of his tactics so we will recognize the lies before they have an opportunity to destroy our future.

MINING THE TRUTH – The Aftermath of Deception

Read Genesis 3:1-24. Pay careful attention to the consequences of eating from the tree.

- 1 *Now the serpent was more crafty than any beast of the field which the LORD God had made. And he said to the woman, “Indeed, has God said, ‘You shall not eat from any tree of the garden’?”*
- 2 *The woman said to the serpent, “From the fruit of the trees of the garden we may eat;*



- 3 but from the fruit of the tree which is in the middle of the garden, God has said, 'You shall not eat from it or touch it, or you will die.' "
- 4 The serpent said to the woman, "You surely will not die!
- 5 For God knows that in the day you eat from it your eyes will be opened, and you will be like God, knowing good and evil."
- 6 When the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was desirable to make one wise, she took from its fruit and ate; and she gave also to her husband with her, and he ate.
- 7 Then the eyes of both of them were opened, and they knew that they were naked; and they sewed fig leaves together and made themselves loin coverings.
- 8 They heard the sound of the LORD God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the LORD God among the trees of the garden.
- 9 Then the LORD God called to the man, and said to him, "Where are you?"
- 10 He said, "I heard the sound of You in the garden, and I was afraid because I was naked; so I hid myself."
- 11 And He said, "Who told you that you were naked? Have you eaten from the tree of which I commanded you not to eat?"
- 12 The man said, "The woman whom You gave to be with me, she gave me from the tree, and I ate."
- 13 Then the LORD God said to the woman, "What is this you have done?" And the woman said, "The serpent deceived me, and I ate."
- 14 The LORD God said to the serpent, "Because you have done this, Cursed are you more than all cattle, And more than every beast of the field; On your belly you will go, And dust you will eat All the days of your life;
- 15 And I will put enmity Between you and the woman, And between your seed and her seed; He shall bruise you on the head, And you shall bruise him on the heel."
- 16 To the woman He said, "I will greatly multiply Your pain in childbirth, In pain you will bring forth children; Yet your desire will be for your husband, And he will rule over you."
- 17 Then to Adam He said, "Because you have listened to the voice of your wife, and have eaten from the tree about which I commanded you, saying, 'You shall not eat from it'; Cursed is the ground because of you; In toil you will eat of it All the days of your life.



3. What did Adam and Eve do when they heard God in the garden? What reason did they give for their actions? Considering Adam's answer, what relationship do you see between feelings and actions?
4. After Adam and Eve were deceived by the serpent, they ate from the tree. What consequences did God declare on the serpent, Eve, and Adam according to verses 14–24? Make a list in the space below.
- Serpent
 - Eve
 - Adam
5. Did any of the serpent's promises to Eve come true? Compare the following verses and explain your answer.
- Compare Genesis 3:4 with 3:19:

- Compare Genesis 3:5 with 3:22:

6. In Genesis 3:13, Eve told God the serpent “deceived” her. Considering your answers to question 5, how do you think the serpent deceived Eve?

7. How did the serpent’s deception affect Adam and Eve’s relationship:

With each other?

With the Lord?



A DEEPER LOOK

It was only after Eve saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was desirable to make one wise, that she actually took and ate it (Gen.3:6). But have you ever wondered why? What would make Eve suddenly ignore what God said and, in one costly moment of rebellion, take and eat of the Tree of Knowledge? Have you ever wondered why Eve did not tell the serpent that God would never withhold his best from her? Did she not know God intimately? Didn't Adam and Eve both enjoy walks with God in the garden in the cool of the day? They certainly were familiar with the sound of him walking (Gen.3:8-9).

I believe the answers can be found in the affect deception has on our thoughts, feelings and actions. In Genesis 3:6 there is a little word that tells me something significant; it is the word "saw." According to Strong's, the definition of the word "saw" is to perceive or consider.¹ Perception and consideration are functions of the mind. They involve the thought process. Thoughts have the ability to stir our emotions, and emotions inflame desires, and desires prompt our actions.

Eve did not dismiss the serpent's accusations against God's words and his character. Instead she thought about them. As she looked upon the fruit, the stinging words of the father of all lies rang in her ears. *You won't die! Instead God knows that when you eat of it you will be like him, knowing good and evil.* Her thoughts began to stir her emotions. Perhaps she felt insecure. Wouldn't you if you were told that the one who created you was a liar? Perhaps she felt less than, or inferior; after all, she could be like God if she only ate of the fruit, which was apparently more appealing than being who he created her to be. Perhaps the peace she had been accustomed to was suddenly gone and the only way she thought she could get it back was to eat the fruit. After all, it held so much promise.

Her thoughts stirred her feelings, and her feelings stirred her desires until she reached up, picked from the tree, and ate. Deception changes our perception of reality and, in this case, deception led to rebellion. We all know the consequences that followed. Adam and Eve realized they were naked and they hid from God. Eve blamed the serpent for her actions, and Adam blamed God

¹ Strong's Exhaustive Concordance of the Bible by James Strong, John R. Kohlenberger III and James A. Swanson (Sep 6, 2001)

and Eve for his. Their relationships were forever changed, and today mankind still pays the price of the fall. The serpent accomplished his goal to rob, steal, kill and destroy.

Our minds are a battleground. Satan only has power over you if he can deceive you. We must be prepared for his attacks.

BECOMING A LIE SLAYER AND TRUTH SAYER!

