

STUDY & SEE

JENNIE ALLEN

THE LIE  
YOU DON'T  
KNOW YOU  
BELIEVE

HOW JESUS FOUGHT THE DEVIL IN THE BOOK OF MATTHEW

SIX-SESSIONS BIBLE STUDY + STREAMING VIDEO

# THE LIE YOU DON'T KNOW YOU BELIEVE

HOW JESUS FOUGHT THE DEVIL IN THE BOOK OF MATTHEW

A SIX-SESSION BIBLE STUDY

JENNIE ALLEN



HarperChristian  
Resources

*The Lie You Don't Know You Believe Bible Study Guide*

Copyright © 2026 by Jennie Allen

Published by HarperChristian Resources, 3950 Sparks Drive SE, Suite 101, Grand Rapids, MI 49546, USA. HarperChristian Resources is a registered trademark of HarperCollins Christian Publishing, Inc.

Requests for information should be addressed to [customer-care@harpercollins.com](mailto:customer-care@harpercollins.com).

ISBN 978-0-310-17041-9 (softcover)

ISBN 978-0-310-17042-6 (ebook)

Unless otherwise noted, Scripture quotations are taken from the ESV® Bible (The Holy Bible, English Standard Version®). Copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. All rights reserved.

Scripture quotations marked NIV are taken from the Holy Bible, New International Version®, NIV®. Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.® Used by permission. All rights reserved worldwide.

Scripture quotations marked NKJV are taken from the New King James Version®. Copyright © 1982 by Thomas Nelson. Used by permission. All rights reserved.

Scripture quotations marked NLT are taken from the Holy Bible, New Living Translation. Copyright © 1996, 2004, 2015 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Carol Stream, Illinois 60188. All rights reserved.

Any internet addresses (websites, blogs, etc.) and telephone numbers in this study guide are offered as a resource. They are not intended in any way to be or imply an endorsement by HarperChristian Resources, nor does HarperChristian Resources vouch for the content of these sites and numbers for the life of this study guide.

All rights reserved. No portion of this book may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—electronic, mechanical, photocopy, recording, scanning, or other—except for brief quotations in critical reviews or articles, without the prior written permission of the publisher.

HarperChristian Resources titles may be purchased in bulk for church, business, fundraising, or ministry use. For information, please email [ResourceSpecialist@ChurchSource.com](mailto:ResourceSpecialist@ChurchSource.com).

Without limiting the exclusive rights of any author, contributor, or the publisher of this publication, any unauthorized use of this publication to train generative artificial intelligence (AI) technologies is expressly prohibited. HarperCollins also exercise their rights under Article 4(3) of the Digital Single Market Directive 2019/790 and expressly reserve this publication from the text and data mining exception.

HarperCollins Publishers, Macken House, 39/40 Mayor Street Upper, Dublin 1, D01 C9W8, Ireland (<https://www.harpercollins.com>).

Art Direction: Ron Huizinga

Cover Design: Marshall Creative

Interior Design: Thinkpen Design

First Printing January 2026 / Printed in the United States of America

# CONTENTS

INSTRUCTIONS AND EXPECTATIONS . . . . . 4

**SESSION 1 ● IDENTIFY** . . . . . 9

**SESSION 2 ● KINGDOMS** . . . . . 28

**SESSION 3 ● HELPLESS** . . . . . 56

**SESSION 4 ● UNLOVABLE** . . . . . 86

**SESSION 5 ● WORTHLESS** . . . . . 116

**SESSION 6 ● TRUTH** . . . . . 147

LEADER'S GUIDE . . . . . 178

HOW TO FIND GOD . . . . . 203

ABOUT THE AUTHOR . . . . . 204

# INSTRUCTIONS AND EXPECTATIONS

---

What do you hope to get out of this study?

---

---

---

---

---

## GET HONEST

This may be a little confrontational, and possibly uncomfortable, but it will be worth it. We will be dealing with tender moments from childhood, calling up some beliefs about ourselves that may have lain dormant for a long time, and confronting lies with truth. But God has brought you here for a reason. He intends for you to live in truth and freedom. Until we start living in His kingdom, we will miss the real, rich experience of life He intends for us. If you feel depleted, limited, and not entirely yourself, are you also willing to consider that you may have been believing a lie? Even if it takes some time and effort to confront those lies and adopt a different perspective? Be compassionate with yourself and get honest with God. He knows all of it already, anyway.

