

LEADER'S GUIDE

Dear leader,

I am grateful for the chance to equip you in your efforts to disciple others! I pray that these few short pages will help to prepare you to lead this study. You may have led plenty of groups in the past, or perhaps this is the first one. Whichever is the case, this is a spiritual calling, and you are entering spiritual places with these participants—and spiritual callings and places need spiritual power.

My husband, Zac, always says, “Changed lives change lives.” If you are not first aware of your own need for life change, the people around you won’t see their need. If you allow God into the inner struggles of your heart, the people following you will be much more likely to let Him into theirs. Thank you for leading the way.

I’ve learned that the environment we live in tells us a lot of untrue things about ourselves. Living in this world, we start to believe lies. And we don’t even know it. How do we combat these lies? Not just by telling the truth instead. It will take a change of the kind only Jesus can give to walk in the Light.

This study is my invitation for you to hold your most vulnerable moments and most deeply ingrained lies up to the Light. To allow your mind and heart and body to adjust to living in God’s kingdom, instead of in a place where lies are the law of the land. So, the lies just fall away.

Through these six weeks together, we’ll learn that when we are bold enough to uncover the lies we don’t know we believe, Jesus has a land of freedom and truth, of lightness and confidence, waiting for us.

This journey invites us to name our core lie, discover where it came from, and find out what God has to say about and to us as we embrace healing and freedom. I want a life where, instead of existing with that sense of unease we can't put our finger on, we wake up. We notice the lies in the air we breathe, name them, and let God change our perspective. We'll see how Jesus did this as He directly confronted Satan's lies in the book of Matthew. We can fight like He did.

Together, we can do this. We can and we will encourage one another, hold each other accountable, and fix our eyes on Jesus. That is where we will find true freedom. God made us to walk in grace and in truth. Let's take a bold step together toward the freedom we were meant for.

Grateful,

A handwritten signature in black ink that reads "Jennie". The script is fluid and cursive, with a large initial "J" and a long, sweeping tail on the "ie".

PREPARING YOURSELF TO LEAD

1. Pray

Pray for yourself: Pray that you would be led by the Spirit. Pray that you would lead with wisdom, compassion, discernment, and urgency. Pray fervently and continuously.

Pray for your study participants that they would:

- ▶ embrace God's Truth and feel safe to open up and connect.
- ▶ have hearts that are teachable and moldable.
- ▶ be transformed by God's Word and His Spirit.

2. Lean on God

Don't lead this Bible study in your own power. Allow the Holy Spirit to lead every moment—your preparation, your facilitation, your follow-up.

Don't just teach what's on the page. Allow the Spirit freedom to work outside the boundaries of your plan and agenda.

Depend on God for the results. Don't try to manufacture moments or experiences. Keep in mind your responsibility is to be obedient and faithful to teach the Word. The results are left to God.

Teach out of the overflow of your own walk with God. You can't pour out much truth from an empty pitcher. Spend time daily with the Savior in an intimate love relationship with Him. Let Him pour into you before you pour out on others.

3. Be Vulnerable

There will be times you will need to open up and share your life. This will help others feel safe to share. But don't feel like you have to share every detail. You don't. Share what is necessary, guided by the Holy Spirit.

4. Listen, but Also Lead

Allow people to share their struggles and do your best not to interrupt. However, you will need to guide the conversation. Include everyone in the discussion. You may need to continue to steer the conversation back to the truth of God's Word.

5. Model Trust

Don't be a "do as I say" leader. Be the example. Apply what you have learned and are learning through the study.

THE STUDY: SESSION TOOLS AND FORMAT

The Lie You Don't Know You Believe is designed to work in various types of venues and locations, including homes, dorm rooms, workplaces, and churches. Whether you find yourself leading a large group of people at church or a few neighbors in your home, the study is intended for small groups to share and process truth. I suggest a maximum number of eight people in your group. If you are leading a large group at church, divide into smaller groups and enlist people to lead each small group.

WHAT A LEADER NEEDS

Study Guide. Each study guide comes with this leader's guide and streaming video access.

Conversation Card Deck. Each deck includes group discussion questions and a memory verse card for each session.