Step One – Know the Truth

In John 8:32 Jesus said: *Then you will know the truth, and the truth will set you free.* (NIV)

Truth is the key to freedom from the lies and distortions of the serpent. In order to recognize lies, we must have a daily dose of the truth about God, know who we are in his sight, and understand how he wants us to live. The more truth we take in, the easier it will be to identify the lies, both subtle and obvious. These lies threaten to destroy our peace of mind, and our relationships with God and others. Any thought, any word, that contradicts the Word of God is a lie.

Make no mistake, the serpent was a liar from the beginning and is still lying today. His goal is to deceive us so that our twisted thoughts rob us of our peace and influence us toward rebellious actions. His goal is division. He wants to divide us from God and each other. He wants us to compromise and stop living obediently to the truth. He wants to deceive us so that he can rob us of our security, steal our peace, kill our relationships, and destroy our futures. On the other hand, God has given us his words and every one of them is true. He wants us to live in the truth that sets us free.

Step Two – Meditate on the Truth

Read the Scriptures on the next page three times. Underline, circle, or highlight any word or phrase that stands out to you.



- 8 *Be well balanced (temperate, sober of mind), be vigilant and cautious at all times; for that enemy of yours, the devil, roams around like a lion roaring [in fierce hunger], seeking someone to seize upon and devour.*
- 9 *Withstand him; be firm in faith [against his onset-rooted, established, strong, immovable, and determined], knowing that the same (identical) sufferings are appointed to your brotherhood (the whole body of Christians) throughout the world. 1 Peter 5:8-9 AMP*

Consider the things you underlined or highlighted. What do you think God wants you to know about the enemy? How can this help you in your spiritual growth?

Step Three – Compare what you learn in Scripture with what you think about God

1. Take a quick inventory of your life. Is there any area in which you are out of balance? Do you struggle with anger, fear, depression, or frustration? Are you anxious about a circumstance, relationship, or finances? If so, you might be out of balance in this area. To be balanced is to have a proper perspective on your part and God's part in every area of your life. We get out of balance when we try to carry our own burdens. Often we become out of balance due to a lie we have believed about our responsibilities. Do you say things like "I can handle it," or "I can deal with this on my own?" Life is about partnership with God. Don't let the devil lie to you and create division by telling you God doesn't care, or God can't help you. Resist him by standing firm in faith that God can help you!

In the space below list any area in your life in which you are out of balance. Ask God to reveal to you any lie you have believed about this.

Ask God to forgive you for not trusting him completely in this situation. Give him any feelings that accompany the situation. Finally, ask God to reveal his will and guide you in the way you should go.



2. In verse nine we are told to withstand him (the devil): *be firm in faith*. What does that mean to you? Describe how you can be firm in faith.

TREASURE THE TRUTH

My Precious Child,

I love you with an everlasting love and my plans for you are for good and not for your harm. Your enemy—the serpent of old—if given the opportunity, will fill your mind with lies, for he is a master deceiver. My thoughts toward you are always based on my Word, which is truth. I will never shame you because I see the best in you always. All have failed at times, but in Jesus Christ you are safe and eternally secure. You are beautiful in my sight. Be diligent with your thoughts. Do not allow any unwholesome thought pattern to take root that could cause mental strongholds, and immobilize you from doing the work I've planned for you in my kingdom. Live the abundant life I have for you.

Remain in my Word; as you fill your mind with its truth, I will bring it to your remembrance when you need it. Allow the truth to infiltrate every aspect of your thinking and you will see it transform your life. I will protect your heart and mind with the truth of my Word. You have no reason to hide or run from me. Draw near to me in quiet places; be still and know that I desire to comfort and encourage you. Moment by moment I am always with you and I am able and willing to meet all your needs. When you are faced with a lie, give it to me and I will replace it with truth. You are my treasured possession and, as you live in the truth, I will keep you secure and, as my child, you will be set apart to me, your God.

With unfailing love I have drawn you to myself.

Your Father.

*The LORD has today declared you to be His people,
a treasured possession. Deuteronomy 26:18a*



DISCUSSION

1. In Genesis 3, the serpent deceived Eve by appealing to the desires of her flesh. In what ways do you see the serpent deceiving people today by appealing to the desires of the flesh?
2. How difficult do you think it is to identify the lies of the enemy? Explain your answer.
3. What emotions did the serpent's lies cause in Genesis 3?
4. How do you feel when you realize you have been deceived? What do you do with your feelings?
5. Instead of acting on the serpent's lie, what could Eve have done?



WEEK THREE: OVERCOME THE LIES

KNOW WHAT IS TRUE

Truth. People today will tell you that there is no absolute truth, only relative truth. Relative truth is a philosophy that says what is true for you is not necessarily true for me. In other words, there is no absolute truth by which the world as a whole can live, because there is nothing or no one that has the right to define truth for another. Oh what a wonderful job the enemy has done lying to mankind! This is perhaps his greatest deception. Remember, it was in the Garden of Eden that the serpent first called the truth of God's Word into question by asking Eve, *did God really say....*

Friends, make no mistake, he is still asking this question today. If there is no truth, we are all lost. If there is no truth, we will never be able to recognize the devil's life-destroying lies. The lie that God's Word is not absolute truth has done more damage than perhaps any other lie the enemy has told. To combat the lie, we must know from the depths of our soul that God's Word is truth. It must become the measure and standard of our lives in order for us to experience victory in this life.

My question to you is simple: Do you believe from the depths of your soul that God's Word is absolute truth?



MINING THE TRUTH – Four Main Reasons to Accept the Bible as God’s Word

1. The Historical Evidence

Archaeology has proven the historical accuracy of the places and the people of the Bible.