## ENGAGE WITH YOUR SMALL GROUP

An important part of moving from lies to truth is a willingness to do it with the help of others. I know it can be scary, but I'm going to ask you to be vulnerable and acknowledge the connection developing with those who are vulnerable with you too. Try to listen and speak without judgment. Keep your group a safe and confidential place to wrestle and discover. A place filled

with truth. John describes Christ as being “full of grace and truth” (John 1:14). I pray that this is how your small group will be described.

“And you shall know the truth, and the truth shall make you free” (John 8:32 NKJV).

## COMMIT TO BEING CONSISTENT AND PRESENT

Every time you gather with your group you will be building new skills for living healthfully with your emotions and learning how God feels. Consistency and presence show respect to God and those around you in this process. Arrange your schedule so you don't miss any part of this journey. Have your projects finished when you come to the group meeting (except the first one, which we'll do together).

---

“Everyone should be quick to listen, slow to speak and slow to become angry” (James 1:19 NIV).

---

---

## GROUND RULES FOR GROUP DISCUSSION TIME

### **BE CONCISE.**

Share your answers to the questions while protecting others' time for sharing. Be thoughtful, and try to respond to "I feel" statements with another "I feel" statement. *Do not judge or condemn other people's feelings.* Don't be afraid to share with the group, but try not to dominate the conversation.

### **KEEP GROUP MEMBERS' STORIES CONFIDENTIAL.**

Many things your group members share are things they choose to share with you, not with your husband or other friends. Protect each other by not allowing anything shared in the group to leave the group.

### **RELY ON SCRIPTURE FOR TRUTH.**

We are prone to use conventional, worldly wisdom as truth. While there is value in that, this is not the place. If you feel led to respond, please only respond with God's Truth and Word, not "advice."

### **NO COUNSELING.**

Protect the group by not directing all attention toward solving one person's problem. This is the place for confession and discovery and applying truth together as a group. Your group leader will be able to direct you to more help outside the group time if you need it. Don't be afraid to ask for help.

## STUDY DESIGN

In the first meeting, your group's study guides will be passed out, and you will work through Session 1 together. After that, each session in the study guide is meant to be completed on your own during the week before coming to the group meeting. Each week begins with a short intro before moving into the portion marked Study. The Study portion is followed by four application Projects to allow God to further change your heart and life, then closing thoughts from me. The Study and Projects can be completed in one sitting or broken up into smaller parts throughout the week depending on your needs.

These lessons may feel very different from studies you have done in the past. They are very interactive. The beginning of each lesson will involve you, your Bible, and a pen. Work through the Scripture and listen to God's voice. Hear from Him. Allow God to further change your heart and life.

## WHAT *THE LIE YOU DON'T KNOW YOU BELIEVE* IS NOT

We all are products of messed-up environments. Even with the best parents, spouses, and friends, we still have emotional wounds, and we all have believed lies about ourselves during painful relational moments, often very early on in life. The hurt and beliefs gained in these relationships take work to process, and there are many great resources your group leader can suggest that take you deeper into the wounds from your past. I believe in the wisdom of Christian counseling from a certified therapist, and there is a time and a place for it. Christian counseling is a process I've gone through many times myself, as have many of my loved ones—it truly brought us so much freedom.

This study might feature some of the same self-reflective elements as counseling, but honestly, it's not intended to be a substitute. If you feel counseling may benefit you through this process, I encourage you to give yourself a gift: Speak to your doctor and look into a therapist for yourself.

“He heals the brokenhearted and binds up their wounds” (Psalm 147:3).

If there was a core lie sabotaging your life, wouldn't you want to know what it is? As you walk through *The Lie You Don't Know You Believe*, my hope is that you'll spot the lie sneaking into your life, trace the moment it took root, and see how the enemy has been using it to keep you stuck. This isn't about behavior modification. This is about transferring your life out of the enemy's kingdom of lies and into the Kingdom of Light—where joy, peace, and strength aren't fleeting feelings but your everyday reality. And as you do, remember: You're not behind; you're not too broken—**you're exactly where freedom begins.**

## SESSION 1

# IDENTIFY



Pages 10–23 are intended for you to get acclimated to this study on your own before you meet as a group, or together before you watch the first video. Flip to page 24 for Video Teaching.

---

Have you ever been sick with a mystery ailment no one could explain? You felt it inside, but no one knew what it was. You got so frustrated thinking it all might be in your head. But once you finally discovered what it was, you immediately felt better. You were still sick. You still suffered from the same symptoms. You still felt crummy and weak. But something about naming the problem helped you cope with it a little better. Naming means knowing. It means knowing what you're up against.

