

# GOD'S TRUTH



## LIE

I must be perfect to spend time with God. I must perform well to justify God's wanting to spend time with me. I messed up yesterday, so God must not want to spend time with me. He just tolerates me. God is ashamed of me, and I should just stay away. He is giving me the silent treatment. I'll reject him first before he rejects me.

## TRUTH

God is not looking for me to bring him my righteous works or my perfection as my ticket to spending time with him. Jesus has opened the door to intimacy with God because of his perfection! God wants me just as I am. He desires intimacy and authenticity with me. God invites me to go to him and get the help I need instead of hiding and trying to handle things on my own. In his presence, I receive the power I need to live in the freedom he intended. I see my weakness as the very doorway of dependence on God.



Mark 2:17; Hebrews 4:14–16; Isaiah 64:6; Luke 7:40–50; Romans 7:6; 2 Corinthians 12:9–11; Isaiah 1:18; Lamentations 3:22–23; Galatians 2:20

## LIE

I am not worthy enough for God to speak to me. He is not interested in spending time with me. I am not really that important to him. Why would he want to spend time with me?

## TRUTH

I am very valuable to God. My worth and value are defined by who God says I am, not what others say or even how I judge my worth and value. God created me for relationship with him. God wants to spend time with me.



Hosea 6:6; Mark 12:28–30; Matthew 10:31; Psalm 27:8; 1 Corinthians 4:1–7; Romans 8:1; Hebrews 10:10–14

## LIE

God will speak to my pastor, or my small group leader, or a seminary student, or someone who has studied the Bible for years—but I just don't have their ability to hear God speak to me. In fact, I am so busy I can only listen to a sermon on Sunday or grab a podcast here and there. It's not really necessary for me to read the Bible for myself.

## TRUTH

God reveals his words to us by the power of the Holy Spirit, not our ability. Part of the gift of the new covenant is that God writes his words on our hearts and will teach us his word through a personal relationship with him. I don't need to be a leader to hear God speak to me, I simply need a heart that is ready to listen.



Jeremiah 31:33–34; Matthew 4:4; 13:11–15; 2 Corinthians 2:10–16; Matthew 11:25–30; John 5:39–40; Luke 24:27; John 6:63

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## LIE

If I don't have my quiet time in the morning, I am a terrible Christian and carry "quiet time guilt." I measure my success as a Christian by matching how much time I spend in Bible study. I compare myself to others to determine how much time I should spend in Bible study.

## TRUTH

I can meet with God at any time of the day! For every season in life, I can ask Jesus the Lord of Sabbath - to show me when during the day works best to develop that daily rhythm of resting in him through spending time in his Word. While beginning my day inside his Word is no doubt beneficial, I can always start my day with prayer and then pause study God's Word at a different time during the day.



Matthew 14:23, James 4:8, Mark 2:23-28, Psalm 62:8, Romans 8:38-39; Daniel 6:10, Psalm 105:4, Acts 2:25, Deutonomy 4:29, Deutonomy 4:10, Psalm 55:17-19, John 3:1-2, 1 Thessalonians 5:17, John 5:17-18, Joshua 1:8

## LIE

I have so much to do today that if I spend time with God, I will not be able to get everything done.

## TRUTH

God multiplies what we sow. As I give him the moments of my day, he multiplies my time. I find direction in God's presence to spend my time wisely for the rest of the day. The Lord's presence will renew my strength for what I face during the day. Jesus knows what it's like to have many important responsibilities. Jesus knows what it feels like to be pulled in different directions. During his time on earth he had so many under his care, so many wanting him and needing him. Jesus never neglected his many responsibilities, but he let go of them long enough to retreat for time alone with the Father. The Lord is not asking me to neglect those in my care; however, to give the best care to those I love, I need to spend time in God's presence. What a precious gift to give to my Lord - my time.



Mark 1:27-29; Matthew 6:33; Luke 6:38; Deuteronomy 26:1-11; Psalm 23:3; Psalm 119:105

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It's not okay for me to show my anger toward God. But if I am honest, I am angry with him and so my natural reaction is to pull away. So while I attend church and go through the motions people can see, my heart is far away from God. My heart is not completely open before him, but I want it to be. I know my heart should be open but right now if I am truthful, surrender is too scary because of my life situation.

## TRUTH

Being angry does not mean I am a bad Christian. Hiding emotions does not make them go away, and they will hinder my relationship with God. God can handle my anger. When I pour out my heart to him, he can help me process what I am feeling and give me the ability to see my problems from his perspective. Keeping my feelings bottled up inside prevents me from processing the pain. People who have never experienced depression may judge me—but my Savior won't. Jesus knows how I feel. He is not ashamed of me. The key is to pour out my heart to process with God to gain his perspective of my pain.



Mark 14:32–42; Jeremiah 20:11–18; Psalm 31, Psalm 35, Psalm 54; Matthew 11:1–15; Revelation 6:10; Psalm 23:4

## LIE

Bible study is pointless. It is a ritual and duty that often leads to despair and shame as I see a standard of perfection I could never keep. I'll go to church, but I don't want to study the Bible because I end up feeling bad. People who study the Bible are self-righteous anyway!

## TRUTH

Jesus taught us in Matthew 4:4 that his revealed words are daily food, essential for nourishing our souls. Spending personal time with God to hear his Word for you is not merely an aspiring religious goal but a necessary element for the health of your soul. Every woman matters and is valuable to God. Yet often, life speaks a different story to our hearts, and we find it hard to believe God's truth about who we really are. Our compass to navigate life shifts away from our Creator and moves toward outside sources, slowly pulling us away from living the authentic faith-filled life God created us to live. But Jesus invites us to live differently by seeing differently. Walking by faith in his Word, written on our hearts through the Holy Spirit, we can discover the truth to right the tide and return to our authentic purpose. One day at a time. One step of faith at a time. This journey matters. Your journey matters because every woman is a part of God's incredible story.



Matthew 4:4; Romans 12:1-2; Ephesians 2:8-10; 2 Corinthians 5:16-17; Romans 8:1-17; Corinthians 5:7; Romans 7:6; 2 Corinthians 5:21