Dr. Henry Morris, a Christian apologist and scientist, has written, “It must be extremely significant that, in view of the great mass of corroborative evidence regarding the biblical history of these periods, there exists today not one unquestionable find of archaeology that proves the Bible to be in error at any point.”¹

Here are two examples from the Old Testament:

For decades it was said that the Old Testament writers invented the Hittite tribe, since their existence could not be independently confirmed. However, in 1911-12, Professor Hugo Winckler of Berlin discovered some ten thousand clay tablets at Bogazköy, the site of the Hittite capital. The existence of the Hittite empire is now extensively proven and documented.

The existence of Solomon’s reign and his thousands of horses was at one time questioned. But in Meggido, which was one of five chariot cities, excavations have revealed the ruins of thousands of stalls for his horses and chariots (1 Kings 10:26-29).

From the New Testament

Pilate, whose existence was doubted, has been confirmed as a high-ranking Roman official by the discovery of “The Pilate Stone” in Caesarea.

¹ Morris, Henry M., Dr. *The Bible and Modern Science*, Chicago: Moody Press, 1956

An altar to “an unknown god” was found in Athens (Acts 17:23).²

2. The Consistent Message

The Bible was written over a period of about 1,500 years in various places stretching all the way from Babylon to Rome. The human authors included over 40 persons from various stations of life: kings, peasants, poets, herdsman, fishermen, scientists, farmers, priests, pastors, tentmakers and governors. It was written in a wilderness, a dungeon, inside palaces and prisons, on lonely islands, and in military battles. Yet it speaks with agreement and reliability on hundreds of controversial subjects and tells one story from beginning to end: God’s salvation of man through Jesus Christ. No one person could have possibly conceived of or written such a work!³

Jesus believed God’s Word was truth. In fact, he often quoted from the Old Testament.

- He spoke of Adam and Eve - Matthew 19:4
- He believed in Noah - Luke 17:26
- He believed in Jonah - Matthew 12:40
- He spoke of Sodom and Gomorrah - Matthew 10:15
- He recognized the Old Testament’s authority - Luke 11:28
- He called God’s Word the Truth - John 17:17

2 Lutzer, Erwin W. (2008-09-20). *Seven Reasons Why You Can Trust the Bible* (Kindle Locations 1226–1231). Moody Publishers. Kindle Edition.

3 Josh McDowell. *Evidence That Demands a Verdict* (San Bernardino, CA, Here’s Life Publishers, 1972), 19–20.



Read John 17:14-19 three times slowly. Circle any word or phrase that stands out to you.

14 *I have given them Your word; and the world has hated them, because they are not of the world, even as I am not of the world.*

15 *I do not ask You to take them out of the world, but to keep them from the evil one.*

16 *They are not of the world, even as I am not of the world.*

17 *Sanctify them in the truth; Your word is truth.*

18 *As You sent Me into the world, I also have sent them into the world.*

19 *For their sakes I sanctify Myself, that they themselves also may be sanctified in truth.*

- What did Jesus call God's Word?
- What did he ask God the Father to protect his followers from?
- Why do you think Jesus asked God not to take his followers out of the world but to sanctify them in the truth? (Sanctify means to make clean.)

3. Changed Lives

12 *God's word is alive and working and is sharper than a double-edged sword. It cuts all the way into us, where the soul and the spirit are joined, to the center of our joints and bones. And it judges the thoughts and feelings in our hearts.*



- 13 *Nothing in all the world can be hidden from God. Everything is clear and lies open before him, and to him we must explain the way we have lived.*
Hebrews 4:12-13 NCV

The Bible is the best selling book in the world for a reason. No other book throughout history has changed lives like the Bible. In the space below write your favorite passage and how it has helped you.

A DEEPER LOOK

No matter how much external evidence there is to support the Bible as truth, the bottom line will always be that you must decide for yourself whether or not to accept the Bible as God's Word. At some point we must decide to believe or not believe. It took time for me (CJ), in faith, to make the decision to believe the entire Bible. I came to realize that if I said I believed the Bible, that also meant believing all of it. I could not just pick and choose which passages I wanted to believe. If I said I believed John 3:16, that meant that I believed in God's creation account. If I said I believed Psalm 139, that meant I believed in Noah and the Ark, Jonah and the whale, and the Holy Spirit even if I didn't understand it.

That is another important point. We don't need to wait until we understand it all to confess in faith that we believe the Bible is God's inspired word to mankind. One of my favorite passages in the Bible, Mark 9:17-24 deals with doubt.

- 17 *Teacher, I brought you my son, who is possessed by a spirit that has robbed him of speech.*

- 18 Whenever it seizes him, it throws him to the ground. He foams at the mouth, gnashes his teeth and becomes rigid. I asked your disciples to drive out the spirit, but they could not.
- 19 “O unbelieving generation,” Jesus replied, “how long shall I stay with you? How long shall I put up with you? Bring the boy to me.”
- 20 So they brought him. When the spirit saw Jesus, it immediately threw the boy into a convulsion. He fell to the ground and rolled around, foaming at the mouth.
- 21 Jesus asked the boy’s father, “How long has he been like this?” “From childhood,” he answered.
- 22 “It has often thrown him into fire or water to kill him. But if you can do anything, take pity on us and help us.”
- 23 “If you can?” said Jesus. “Everything is possible for him who believes.”
- 24 Immediately the boy’s father exclaimed, “I do believe; help me overcome my unbelief!” (NIV)

I love the authentic response of the man to Jesus: *I do believe; help me overcome my unbelief.* The man wanted to believe Jesus when he said everything is possible for him who believes, but the evidence was hard to overlook. For years the boy had been affected by this spirit. I imagine the father tried to help his son for years, only to feel helplessly overwhelmed by the enemy forces at work in their lives. Perhaps he believed the lie that nothing could be done to help his son. Certainly his words, *if you can do anything*, revealed his hopeless feelings. Jesus dared him to believe beyond what he could see. He dared him to believe that anything was possible. He dared him to believe in healing. He dared him to hope for more.