That's how I remember feeling as soon as I discovered I was fundamentally believing a lie about myself. I was laboring under ideas about my worth that just weren't true. Sure, I was frustrated to learn I'd been believing that lie. But what I felt most was relief. Relief that my suffering had an origin. Relief that I could know what that origin was. Relief that, by the power of God, I could go back to that origin and find my way forward in health. Relief that, in the same way someone who suffers from cancer is not the cancer, I was not that lie.

That's the kind of relief I want to invite you into. If you're feeling a little sick, a little weak in your soul, you can identify the lie and be healed.

At some level, I believe we're all believing some kind of lie about ourselves. It might not be an in-your-face lie. Your life might look healthy on the surface, but a lie could show up in a vague hopelessness at the end of the day: *There's too much going on. I'm helpless.* In second-guessing that won't stop: *I don't measure up.* In the way you brace for things to go wrong, even when they don't: *No one's here for me.* Maybe you can't put your finger on it, this sense that something's not right. But you've felt its subtle pull. You've felt the devastation, the aloneness of being far from God, far from yourself. And you've tried to convince yourself that everything's normal.

It's not.

It's possible you wouldn't call the lie you believe a "lie," per se. It doesn't feel like a lie. It feels like fact. Like "just who I am." Like the water you're floating in.

But what if it *isn't* who you are? What if one key idea that's been directing your life—quietly, daily—isn't truth at all?

---

If there was one core lie that was sabotaging your life, wouldn't you want to know it? And wouldn't you want to be free of it?

---

You *can* be.

Friends, I've seen subtle lies show up in my life for far too long. I've been working and researching and fighting for ways to kick these lies to the curb. For myself, and for those I love. Because when I hear those lies actually slip out of their mouths, I find myself in disbelief. Lies like: *I'm worthless. I'm hopeless. I'm helpless.*

"What?! Are you serious?" I'd say to that. "You're amazing! You have so much hope and so much help!" But the thing about lies is, they don't feel absurd when we don't say them out loud—when they're washing around inside our heads, directing our lives. They don't sound so crazy. They just feel like the way things are. And that's the spell I want to break today.

We have to see how insidious this is. It's like we bob up and down in these untruths day after day, having no clue just how powerfully they're deciding

---

our direction, how devastating they can be. Then, without our realizing it, the lies pull us under. It's slow, and it's quiet. We lose our footing, and we even start believing the riptide is who we are. That somehow, *we* caused it. We're embarrassed about some lie we've believed. We think we deserve to drown for getting caught in it. We flounder, get desperate, and forget that there's a way out.

But there is.

We are *not* caught forever.

We are *not* by ourselves.

We are *not* the lie, and the lie is *not* us.

We are *not* crazy.

We can point and look and *name* what's really going on. We can see the pull of that current for what it truly is. And we can remember and start swimming sideways, fighting our way out of its pull, and reaching for the hand that pulls us out.

Yes, this takes a fight. It is a swim for your life, and for the lives of those you love. We're going to have to work up a little rage—saying, “I'm not going down this way.” We're going to have to hate that riptide. Because here's the thing: *It* hates *us*.

## THE PROBLEM: THE ENEMY COMES AT US WITH LIES

Here's the bottom line: We have a God who loves us. We also have an enemy who hates us. And the way he gets to us is through lies. Jesus said of our enemy:

“The thief comes only to steal and kill and destroy” (John 10:10).

His number one strategy, it seems, is filling our heads with lies. About ourselves, about God, about the nature of reality. The enemy wants to separate us from God and suck us out to sea.

How does he do this? Any way he can. Lies can reach us through others, ourselves, our childhoods—and we're going to talk about that. Over the next six weeks, we're going to bravely examine what those lies are and where they might have come from. We're going to hold on to the truths that neutralize those lies. But what matters now is realizing that we are existing in them—believing them, subtly in the background. That a master manipulator is leveraging them. But hope comes when we start to see the current around us, pulling us away from the full, healthy life we want to live—a life of confidence and closeness with the God we're created to live with.

So right now, today, I want to draw a line in the sand. *This* is where we stop being clueless about what's going on. *This* is where we acknowledge that someone is actively distorting our perception of ourselves, sowing seeds of doubt about the goodness of God. And together, we will expose him.

---

## WHAT IT LOOKS LIKE TO IDENTIFY THE LIES

So, I'll go first. I'm going to share more about this later, but through prayer and a lot of guided reflection, I spotted my big lie.