SESSION TOOLS AND HOW TO USE THEM

STUDY

Every participant will need a Bible study guide. Distribute the books at your first group meeting and walk participants through them. Point out the weekly Study section, followed by the Projects. These can be completed in one sitting or spaced throughout the week. The lessons in the book (except for the first lesson) should be completed between group meetings.

The lessons are interactive, designed to help people study Scripture for themselves and apply it to their lives. The Projects in the Bible study guide will provide creative options for applying Scripture. Some of these experiences may push participants outside their comfort zones. Encourage them to be brave and tackle the challenge. Make sure to discuss the Projects at each group meeting.

SEE

Open each group gathering by reviewing the Study and Projects experiences from the previous week and asking if anyone had anything specific to share or ask about. Watch the short, engaging video teaching to introduce the lesson, set the tone for your time together, and challenge your group to apply Scripture. If your group members want to take notes, encourage them to use the Notes page opposite each SEE title page. Each study guide includes instructions for personal access to the streaming videos on the inside front cover. This is perfect for anyone who might miss a group gathering, wants to rewatch any of the video teaching, or if your group needs to meet on shortened time.

ASK

After the video teaching is complete, ask the group if anything in particular stood out while you prepare the Conversation Cards. The Conversation Cards provide a unique

way to jump-start honest discussion. Each week's cards are labeled with the appropriate lesson title and can be used after the video or teaching time. The following is a suggested step-by-step way to use the cards.

- ▶ Begin by laying out the Scripture Cards for that specific week.
- ▶ Direct each group member to take a card.
- ▶ Go over the Ground Rules each week. (Ground Rules are found on page 186 and on the back of the Instruction card.)
- ▶ Take turns presenting the question on each card to the group. Provide adequate time for everyone in your group to respond to each question.

Don't feel pressured to read and answer every card. Be sensitive to the leading of the Holy Spirit and your time constraints. Remind the group that what they share and how they share are entirely personal decisions. No one should be forced to answer every card.

NOTE:

Make use of this leader's guide to facilitate a great Bible study experience for your group. It will help you point people to the overarching theme for each lesson and give you specific suggestions on how to share the truth and foster discussion.

SESSION FORMAT

This six-session study is designed to go deep very quickly, so it's flexible when considering the length of your group sessions. It can be led in a church spread out over a couple of hours, or in a break room over a one-hour lunch. However, the more time you can allow for discussion, the better. When the group is given deep questions and space to reflect and respond, you'll be surprised by the depth and beauty of the conversations.

You will be the best judge of what time and format works for your group. However, here is a suggested schedule for each group meeting.

1. OPEN—Personal study discussion (15–35 minutes)

After a warm welcome and opening prayer, provide time for the group to share and discuss their personal reflections from the Study of Scripture and the Projects.

If you have more than eight in your group, break into smaller groups for this discussion.

2. SEE—Video teaching (17–18 minutes)

Use the video to lay the foundation for the week's lesson and transition to the Conversation Cards. Feel free to provide supplemental teaching for your group.

3. ASK—Conversation Cards (25–75 minutes)

Allow time for each group member to ask and discuss the question on each card. If you need an extra set of cards, they are available for purchase from your favorite online retailer.

4. CLOSE—Closing (5–10 minutes)

Pray as a group and encourage everyone to engage in the Study before meeting again.

Always encourage the group members to abide by the following Ground Rules for discussion. These rules can be found on the next page, on the back of the Instruction card, and on page 6 of this Bible study book.

GROUND RULES

BE CONCISE.

Share your answers to the questions while protecting others' time for sharing. Be considerate. Don't be afraid to share with the group but try not to dominate the conversation.

KEEP GROUP MEMBERS' STORIES CONFIDENTIAL.

Your group members will want to share sensitive and personal information 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.

Conventional, worldly wisdom has value, but it is not absolute truth. Only Scripture provides that. In your times of discussion, be careful not to equate good advice with God's truth.

NO COUNSELING.

Work together to 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. However, at times a member may need to dig even deeper with an outside counselor or talk with a friend outside of small group time. If that is you, don't be afraid to ask for help, or be sure and follow up with a member of the group.