I can picture this man in my mind. I can see him looking desperately into the eyes of Jesus. Perhaps in Jesus’ voice there was an authority he had not heard before. Perhaps there was a love he had not seen before. Perhaps, at the end of himself, he realized he had to trust in one greater than himself. Either way, this man determined that he wanted to believe. *I do believe, help me overcome my unbelief.*

Would it surprise you to learn that this is not an uncommon prayer for me? I have come to realize in my own life that my unbelief is often based on a lie I have believed. So when I find myself having difficulty overcoming my



doubt or unbelief, I simply pray and tell God “I believe. Help me overcome my unbelief.” For example, right now my family is in the middle of a financial crisis. The external evidence around me makes me wonder how we will make it through. Fear and anxiety often creeps into my thoughts, affecting my actions and reactions to those I love. When I recognize what is happening, I stop and confess I am believing the lie that God doesn’t care what is happening. I say, “God I believe you are working in my circumstances even though I can’t see it. I believe. Help me overcome my doubt.”

Let me ask you a question. Do you believe the Bible is God’s inspired Word to us? Do you believe the Bible is true? If not, there is really no need to read any further. You see, we can only learn to trash the lies when we choose to believe the truth. Today, many people create their own truth; but as Christians we cannot borrow from the philosophy of this world or allow ourselves to be convinced that lies are truth.

So let’s take a moment to settle this in your heart. If you struggle to believe the Bible is God’s Word and the standard of truth, then confess that to him in prayer right now. Ask him to show you how it is true. Ask him to help you overcome any doubts you might have.

BECOMING A LIE SLAYER AND TRUTH SAYER!

Step One – Know the Truth

In John 8:32 Jesus said: *Then you will know the truth, and the truth will set you free.* (NIV)

You must know that relative truth, a moral code of conduct and belief system which a person creates for himself, is not anchored in unchanging truth. Instead it is dependent upon individual circumstance. Any truth that we live by which is not God’s unchanging truth, is like building your life on a foundation of sand instead of rock. In Matthew 7:24–28, Jesus said:



- 24 Therefore everyone who hears these words of Mine and acts on them, may be compared to a wise man who built his house on the rock.
- 25 And the rain fell, and the floods came, and the winds blew and slammed against that house; and yet it did not fall, for it had been founded on the rock.
- 26 Everyone who hears these words of Mine and does not act on them, will be like a foolish man who built his house on the sand.
- 27 The rain fell, and the floods came, and the winds blew and slammed against that house; and it fell—and great was its fall.

The stability of your thoughts and your life are dependent upon the foundation upon which they are built. What type of foundation do you want to be built upon, the shifting sands or the solid rock?

Step Two – Meditate on the Truth

Read the passage below three times. Underline, circle, or highlight any word or phrase that stands out to you.

- 16 Every Scripture is God-breathed (given by His inspiration) and profitable for instruction, for reproof and conviction of sin, for correction of error and discipline in obedience, [and] for training in righteousness (in holy living, in conformity to God's will in thought, purpose, and action),
- 17 So that the man of God may be complete and proficient, well fitted and thoroughly equipped for every good work. 2 Timothy 3:16–17 (AMP)

Step Three – Trash the Lie...Give it to God!

1. According to 2 Timothy 3:16, what Scriptures are God-breathed?



2. What are the Scriptures profitable for?

If the Scriptures were not true, would they be good for any of the things you listed? Explain.

3. Is there any lie you have believed about the trustworthiness or usefulness of God's Word? What is it?

4. According to 2 Timothy 3:17 what is the purpose of the Scriptures?



TREASURE THE TRUTH

My Precious Child,

I want you to know how precious my Word is and how it can keep you on the right path. My Word will open your eyes to what's wrong and what's right. It is your compass for how to live. It is the primary way I talk to you.

When you read my Word I will build you up, I will feed your soul, and I will give you direction, guidance, hope, encouragement and faith. My Word is a wonderful and reliable tool; it will always tell you the truth. You will find comfort and strength, wisdom and knowledge, love and faith, peace and joy, deliverance and liberty, clarity and direction, wholeness and restoration, and fruitfulness and purpose.

My Word is a weapon to fight the lies that deceive you. But most of all, my child, my Word is my love letter to you. I want you to know, deep in your heart, how much I value you and love you.

I also wrote this love letter to you so you can know exactly who I AM. I want you to come to me and sit at my feet.

My Spirit will lead you into all truth.

Almighty God

I will keep obeying your law forever and ever. I have gained perfect freedom by following your teachings... Psalm 119:44-45 (CEV)



DISCUSSION

1. What do you think is the difference between relative truth and absolute truth?
2. In your opinion, is it popular today to believe God's Word is absolute truth? How might your answer be a victory for the devil, the father of lies?
3. If God's Word was more widely accepted as the truth, how might the world we live in be different?
4. What do you think is our primary weapon against the lies of the enemy?
5. How can you become familiar with God's truth?