Ever since I was about twelve, I've had a nagging fear that I was invisible. That no one noticed me. There had to be a reason for that, right?

I tried to work hard, to achieve, to be pleasing, to get that "well done." All to conceal the background thought that under it all, I wasn't worth anyone's time at all. I was nothing special. My lie that I thought was truth: *I'm worthless.*

And the weird thing was, this felt . . . obvious. Like facts. And there was evidence. It kept popping up. When something good happened, I'd think: *Oh, no, I don't deserve this. This is a fluke.* When I was overlooked or disregarded, I'd think, *Yeah. That tracks.* It wasn't a conscious choice. It was the fabric of how I thought. The backdrop of my inner world.

Lies like this don't even feel like lies anymore. They feel like the truest thing about you. The thing you're trying to manage.

So, what about you? Let me share what some of the women in my community responded with when I asked what dark belief about themselves they're trying to manage:

- ▶ *I have to do things myself.*  
*No one shows up for me.*
- ▶ *No one wants me here.*
- ▶ *I deserve every bad thing that happens.*
- ▶ *I'm unqualified.*
- ▶ *I'm not good enough to have friends.*
- ▶ *I'm too much.*
- ▶ *I'm not enough.*

Our lies might all look a little different, but, in the end, they all do the same things. They shape the choices we make. They keep us silent, our eyes looking down. They steer our relationships, what we choose to share. They steal our joy, our voices, our energy. They don't just sit quietly. They pull us out to sea. But we don't have to let them anymore.

## WHAT IS THIS STUDY ALL ABOUT?

Together in this study, we're going to identify the "core lie" that seems to be controlling the current of your life. This is about more than just insecurities you may be acting from. It's about *strongholds* this core lie made in your life and the very real enemy who operates within them. We're going to look at Matthew 4, where that enemy came at Jesus with lies—in an exchange known as the Temptation of Jesus that happened in the desert. We'll see how Jesus responded in truth and with authority, and we'll use His strategies to respond to our own lies. Then we'll do the work of replacing those lies with truth, positioning ourselves closer to the God of Truth who sets us free. When we do that? We'll see peace. We'll see confidence and flourishing. We'll see growth. We'll see what it's like to live as someone who is deeply loved. And we'll see that freedom spread to other people. God doesn't leave His children defenseless against these lies.

## RESPOND

*Coming into this study, what sense do you have of the lies you might be believing?*

---

*Have they been going on in the background unnoticed, or do any particular thoughts present themselves? If so, describe them.*

*What words are you using to describe yourself?*

*What decisions have you made about yourself?*

*What agreements are you making that might unintentionally box you in?*

*Whenever you catch yourself saying something disparaging about yourself, take a quick pause. What are you saying? Could you be believing a lie?*

# LIES VERSUS TRUTH

## LIES

READ	RESPOND
John 8:43–44	How does Jesus describe our enemy?
Genesis 3:1–5	In Satan's first appearance in the Bible, what is he doing?
Revelation 12:9	How is the enemy described? What does he do in the world?

## TRUTH

READ	RESPOND
John 1:12	What is your right as a follower of Jesus? What kind of safety does that give you?
Romans 12:2	How do we break from the pattern of lies in the world?
Hebrews 12:1	What do we have surrounding us? What does that empower us to do?

## THE THREE CORE LIES

Those disparaging things we say about ourselves, those lies we believe, all boil down to three simple categories. And chances are, the lie that's directing your undertow will fall into one category more than the others. The lies are:

- ▶ I'm helpless.
- ▶ I'm unlovable.
- ▶ I'm worthless.

It sounds simplistic. But think about it.

The lie ***I'm helpless*** tells you that you have no control over what's happening to you. You are not up to dealing with life. So maybe you check out or avoid or numb out, all because you feel powerless in this crushing situation. You feel stuck—paralyzed, frozen in place. Maybe you silence yourself, shutting down your desires because you feel like it wouldn't make a difference in the face of the uncontrollable things happening to you. This lie keeps you small, believing you don't have what it takes.

The lie ***I'm unlovable*** tells you that you don't deserve to have good relationships. You worry you won't be accepted, so you double down and over-give in relationships, trying to offset that worry. But sometimes that goes wrong. And you end up accepting poor treatment from others as you search for connection. You brace for rejection, waiting for people to leave you, and hungry for proof that people care. You dread being hurt, so you try to please. But if anyone really saw you? *They'd leave*, the lie says.

