

HOW TO FIGHT OUR BATTLES



THE BATTLE OF LIES



WHAT DOES SCRIPTURE SAY ABOUT LYING?

Exodus 20:16 (ESV): “You shall not bear false witness against your neighbor.”

Exodus 20:16 (AMP): “You shall not testify falsely [that is lie, withhold, or manipulate the truth] against your neighbor (any person).”

Proverbs 12:22 (ESV): “Lying lips are an abomination to the LORD, but those who act faithfully are his delight.”

Psalms 101:7 (NLT): “I will not allow deceivers to serve in my house, and liars will not stay in my presence.”

John 8:43-45 (NLT): “Why can’t you understand what I am saying? It’s because you can’t even hear me! For you are the children of your father the devil, and you love to do the evil things he does. He was a murderer from the beginning. He has always hated the truth, because there is no truth in him. When he lies, it is consistent with his character; for he is a liar and the father of lies. So when I tell the truth, you just naturally don’t believe me!”

Colossians 3:9-10 (ESV): “Do not lie to one another, seeing that you have put off the old self with its practices and have put on the new self, which is being renewed in knowledge after the image of its creator.”

SO WHAT IS A LIE?



A LIE IS A FALSE STATEMENT MADE WITH THE INTENT TO DECEIVE. LIES COME **OUT** OF THE MOUTH, BUT ULTIMATELY COME **FROM** THE HEART.

Luke 6:45 (CSB): “A good person produces good out of the good stored up in his heart. An evil person produces evil out of the evil stored up in his heart, for his mouth speaks from the overflow of the heart.”

DIFFERENT TYPES OF LIES:

- **Direct Lies:** completely false statements.
- **Lies by Omission:** leaving out key details to mislead someone.
- **White Lies:** lies often told to avoid hurting someone's feelings or to dodge awkward or uncomfortable situations.
- **Exaggerations:** stretching the truth to make something seem better or worse than it really is.
- **Misleading Statements:** saying something technically true but in a way that creates a false impression.



ALL LIES ARE WRONG. NO EXCEPTIONS.



HABITUAL LYING IS A PRODUCT OF AN UNPURE, UNSTABLE HEART.

DEBUNKING COMMON LIES FROM THE ENEMY



WHAT ARE THE ENEMY'S TACTICS?

- **Confirmation Bias:** people are more likely to believe lies that align with what they already think or want to be true.
- **Anchoring Bias:** the first thing someone hears about a topic often shapes their belief, even if it is true.
- **Repetition:** if a lie is repeated often, it feels familiar and more believable.
- **Emotional Influence:** lies that trigger strong emotions (fear, anger, hope) tend to override logical thinking.
- **Influence:** if a lie comes from a trusted leader, expert, or an influential person, people are more likely to believe it.
- **Groupthink:** people tend to conform to the beliefs of the people they are surrounded by, even if it is false.



LIE 1: SIN ISN'T A BIG DEAL

- The enemy tries to convince us that our sin isn't a big deal and has no real significance. Often times, the enemy distorts the concept of grace by deceiving people into believing they can do whatever and live however they want, as long as they just tell God they're sorry.

Romans 6:1-2 (NLT): "Well then, should we keep on sinning so that God can show us more and more of his wonderful grace? Of course not! Since we have died to sin, how can we continue to live in it?"

- There is no such thing as justifiable sin.
- Jesus has called us to live according to His Word and His Ways.
- The enemy seeks to distort your view of sin because sin hinders your relationship with God.

Romans 6:23 (ESV): “For the wages of sin is death, but the free gift of God is eternal life in Jesus Christ our Lord. ”



LIE 2: FOLLOWING CHRIST MEANS YOU’LL NEVER STRUGGLE

- Followers of Christ are never promised an easy life; in fact, they are promised the opposite.

John 15:18-19 (ESV): “If the world hates you, know that it has hated me before it hated you. If you were of the world, the world would love you as its own; but because you are not of the world, but I chose you out of the world, therefore the world hates you.”

2 Timothy 3:1-5;12 (ESV): “But understand this, that in the last days there will come times of difficulty. For people will be lovers of self, lovers of money, proud, arrogant, abusive, disobedient to their parents, ungrateful, unholy, heartless, unappeasable, slanderous, without self-control, brutal, not loving good, treacherous, reckless, swollen with conceit, lovers of pleasure rather than lovers of God, having the appearance of godliness, but denying its power. [12] Indeed, all who desire to live a godly life in Christ Jesus will be persecuted.”