*I will keep obeying your
law forever and ever.
I have gained perfect
freedom by following
your teachings...*

Psalm 119:44-45 (CEV)



WEEK FOUR: OVERCOME THE LIES

KNOW HOW TO FIGHT

In John 8:32 Jesus said: *and you will know the truth and the truth will make you free.* There is a formula for freedom from the bondage caused by the lies and deception of the enemy.

Truth + Faith = Freedom

We must know the truth, and we must believe and act on the truth, in faith, in order to be free. God does not intend for his children to live in bondage. He gave us his Word. He sent his Spirit, the Spirit of Truth which is the Holy Spirit, to live in us and lead us in truth. God has equipped us to defeat the enemy through the power of his truth and the work of the Holy Spirit. We must however, learn how to fight our enemy.

The most powerful weapon we have is the Word of God. Truth, when put to use, always defeats the lies of the enemy. While being tested in the wilderness, Jesus taught us how to use the truth to defeat the enemy.



MINING THE TRUTH

Read Matthew 4:1-11 below. Underline or highlight the devil's attempts to deceive Jesus. Circle the response Jesus gives to each temptation.

- 1 Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil.
- 2 And after He had fasted forty days and forty nights, He then became hungry.
- 3 And the tempter came and said to Him, "If You are the Son of God, command that these stones become bread."
- 4 But He answered and said, "It is written, 'Man shall not live on bread alone, but on every word that proceeds out of the mouth of God.' "
- 5 Then the devil took Him into the holy city and had Him stand on the pinnacle of the temple,
- 6 and said to Him, "If You are the Son of God, throw Yourself down; for it is written, 'He will command His angels concerning You'; and 'On their hands they will bear You up, So that You will not strike Your foot against a stone.' "
- 7 Jesus said to him, "On the other hand, it is written, 'You shall not put the Lord your God to the test.' "
- 8 Again, the devil took Him to a very high mountain and showed Him all the kingdoms of the world and their glory;
- 9 and he said to Him, "All these things I will give You, if You fall down and worship me."
- 10 Then Jesus said to him, "Go, Satan! For it is written, 'You shall worship the Lord your God, and serve Him only.' "
- 11 Then the devil left Him; and behold, angels came and began to minister to Him.

1. When did the devil come to tempt Jesus? Describe the condition Jesus must have been in at the time. What does this tell you about the enemy's tactics?



When Satan tempts, it is always to do or think something wrong or contrary to God's will. In Genesis 3 the serpent deceived Eve into disobeying God by tempting her to believe that the fruit could make her like God. Remember, our actions are always prompted by our thoughts. Temptation appeals to a weakness, or an unmet need.

2. Summarize the three temptations of Jesus. What did the tempter say? Can you identify any lies? Can you think of modern day examples for each temptation?

Turn stones into bread – feed the flesh

Throw yourself down – prove yourself to be God

Worship Satan – for power and position

Be on guard. First John 2:16 says: *For all that is in the world, the lust of the flesh and the lust of the eyes and the boastful pride of life, is not from the Father, but is from the world.*

Satan tempts us to accept a counterfeit worldly solution to a genuine need in our lives. Only God can meet our needs and fully satisfy the desires within us. Are you being tempted in any area of your life right now? If so, ask God to reveal your unmet need or weakness. Overcoming the deception and temptation of the enemy begins with recognizing these vulnerable areas of your heart and mind.

3. In Matthew 4, what consistent phrase did Jesus use in his responses to the enemy?

4. Based on your answer to question three, how important is it for you to know what the Word says?

Knowing the Word is good, but notice the phrase that appears before *it is written*. It is the simple phrase *and he said*. Every time the devil spoke to Jesus, Jesus responded with the Word of God. It was a verbal sword fight in which there was only one winner—Jesus. It is this exchange that gives us a model for defeating the enemy. It is not enough to know the Word; if we want victory in our lives we must SPEAK the Word aloud.



Read the following passage from Ephesians 6:10-18.

- 10 Finally, be strong in the Lord and in the strength of His might.
- 11 Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil.
- 12 For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places.
- 13 Therefore, take up the full armor of God, so that you will be able to resist in the evil day, and having done everything, to stand firm.
- 14 Stand firm therefore, HAVING GIRDED YOUR LOINS WITH TRUTH, and HAVING PUT ON THE BREASTPLATE OF RIGHTEOUSNESS,
- 15 and having shod YOUR FEET WITH THE PREPARATION OF THE GOSPEL OF PEACE;
- 16 in addition to all, taking up the shield of faith with which you will be able to extinguish all the flaming arrows of the evil one.
- 17 And take THE HELMET OF SALVATION, and the sword of the Spirit, which is the word of God.
- 18 With all prayer and petition pray at all times in the Spirit, and with this in view, be on the alert with all perseverance and petition for all the saints...

In the Bible there are two Greek words generally used for the Word of God. The first is *logos*, which references the written word. The second, and the one used in verse 17, is *reHEMA*, which means spoken word. When we quote Scripture we are using it as a sword; this is the key to becoming a Lie Slayer and Truth Sayer™. Jesus resisted the devil by using his Word and the enemy fled. When we use the Word to combat the lies of the enemy we are resisting him.

The first step in our battle to fight the lies of the enemy is to hide the Word of God in our heart so we know it and are able to quote it. The Word is one of God's divine weapons for fighting the enemy. Read 2 Corinthians 10:3-5 below.

- 3 *It is true that we live in the world, but we do not fight from worldly motives.*
- 4 *The weapons we use in our fight are not the world's weapons but God's powerful weapons, which we use to destroy strongholds. We destroy false arguments;*
- 5 *we pull down every proud obstacle that is raised against the knowledge of God; we take every thought captive and make it obey Christ. (GNB)*

8. In 2 Corinthians 10:3-5, Paul described doing battle against false ideas. What are God's powerful weapons capable of doing?