The lie ***I'm worthless*** tells you that you'll never be good enough or get it together enough. No one notices you, your life doesn't matter, and you don't really contribute anything worthwhile. You have a hard time taking a compliment, because you don't think you're valuable. *You're a burden*, it tells you. *No one cares what you say. You don't matter, even if you try.*

I know it feels obviously wrong to think this way when it is laid out like this—but we still do it . . . all the time.

I think we all deal with each of these lies at some point in our lives, and different ones come to the fore at different times. But there is one lie that's taking the lead in your life right now. There's one that probably resonated with you as you read. That's where we're going to press.

## PROJECT: IDENTIFY

Now let's make this personal. Pause with your group, take a break, and take this online quiz that my team has put together to help you pinpoint the lie that is yelling at you the loudest.



On your phone or a tablet, scan this code:

Or on a laptop, visit [jennieallen.com/lies-quiz](http://jennieallen.com/lies-quiz).

When you receive your results, write your core lie on a piece of paper, sticky note, or 3 × 5 card that your leader has for you, and record it here.

**My core lie is** \_\_\_\_\_.

## RESPOND

*What age were you when you first felt this?*

*Where or who did it come from?*

*How did it make you feel? What belief did that plant in you?*

*What evidence did you find to support it?*

## CONCLUSION

Over these six weeks together, you and I will be swapping out the lies for truth. You are giving Jesus the broken parts of you, and He is giving you back the whole, restored, redeemed version of you. That's your new identity. No more shame. No more labels. No more lies.

Now, this doesn't mean everything will be perfect from here on out. It doesn't mean life suddenly gets easy. But it does mean you're stepping toward

---

the Light. You're identifying the ailment and reaching for the cure. You're choosing to walk toward truth. And when you keep heading in that direction, it gets easier, and you get freer.

This is the work.

It's the central work of my life, and it ought to be the central work of yours.

This is the process of living in freedom: recognizing the lies, giving them to Jesus, and stepping into the identity He's been waiting to give you all along. Next week we'll explore how switching between those identities—truth and lies—is just as solid as walking between two different kingdoms. And we'll learn how to keep choosing the Kingdom of Truth. But for now, you've done it. You've handed over that lie. And there's no going back.

As we keep doing this work every time the lies show up, we'll find that God's Truth is what makes us free.

“But when anything is exposed by the light, it becomes visible, for anything that becomes visible is light. Therefore, it says,  
'Awake, O sleeper,  
and arise from the dead,  
and Christ will shine on you'”  
(Ephesians 5:13–14).

That's what this Light does. It names things truthfully. It cuts through shadow and silence. And when you see it again—and I mean *really* see it—you start to remember who you are and Who has you.

# EXCLUSIVE BUNDLE

The ultimate resource bundle for your study on replacing the lies of the enemy with the truth of God's Word!

**One Low Price  
+ FREE SHIPPING!**

**SHOP NOW**



<https://faithgateway.com/pages/the-lie-you-dont-know-you-believe-bible-study-materials>

# ABOUT THE AUTHOR



**Jennie Allen** is a Bible teacher, author, podcast host and visionary leader. As the founder of IF:Gathering and Gather25, a vision to mobilize the global Church, Jennie has devoted her life to disciple a generation to see revival across the globe.

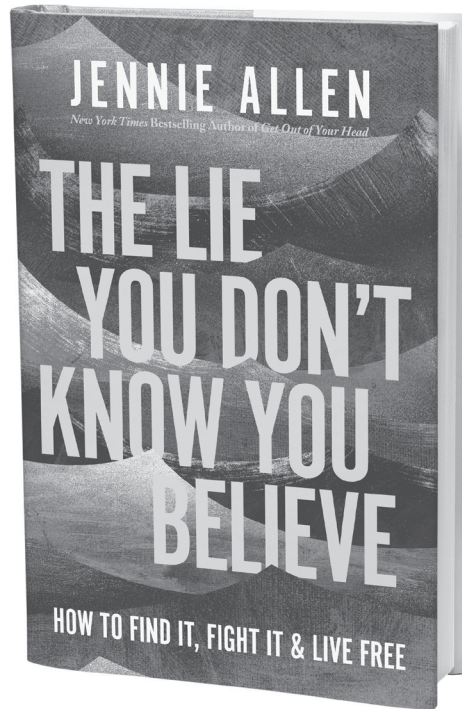
Jennie has written three *New York Times* bestsellers, *Untangle Your Emotions*, *Find Your People*, and *Get Out of Your Head*, inspiring millions to experience freedom in Christ and connection with others.