WHEN TO REFER

Some of the people in your group may be dealing with issues beyond your ability to help. If you sense that someone may need more extensive help, refer them to speak with your pastor or a trained Christian counselor. Maintain the relationship and follow up with them to make sure they are getting the care needed. You or someone else in your group may need to walk with them through this season of their life. As we have said many times, be sensitive to the Holy Spirit's leading as you love and offer hope to the people in your group.

TYPES OF LEARNERS

Hopefully, you will be blessed to be leading this study with a group diverse in age, experience, and style. While the benefits of coming together as a diverse group to discuss God outweigh the challenges by a mile, there are often distinctions in learning styles. Just be aware and consider some of the differences that may be represented. (These are obviously generalizations, and each person will express his or her own unique communication style, but in general these are common characteristics.)

EXPERIENTIAL LEARNERS

These are women who are more transparent, don't like anything cheesy, want to go deep quickly, and are passionate. Make a safe environment for them by being transparent yourself and engaging their hearts. These women may not care as much about head knowledge and may care more deeply how knowledge about God applies to their lives. They want to avoid being put in a box. Keep the focus on applying truth to their lives and they will stay engaged. Don't preach to them; be real and show them through your experiences how to pursue the mind of Christ.

PRAGMATIC LEARNERS

These women are more accustomed to a traditional, inductive, or precept approach to Bible study. They have a high value for truth and authority but may not place as high a value on the emotional aspects of confessing sin and being vulnerable. To them it may feel unnecessary or dramatic. Keep the focus on the truth of Scripture. These women keep truth in the forefront of their lives and play a valuable role in discipleship.

Because this study is different from traditional studies, some women may need more time to get used to the approach. The goal is still to make God big in our lives, to fix our minds on Him, and to choose to walk in His Truth over lies. We all just approach it in unique ways to reach unique types of people. I actually wrote this study praying it could reach both types of learners. I am one who lives with a foot in both worlds, trying to apply the deep truths I gained in seminary in an experiential way. I pray that this study would deeply engage the heart and the mind, and that we would be people who worship God in spirit and in truth, not just learning about the battle for our lives but going to war for them together.

SESSION 1

IDENTIFY

Note to leader: The teaching format for this session is different from the other sessions because it is the first group time and there is no personal study to review. Participants are encouraged to complete the session material and Project on pages 10–23 on their own to acclimate to the purpose of this study. These pages can be done after viewing and discussing the video or on their own time.

1. OPEN

Welcome the participants to your group and take a few moments for introductions. Briefly share about yourself and allow others to do the same. After introductions, lead the group in prayer.

Distribute the Bible study guides to group members and go over the Instructions and Expectations on pages 4–8. Explain that they have individual access to the streaming videos so everyone can keep up with the study, regardless of an unavoidable missed gathering.

2. SEE

View Session 1 video: IDENTIFY.

3. ASK

Transition to the Conversation Cards for discussion. The cards for this week are labeled “Session 1—IDENTIFY” on the front. Lead participants to choose, answer, and discuss the questions on the cards. (You can review the instructions for using the cards in “SESSION FORMAT” on page 185.)

4. CLOSE

Close by asking the group to write down three things:

- ▶ One thing they learned from this session
- ▶ One reason they are excited about this study
- ▶ One question they have moving forward

Briefly discuss their responses. Do so with little or no commentary but pay close attention to the answers. If time allows, close by praying specifically for each person in your group, using one of each person's responses as the focus of your prayer for them.

Read this week's Scripture memory verse aloud to the group and tell the group to commit each verse to memory as best they can.

“But when anything is exposed by the light, it becomes visible, for anything that becomes visible is light” (Ephesians 5:13–14).

Instruct the group to complete Session 2 Study and Projects before the next group meeting.

SESSION 2

KINGDOMS

MAIN IDEA: *Moving from deeply ingrained lies to truth is about more than just trying harder or believing the truth. It requires walking out of one kingdom and into another. The enemy holds sway over this world, what we'll call the Kingdom of Darkness, and lies are the law here. But God's kingdom, the Kingdom of Light,*

reveals the truth. It's our true home, and we can walk into it any time we want. Now that we've identified and spotted our lies, we'll learn what it means to live in these kingdoms. How can we notice when we're living in the Dark? How can we choose to live in the Light? What's the difference?