9. Use the fill-ins below to identify two things a stronghold consists of, according to 2 Corinthians 10:4-5 above.

We destroy false _____, and every proud _____ that is raised against the knowledge of God.



10. Who is responsible for taking thoughts captive (vs.4)?

11. How does verse 5 say we should fight false arguments and proud obstacles?

It is not enough to *know* the truth. In the fight against the devil's lies we cannot be complacent. Instead we must learn to take our thoughts captive by comparing what we think and believe with the Word of God. Only his truth is capable of destroying the strongholds created by false arguments and proud obstacles raised against the knowledge of God. Strongholds are patterns of thinking contrary to God's Word. For example, a stronghold can be as simple as thinking you are not acceptable when God says you are acceptable in the Lord. The stronghold is built on a lie. Think of strongholds as the negative self-talk you are tempted to practice, or the old tapes that play in your head.

Examples of false arguments are:

- God is not good...at least he is not good to me.
- God doesn't really love me.
- It's difficult to really trust God. I never trusted my own father.
- God should fix our problems.
- God can't forgive what I have done.



Examples of proud obstacles are:

- I don't need God.
- I can handle this myself.
- I am a self-made woman.

It is very easy for us to buy into these subtle lies. However, we *can* control our thoughts! We don't have to be held captive by false arguments and proud obstacles that create a place for the enemy to occupy our minds. It is simply a choice to carefully consider what you are thinking about. We do have power over our minds.

As we pull down strongholds we must replace the lies of the enemy with the truth of God.

Read Philippians 4:8-9 below.

- 8 *Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.*
- 9 *Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you. (NIV)*

12. According to Philippians 4:8 what are we told to think about?

13. What are some practical ways can you practice thinking on the truth?
14. How, if at all, does the instruction in verse 8 differ from what normally fills your thoughts?
15. Read verse 9 again. What is the result of putting into practice what has been learned, received, heard, or seen in the Word?

Remember our formula for freedom: Truth + Faith = Freedom. There is no peace without freedom! There is no freedom without action!



A DEEPER LOOK

In Romans 12:2, Paul gives us great insight into overcoming lies. He said:

Do not be conformed to this world (this age), [fashioned after and adapted to its external, superficial customs], but be transformed (changed) by the [entire] renewal of your mind [by its new ideals and its new attitude], so that you may prove [for yourselves] what is the good and acceptable and perfect will of God, even the thing which is good and acceptable and perfect [in His sight for you]. (AMP)

We have a choice to make. We can be passive and allow ourselves to be conformed to the world around us by believing the lies, or we can take an active role in the battle for our minds by renewing them. We are not helpless victims of mind control. We have been given the mind of Christ! Literally, through the process of renewal, our thoughts and attitudes can be transformed, neural pathways can be rerouted, and behaviors can be changed.

Dr. Daniel Amen, a leading expert on brain research, states this amazing fact about our brains:

“It is estimated that we have 100 billion neurons or nerve cells and trillions of supportive brain cells called glial cells. Each neuron is connected to other neurons by up to 40,000 individual connections between cells. You have more connections in your brain than there are stars in the universe.”¹

Talk about intelligent design! God has equipped our brains with more than enough cells to defeat every lie we are tempted to believe! As we renew our minds by immersing ourselves in the Word of God, the way we think will begin to change. Our Word-centered thoughts stir our emotions, desires and actions and our feelings soon fall in line with those thoughts. Consequently, our lives will begin to reflect our Christ-like thinking. Complete transformation will be the end result.

1 Amen, Daniel G.. *Change Your Brain, Change Your Life: The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Anger, and Impulsiveness*, Three Rivers Press (Dec 31, 1999)

BECOMING A LIE SLAYER AND TRUTH SAYER!

Step One – Know the Truth.

In John 8:32 Jesus said: *Then you will know the truth, and the truth will set you free.* (NIV)

Truth is the key to freedom from the lies and distortions of the serpent. In order to recognize the lies, we must have a daily dose of the truth of God. We need to understand who we are in his sight, and how he wants us to live. The more truth we take in, the easier it will be to identify the lies—both subtle and obvious—that threaten to destroy our peace of mind and our relationships with God and others. Any thought that contradicts the Word of God is a lie.

Read the Scripture below three times.

- 3 *For though we walk in the flesh, we are not waging war according to the flesh.*
- 4 *For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds.*
- 5 *We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ...*
2 Corinthians 10:3-5 (ESV)

What words or phrases do you think God is impressing on you and why?



Step Two – Meditate on the truth.

1. How are God's weapons described in 2 Corinthians 10:4? What are they capable of doing?

2. Strongholds are defined as arguments in which one trusts. In this case, strongholds are patterns of thinking contrary to God's Word. What insight does this give you about who and what we are at war against?

Step Three – Compare what you learn in Scripture with what you think about God.

3. Do you believe God has given you weapons to enable you to tear down strongholds? Why or why not? How do you use them?



Remember the definition of strongholds: patterns of thinking which are contrary to God's Word. A stronghold can be as simple as thinking you are not acceptable when God says you are acceptable in the Lord. The stronghold is built on a lie. Think of strongholds as the negative self-talk you are tempted to practice, or the old tapes that play in your head.

4. Describe some practical ways you could take every thought captive and make it obedient to Christ.

If you struggle with strongholds, pray and ask God to teach you how to take your thoughts captive.