Jennie holds a master's degree in Biblical Studies from Dallas Theological Seminary and lives in Dallas, Texas, with her husband, Zac, and their four children.

Connect with Jennie at [www.jennieallen.com](http://www.jennieallen.com), on Instagram @jennieallen, or listen at *The Jennie Allen Podcast*.

**IF THERE WAS A CORE LIE SABOTAGING YOUR LIFE,  
WOULDN'T YOU WANT TO KNOW WHAT IT IS?  
AND WOULDN'T YOU WANT TO FIND THE WAY TO BE FREE?**

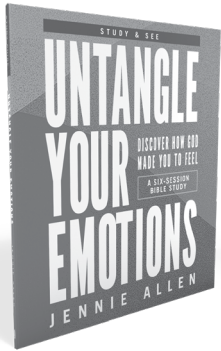
ALSO AVAILABLE



**This isn't about behavior modification. This is about transferring your life out of the enemy's Kingdom of Lies and into the Kingdom of Light—where joy, peace, and strength aren't fleeting feelings but your everyday reality. Freedom starts here. Take hold of it.**

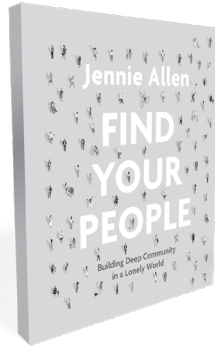
 **NELSON BOOKS**

## ALSO AVAILABLE FROM JENNIE ALLEN



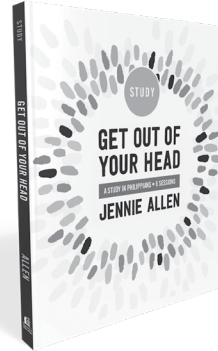
### DISCOVER HOW GOD MADE YOU FEEL

In this seven-session video Bible study Jennie helps you discover that emotions that are submitted to God and used for the purposes God intends connect us to each other and to Him.



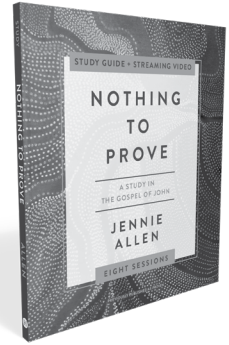
### BUILDING DEEP COMMUNITY IN A LONELY WORLD

In this seven-session video Bible study, Jennie looks at the original community in Genesis, the Trinity, and the creation of people to see what God had planned for us all along offering practical solutions for creating true community in a world that's both more connected and more isolating than ever before.



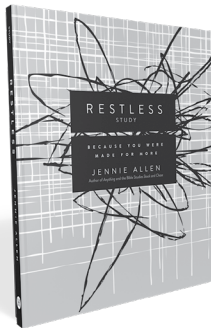
### STOPPING THE SPIRAL OF TOXIC THOUGHTS

In *Get Out of Your Head*, a six-session, video-based Bible study, Jennie inspires and equips us to transform our emotions, our outlooks, and even our circumstances by taking control of our thoughts.



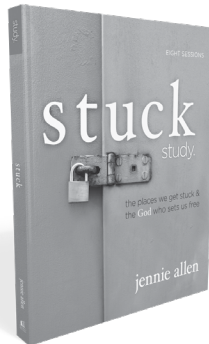
### YOU ARE ENOUGH BECAUSE JESUS IS ENOUGH.

In this eight-session study, Jennie Allen walks through key passages in the Gospel of John that demonstrate how Jesus is enough. We don't have to prove anything because Jesus has proven everything.



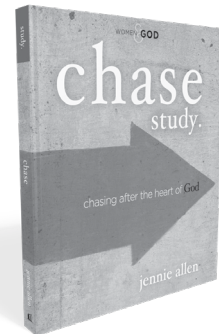
### IDENTIFY THE THREADS OF YOUR LIFE

In this DVD-based study using the story of Joseph, Jennie explains how his suffering, gifts, story, and relationships fit into the greater story of God—and how your story can do the same.



### THE PLACES WE GET STUCK & THE GOD WHO SETS US FREE

*Stuck* is an eight-session Bible study experience leading women through the invisible struggles that we fight and to the God who sets us free.



### CHASING AFTER THE HEART OF GOD

*Chase* is a seven-session Bible study experience to discover the heart of God and what it is exactly He wants from us through major events in the life of David and the psalms.

Visit [JennieAllen.com](http://JennieAllen.com) for more info. Available wherever books & Bibles are sold.