In this session we will look at the reality of the spiritual battle going on all around us. We will intentionally pay attention to enemy tactics and what he is up to in the lives of those who love God. We will learn how to identify the broken reality around us, and learn about the reality God created us to exist in. We'll learn to claim God's kingdom as our own and what that means for the lies we believe about ourselves.

Here are some general goals and thoughts for your time together this week.

- ▶ Identify and define the nature of the Dark Kingdom surrounding us.
- ▶ Discover the attributes of the Light Kingdom that invite us to walk in freedom from that Darkness.
- ▶ Discuss the ways God invites us to be set free and choose His kingdom instead.

MAIN GOAL: *Lead people to a frank assessment of the spiritual state of this world—that we are not on neutral ground—and familiarize them with the choice we have to walk from one world to another: God's Kingdom of Light.*

1. OPEN

Begin by reviewing the personal study and Projects from last week. Here are some suggested places to focus on as you review:

- ▶ What truth stood out to you about the Dark Kingdom? What about the Light?
- ▶ How does Ephesians 6:11–12 blow open our everyday perceptions of this world? Why is it so easy to forget this?
- ▶ Share your experiences with Project 2: Walk on New Ground.
- ▶ What else stood out to you from the lesson and Scripture that you want to learn more about, find hope in, and/or apply?

2. SEE

Watch Session 2 video: KINGDOMS.

3. ASK

Transition to the Conversation Cards to continue your discussion. The cards for this week are labeled “Session 2—KINGDOMS” on the front. Lead the group to choose, answer, and discuss the questions on the cards. (You can review the instructions for using the cards in “SESSION FORMAT” on page 185.)

4. CLOSE

Ask: “What is one thing you noticed in your everyday life that points to the fact that we don’t live in a neutral world? How has that informed the lies you’ve believed?”

Encourage group members to choose a partner and share their answers to that question with each other. Then challenge them to pray for each other.

Read this week’s Scripture memory verse aloud to the group and tell the group to commit each verse to memory as best they can.

“The night is nearly over; the day is almost here. So let us put aside the deeds of darkness and put on the armor of light” (Romans 13:12).

Encourage the group to complete Session 3 Study and Projects before the next group meeting.

SESSION 3

HELPLESS

MAIN IDEA: *There are three main lies we will focus on together. Most of us believe at least one of them. So, we'll dig into all three. First, we'll explore the lie I'm helpless, and discover how the enemy uses it to get to us and what he hopes it will do to us. We'll witness Jesus combatting this lie in Matthew 4, and we'll dig into how we can embrace this truth for ourselves as we learn to live in His reality, rather than the lie.*

Here are some general goals and thoughts for your time together this week.

- ▶ Explore where the belief *I'm helpless* might have come from and confront it with compassion in our own childhood selves.
- ▶ Gain clarity on how the lie affects our behaviors and reactions now.
- ▶ Remember what God is like, and how He gives us spiritual authority to confront lies.

MAIN GOAL: *Learn to exercise spiritual authority instead of believing the lie I'm helpless. Help people recognize enemy tactics and remind them that they are helped by the Helper. Remember that surrendering to Jesus makes us stronger.*

1. OPEN

Begin by reviewing the personal study and Projects from last week. Here are some suggested places to focus on as you review:

- ▶ Discuss the story of Jesus confronting Satan in Matthew 4. What can we learn about Jesus' spiritual authority from this story?

- ▶ Do you see a way that the lie *I'm helpless* has shown up in the way you live today?
- ▶ What stood out to you in Matthew 18:18–20?
- ▶ Have the group share their Fighter verse from Project 4.
- ▶ What else stood out to you from the lesson and Scripture that you need to learn, treasure, and/or apply?

2. SEE

Watch Session 3 video: HELPLESS.

3. ASK

Transition to the Conversation Cards to continue your discussion. The cards for this week are labeled “Session 3—HELPLESS” on the front. Lead the group to choose, answer, and discuss the questions on the cards. (You can review the instructions for using the cards in “SESSION FORMAT” on page 185.)