Step Four – Trash the Lie...Give it to God!

5. Let's make the truths in this lesson practical for everyday life with a step-by-step game plan to tear down lies before they become strongholds.
 - Identify the Lie. Constantly be on guard against any thoughts that rob you of your peace, cause you to fear, weaken your sense of confidence or lessen your worth, question your life purpose, etc. Thoughts that cause you to feel unloved, less than..., not smart, incapable, etc., are in direct opposition to what the Bible teaches about our identity in Christ, our position in his kingdom, and his love and care for us as his children. Write down the thoughts or lies in your journal.

Exercise: Pray and ask God to search your heart and reveal any lies or strongholds. In the space below write any lies the Lord reveals.



- Using the list entitled *I AM Says...* in the *Appendix*, write down the identity statements that contradict the lies you have identified in what you believe. Make sure to write down the Scripture and verse location.

- Now begin to take your thoughts captive and make them obedient to the Word by confessing the lie to God. For example, you could say something like: *Lord I have believed that I am not good enough to be used in your kingdom. I recognize this is a lie. Your Word says everything God created is good and that includes me. I command my thoughts to come in line with the truth of Your Word. I rebuke the lie and cast it down with the truth. Your Word says I will know the truth and the truth will set me free. Thank you for setting me free from the lie! I love you, Jesus.*

- Overcome the tape. When the enemy tries to bring the lie back to the forefront of your thinking, repeat the previous three steps. You may have to do this several times a day, or even several times an hour, but eventually the thought will become obedient.

By the way, a good battle tactic that is sure to sting the enemy is using the reminders of your past mistakes as opportunities to thank God for his forgiveness and for making you a new creation. Thank him for all he did for you on the cross and watch the devil scurry away!

TREASURE THE TRUTH

My Precious Child,

It was I, your loving Daddy God, who took your little girl heart and began to heal you one day at a time. I have closed up all the wounds in your heart from the past. I have held you through many losses and extremely difficult times. I have, and continue to protect you with my love. I am here to help you endure what feels impossible. If you will keep your heart and mind focused on ME, I will keep you free from doubt. This is something only I can do for you. Only I can do the impossible. I will be your Rock, your Fortress, and your Deliverer. Praise me, sing a new song to me, give me your heart my child, and I will give you peace.

I want you to wait on me through the difficult times in your life. While this is not easy, it is a discipline you must develop. Faithfully wait on me and respond in obedience when I answer. My child, learn to trust and depend upon me instead of yourself; this is the very thing that will free you from yourself. I will satisfy your desires and meet your needs; I know what they are before you do. Allow me be your strength and shield through the storms of life.

I am your ever present help in every situation you face today. I am always here for you, loving you, no matter what. I hold your heart in my hands. Learn to accept and know me as the healer of your heart!

I love you, more than you know.

Father God



DISCUSSION

1. What lesson did you learn from the way Jesus dealt with the devil?
2. What steps will you take to identify lies and tear down strongholds?
3. How will you fill your mind with truth?
4. How can you help people around you to know and walk in the truth that sets them free?
5. What has been the most significant lesson you have learned from this study?





APPENDIX



APPENDIX A

I AM SAYS...

I AM says, "You are blessed to believe."Luke 1:45
I AM says, "You are significant." Proverbs 16:4
I AM says, "You are not your own." 1 Corinthians 7:23
I AM says, "You are a child of God."John 1:12-13
I AM says, "You are free from fear." 2 Timothy 1:7
I AM says, "You are made by him." Psalm 119:73
I AM says, "You are beautiful."Song of Songs 1:15
I AM says, "You are radiant." Psalm 34:5
I AM says, "You are heard." Jeremiah 29:12
I AM says, "You are known." 1 Corinthians 8:3
I AM says, "You are capable." Philipians 4:13
I AM says, "You are confident." Proverbs 3:26
I AM says, "You are accepted." Ephesians 1:6
I AM says, "You are not shaken." Psalm 40:1-2
I AM says, "You are a saint." Psalm 30:4
I AM says, "You are delighted in." Isaiah 62:5
I AM says, "You are protected." Psalm 32:7
I AM says, "You are unique."Song of Songs 6:9
I AM says, "You are free."John 8:36
I AM says, "You are cared for." Psalm 34:18
I AM says, "You are good." Genesis 1:31
I AM says, "You are a new creation." 2 Corinthians 5:17
I AM says, "You are forgiven." Isaiah 1:18
I AM says, "You are a finished work in progress." Philipians 1:6
I AM says, "You are more than a conqueror." Romans 8:35, 37
I AM says, "You are treasured." Deuteronomy 7:6
I AM says, "You are secure." Deuteronomy 33:12
I AM says, "You are a warrior." Genesis 2:18
I AM says, "You are gifted."Romans 12:6a
I AM says, "You are royalty."Romans 8:15-17a
I AM says, "You are loved." John 3:16-17

—Adapted from *I AM Says "You Are..."* by CJ Rapp, Infusion Publishing, 2010.



APPENDIX B

MEET THE AUTHOR

CJ Rapp website: www.cjrapp.com

CJ Rapp believes every woman can be victorious in the battles of life!

This Chief Executive Officer understands the struggles women face. Once labeled a “loser” as a child, she has battled low self-esteem, fought rejection, the nagging tendency to people please, and anxiety. CJ adds the title of “overcomer” to her list of life experiences after surviving a violent crime in her home. Every circumstance has taught her to trust and believe in the goodness of God, the freedom found in forgiveness, and in the transformative power of God’s Word.