WHEN WE FIND OUR IDENTITY AND PURPOSE IN CHRIST, OUR PERSPECTIVE OF LIFE CHANGES.

“Following Christ isn’t a ticket to an easier life, but it is a ticket to an easier way of doing life.” - **William Perdue III**

- Don't be discouraged when life gets hard, and don't let the enemy convince you that God doesn't love you if you are struggling with something.

James 1:2-3 (ESV): "Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness."



LIE 3: GOD DOESN'T LOVE YOU AND YOU HAVE TO EARN HIS LOVE.

- It's easy to be deceived into feeling unworthy of God's love, or feeling like God is ashamed of you because of your sin.
- It's easy to be filled with anger and guilt when you are trying to live out your faith, but you are constantly struggling with sin.
- It's easy to feel like you have to "do more" for God to truly love you.

Ephesians 2:4-6 (ESV): "But God, being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved—and raised us up with him and seated us with him in the heavenly places in Christ Jesus."

Ephesians 1:7 (ESV): "In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace."

Romans 8:1 (ESV): "There is therefore now no condemnation for those who are in Christ Jesus."

Romans 5:8 (NASB): "But God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us."

Colossians 2:13-15 (NLT): "You were dead because of your sins and because your sinful nature was not yet cut away. Then God made you alive with Christ, for he forgave all our sins. He canceled the record of the charges against us and took it away by nailing it to the cross. In this way, he disarmed the spiritual rulers and authorities. He shamed them publicly by his victory over them on the cross."



JESUS RECEIVED A CROWN OF THORNS, THOUGH HE DESERVED A CROWN A GLORY. WE RECEIVE A CROWN OF GRACE AND MERCY THOUGH WE DESERVE A CROWN OF THORNS.



GOD LOVES HIS CHILDREN, AND HE DOESN'T WANT HIS CHILDREN TO TRY AND HIDE FROM HIM IN FEAR. INSTEAD, GOD WANTS HIS CHILDREN TO COME TO HIM WITH REPENTANT HEARTS, AND TO TRUST IN THE POWER OF GOD THAT CAN OVERCOME EVERY SCHEME OF THE ENEMY.

HOW DO I DEFEND MYSELF AGAINST THE LIES OF THE ENEMY?



REPLACE WORLDY LIES WITH BIBLICAL TRUTH.



KNOW TRUTH BY SPENDING TIME IN SCRIPTURE.



SEEK SPIRITUAL PROTECTION AND AWARENESS IN PRAYER.

Opening Icebreaker: 'Two Truths and a Lie'

- Have each student say two true things about themselves and one lie. The group has to guess which one is the lie.
- **Transition:** Just like in this game, sometimes it's hard to tell what's true and what's not in our lives. That's why it's important to recognize the lies we believe and replace them with God's truth.

Discussion Questions - The Father of Lies (John 8:44)

- What does this verse tell us about Satan? Why do you think he wants to deceive us?
- What are some common lies people believe about God?
- Have you ever faced a tough situation and wondered if God really loved you? How did you handle it?
- Read John 16:33 - What does Jesus say about the hardships we will face? How does this encourage you?
- What are some ways we can fight against the enemy's lies in our everyday lives?

Discussion Questions – The Lie That Life Will Be Easy if We Follow Jesus (James 1:2-4)

- Why do you think some people believe that life will be easier if they follow Jesus?
- Have you ever felt disappointed when life was hard even though you were following Jesus? How did you handle it?
- How can trials actually strengthen our faith instead of weakening it?
- How can we encourage someone who is struggling and feels like God has abandoned them?

Discussion Questions - Lies We Tell Ourselves (Psalm 139:13-14 & Romans 12:2)

- What are some lies people believe about themselves? (Examples: 'I'm not good enough,' 'I'll never change,' 'Nobody cares about me.')
- Have you ever struggled with negative self-talk? How do you think that affects your faith and daily life?
- **Activity:** Pass out index cards (or have students use their phones). Ask them to write down one lie they've believed about themselves. Then, find a Bible verse that speaks truth to replace that lie.
- How can we remind ourselves of God's truth when we start believing lies again?

Challenge

- This week, whenever you catch yourself believing a lie, pause and replace it with a Bible verse that speaks truth.