4. CLOSE

Invite the group to look at the chart in Project 1 and share a word that best describes how the enemy is making them feel, and what accusations that translates to for them. Pray for the person to your right after they share.

Read this week’s Scripture memory verse aloud to the group and tell the group to commit each verse to memory as best they can.

“When the Spirit of truth comes, he will guide you into all the truth, for he will not speak on his own authority, but whatever he hears he will speak, and he will declare to you what is to come” (John 16:13).

Close with prayer.

Encourage the group to complete Session 4 Study and Projects before the next group meeting.

SESSION 4

UNLOVABLE

MAIN IDEA: *Somewhere in our past, many of us have latched on to the lie I'm unlovable. We looked all around us, and we seemed to see proof everywhere we looked. Satan hopes to convince us that if God really loved us the way we were, He would be doing things differently. So, God must not love us. But knowing who God is, is the best way to fight a lie. And in this case, we can know the truth that God not only loves us, but He likes us. And that changes everything.*

Here are some general goals and thoughts for your time together this session.

- ▶ Help the group see the way the enemy tries to use “proof” to convince us of lies.
- ▶ Explore the way the enemy might be using unmet desires and disappointments to speak lies to us.

- ▶ Remember together that the best way to fight a lie is to remember who God is, and what life is like in the land where He reigns.
- ▶ Let the fact that God likes us change our posture toward Him.

MAIN GOAL: *Lead people to call out the lie I'm unlovable, identify the enemy's tactics, and overwhelm those tactics with God's presence and His nature as Love itself.*

1. OPEN

Begin by reviewing the personal study and Projects from last week.

Here are some suggested places to focus on as you review:

- ▶ Reflect on the verses in the section “God Likes You.” Do you believe them?
- ▶ What did you feel as you read the story of Jesus shutting down the devil in Matthew 4? What does “Do not put . . . God to the test” mean (v. 7 NIV)?
- ▶ Which Project stood out to you most this session?
- ▶ What else stood out to you from the lesson and Scripture that you need to learn, treasure, and/or apply?

2. SEE

Watch session 4 video: UNLOVABLE.

3. ASK

Transition to the Conversation Cards to continue your discussion. The cards for this week are labeled “Session 4—UNLOVABLE” on the front. Lead the group to choose, answer, and discuss the questions on the cards. (You can review the instructions for using the cards in “SESSION FORMAT” on page 185.)

4. CLOSE

Close by sharing a personal story about how it has made a difference in you to be openly liked versus disliked or just tolerated, and how it affects you to truly believe that God not only loves but likes you. Ask if any group member is going through a tough time right now in feeling unlovable. If one or more people indicate this is true in their lives, circle around them and pray for them.

Read this week's Scripture memory verse aloud to the group and tell the group to commit each verse to memory as best they can.

“The LORD your God is in your midst, a mighty one who will save; he will rejoice over you with gladness; he will quiet you by his love; he will exult over you with loud singing” (Zephaniah 3:17).

Encourage the group to complete Session 5 Study and Projects before the next group meeting.

SESSION 5

WORTHLESS

MAIN IDEA: *The lie I'm worthless often shows up in our need to achieve and be awesome. The enemy whispers to us that we'd better do more and work harder to avoid being a disappointment. But Jesus shows us that in His world, we play by*

different rules. We can fail, and it even brings us closer to God. We don't have to perform. We don't have to be "enough." Because He is "enough" for us.

Here are some general goals and thoughts for your time together this session.

- ▶ Connect all that we've learned in noticing and naming the lies we believe and what it means to call them out and put words to them.
- ▶ Discover how our drive to hit marks or be "splendid" shows up in our lives, and how that might be connected to the lie *I'm worthless*.
- ▶ Notice the way that lie operates as truth in the Dark Kingdom, and what the difference is in the Light Kingdom.
- ▶ Start to make friends with failure and let it all lead us back to worship.
- ▶ Learn the difference between "worthless" and "not enough."