A gifted communicator, she will touch your heart with her authentic, casual style, make you laugh, renew your hope and inspire you with her passion and insight into God’s Word. Whether sharing from the Old or New Testament, the elements for victory are always present: the character of God, our identity in Him, and how He wants us to live.

As an author, God has used CJ’s heart-touching devotional *I AM Says, “You Are...” Understanding Your Identity in Christ*, to impact thousands of people around the world. CJ is also the author of *Trash the Lies*, and co-author of *Tossed, Tumbled and Still Trusting* with Pam Marotta.

Her non-profit ministry is built on the promises found in Isaiah 61 to “bind up the brokenhearted and proclaim freedom for the captives.” She regularly donates her books to organizations such as battered women’s shelters, recovery centers, and prisons across the country.

Combining over a decade of ministry experience and her passion for women to be free, CJ embraced what she calls her “sacred responsibility” and launched *Trash the Lies Women’s Conferences* in 2010. This new movement invites women of all ages and stages to live Completely Free, escape their prison of shame, fear, and pain through believing and applying God’s truth to their lives. *Trash the Lies* teaches women they CAN change the movie that plays over and over in their mind. They CAN release the lies that have trapped them in bondage. They CAN feel cherished, accepted, loved, forgiven, and free!

CJ was married to her best friend John in 1998. Together they have two teenage boys, who provide a continuous source of character lessons and joy. As a family, they seek to live out their faith in an ever changing culture.



Women's Conference



TRASH THE LIES

Schedule a Conference
at your Church

Go to www.trashthelies.com or
call 949.954.4237 for information.

www.trashthelies.com

"...and you will know the truth
and the truth will set you free"
-John 8:32

YOU WILL KNOW THE TRUTH AND THE TRUTH WILL SET YOU FREE

I AM Says, "You Are..."

Understanding Your Identity in Christ

by CJ Rapp

Price: \$12.95

Binding: Paperback

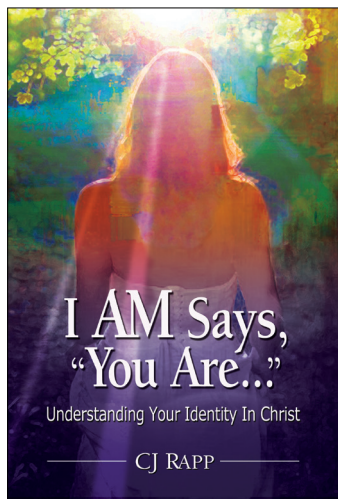
Pages: 170

Size: 6 x 9

ISBN-13: 978-0982479001

"Women need to know who they are in Christ. CJ Rapp's *I AM Says, "You Are..."* weaves together everything women need in her most unique 30-day devotional guide. It is full of truth and love from God, the great I AM. CJ speaks to the heart of women's emotions and desires to be loved and appreciated. Her devotions move us to embrace something far better than mere human love; she leads us to the Agape love of God that will never change regardless of our circumstances and situations. Every woman and every study group can literally foster real change in the course of women's lives as they unwrap this package and apply the inspiring content."

—Dr. Thelma Wells, President,
A Woman of God Ministries



Learning to renew the mind and take every thought captive is a discipline that most find difficult. But in *I AM Says, "You Are..."* author CJ Rapp guides the reader on a personal journey of replacing the "trash," or the lies, with the truth. Expect to be refreshed and renewed as you are gently taught to take captive every thought. *I AM Says, "You Are..."* has sold thousands of copies and birthed the national conference series *Trash the Lies*.



*"CJ speaks to the heart of
women's emotions."*

—Dr. Thelma Wells

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Tossed, Tumbled and Still Trusting

A study in the Book of Ruth

by CJ Rapp and Pam Marotta

Can you image how you would react if you lost everything; your spouse, home, comfort, security, and children?

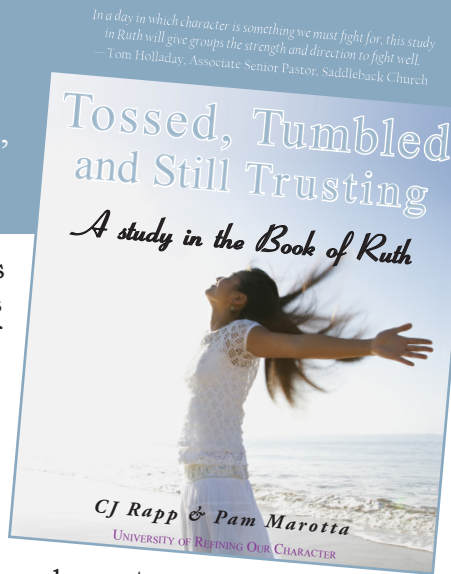
These are the very situations God allowed into the lives of two prominent women of the Bible, Ruth and Naomi. Perhaps you have experienced a similar loss or trial and you too have questioned, “Why? God.”

Tests and trials not only challenge our faith, they reveal our character—who we are when no one is watching.

Explore the actions and reactions of Ruth and Naomi to their most difficult life struggles. Learn to identify character imperfections and replace them with Christ-like attitudes and behavior. Come to know that despite being tossed and tumbled by life, you can choose to be like Ruth, a woman of excellence.

Learn to rise above your feelings, cling to your faith, and believe God for more than what you see.

Tossed, Tumbled and Still Trusting, features three days of heart-work per lesson, weekly group discussion sessions for any size small group or centralized group, and a leader guide with step-by-step instructions for facilitating nine group sessions.



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