MAIN GOAL: *Encourage people to expose the lie I'm worthless and the ways it may be operating in their motivations and choices. Then discover how who God is takes the pressure off us to perform and prove ourselves worthy and instead leads us to worship a worthy God.*

1. OPEN

Begin by reviewing the personal study and Projects from last week. Here are some suggested places to focus on as you review.

- ▶ Talk about the kinds of things you might have on your scorecard. What would it mean to fail at one of those things?

- ▶ Discuss how the story of Jesus healing on the Sabbath shows the difference between the Dark Kingdom and the Light Kingdom. What happens to our box checking in the face of God's love?
- ▶ Discuss the barriers you face in admitting that you can be “not enough,” and that can be okay?
- ▶ What stood out to you from the lesson and Scripture that you need to learn, treasure, and/or apply?

2. SEE

Watch session 5 video: WORTHLESS.

3. ASK

Transition to the Conversation Cards to continue your discussion. The cards for this week are labeled “Session 5—WORTHLESS” on the front. Lead the group to choose, answer, and discuss the questions on the cards. (You can review the instructions for using the cards in “SESSION FORMAT” on page 185.)

4. CLOSE

Challenge each member of your group to pray for surrender, such as, “Lord, show me where I can lay down striving and trust You in my fears of . . .” Encourage them to write the prayer in their book or Bible and date it. Emphasize that this is not a prayer to pray lightly. Provide a quiet moment for them to consider what it means to lay down these things, then close with prayer.

Read this week's Scripture memory verse aloud to the group and tell the group to commit each verse to memory as best they can.

“But he said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness’” (2 Corinthians 12:9).

Encourage the group to complete Session 6 Study and Projects before the next group meeting.

SESSION 6

TRUTH

MAIN IDEA: *Living in the light of God’s Truth is a daily turning—a daily choice to turn away from our lie and toward the truth. We can be empowered and equipped to walk forward in the Light, so we’re living fully in our identity as God’s children—and living in an environment where lies fall off us.*

Here are some general goals and thoughts for your time together this session.

- ▶ Turning from lies to truth, from Darkness to Light, is more than a one-time deal; it’s a daily practice.
- ▶ Focus on the long view. This is a process we will have to repeat moment by moment, and we’ll need to hold onto our Father like a child.
- ▶ If you don’t know what to do, discuss what you need with the group and be brave enough to ask for help.
- ▶ God gave us tools to stay in the Light: a picture of the Kingdom, a posture to stand and walk in every day, and practices that support our daily turning toward Him.

MAIN GOAL: *Explore next steps in this process of living as a native in the Kingdom of Light.*

1. OPEN

Begin by reviewing the personal study and Projects from last week. Here are some suggested places to focus on as you review.

- ▶ Pray through the list of real-life practices with God to see if He leads you to know or do something that can lead you into a deeper and more fulfilling life in the Light Kingdom.
- ▶ Discuss verses on pageS 156–157 about the eternal perspective versus Satan’s lie. What stands out to you about Jesus’ view versus the earthly view?
- ▶ Share the answers to Project 4. What are you leaving behind and what are you moving toward?
- ▶ What will you keep from this week’s session as a powerful reminder that your citizenship is in heaven?
- ▶ What else stood out to you from the lesson and Scripture that you need to learn, treasure, and/or apply?

2. SEE

Watch session 6 video: TRUTH.

3. ASK

Transition to the Conversation Cards to continue your discussion. The cards for this week are labeled “Session 6—TRUTH” on the front. Lead the group to choose,

answer, and discuss the questions on the cards. (You can review the instructions for using the cards in “SESSION FORMAT” on page 185.)

4. CLOSE

Share a personal experience you’ve had in these weeks together. Allow the group to share similar stories. If a member of your group is having difficulty with anything that exploring their lies may have raised, or facing anxiety about it, take a moment to surround them and pray for them.

Read this week’s Scripture memory verse aloud to the group and remind the group to go back through all the memory verses from weeks one through six. Encourage them to keep committing these verses to memory as they continue through these new practices of *untangling their emotions*—these verses will guide them and lead them well.

“We are citizens of heaven, where the Lord Jesus Christ lives. And we are eagerly waiting for him to return as our Savior” (Philippians 3:20 NLT).

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