



LIES

vs.

TRUTHS

TRUTHS FROM GOD'S WORD TO DEFEAT THE LIES FROM THIS WORLD



written by:

Jennifer and Lexi Graham

illustrations by:

**Kendall Chandler, Kate Smith, Maryn Reed,
and Lexi Graham**

Introduction

My daughter, Lexi, and I have designed this journal for mothers and daughters to work through together or individually. We have spent many days working on this journal on our front porch. One day, we had a couple of Lexi's friends come over and help us with all the artwork. In addition to mothers and daughters, I look forward to young women working through this journal on their own or with a group of friends so they, too, may know what is true of them in Christ.

I pray you too would cling to these truths, believing them wholeheartedly and defeating the enemy of this world in your mind and heart.

As you go through this journal:

1. Read the lie together.
2. Discuss times or circumstances when you have had similar thoughts.
3. Read through each of the verses, discussing the truths in them. Talk about how these verses are different than the lies we often think.
4. Spend time journaling about these differences and the truths stated in the verses in the space provided.
5. Then talk through how you can be reminded of these truths when doubts and lies begin to take over your minds, wholeheartedly and defeating the enemy of this world in our minds and hearts.

Jennifer & Lexi Graham



LIE #1:

I am unacceptable.

TRUTH #1:

I am accepted

*“Accept one another, then, just as Christ accepted you,
in order to bring praise to God.”*

Romans 15:7

JOHN 3:16 • EPHESIANS 1:5 • ROMANS 15:7 • PSALM 139





LIE #2:

I am alone.

TRUTH #2:



I AM NEVER ALONE



“For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.”

Romans 8:38-39

HEBREWS 13:5





LIE #3:

I am not good enough to approach God.

TRUTH #3:

i can approach God whenever i want.

*“In him and through faith in him we may approach
God with freedom and confidence.”*

Ephesians 3:12

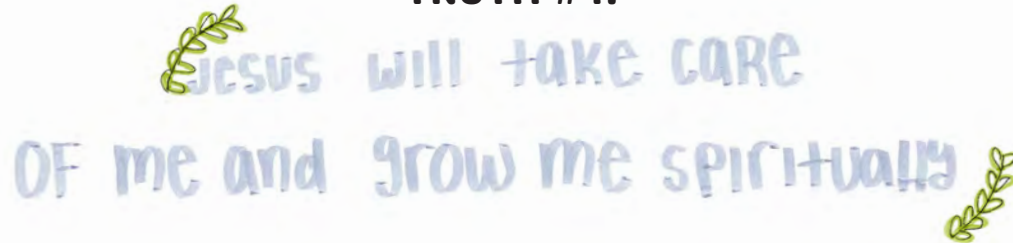
HEBREWS 10:19-22



LIE #4:

I will fail in my spiritual life.

TRUTH #4:

The text is handwritten in a light blue, cursive font. It is arranged in two lines. The first line reads "Jesus will take care" and the second line reads "of me and grow me spiritually". There are green leafy accents on the left side of the first line and on the right side of the second line.

Jesus will take care
of me and grow me spiritually

“being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.”

Philippians 1:6

PHIL. 2:13 • PSALM 138:8 • 2 THESSALONIANS 3:3

What does God say is true of me in these verses? How is it different than the lies I often believe?





LIE #5:

My mind feels cluttered and confused. Am I going crazy?

TRUTH #5:

I have the **MIND** of Christ,
He can **PROTECT** my mind
and thoughts.

“Who has known the mind of the Lord so as to instruct him? But we have the mind of Christ.”

1 Corinthians 2:16

2 TIMOTHY 1:7



What does God say is true of me in these verses? How is it different than the lies I often believe?



LIE #6:

I am hopeless, sad, and conflicted.

TRUTH #6:

I HAVE *joy* AND *peace* FROM GOD
AND *hope* IN JESUS.



“May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.”

Romans 15:13

PSALM 16:11 • PSALM 31:24

What does God say is true of me in these verses? How is it different than the lies I often believe?



LIE #7:

I am not good enough.

TRUTH #7:

I am perfect in Christ



“For by one sacrifice he has made perfect forever those who are being made holy.”

Hebrews 10:14

COLOSSIANS 2:13-14 • HEBREWS 10:17 • 2 CORINTHIANS 12:9

What does God say is true of me in these verses? How is it different than the lies I often believe?





LIE #8:

There is nothing special about me.

TRUTH #8:

I have been **CHOSEN** and **SET**
APART by God

*“For he chose us in him before the creation of the world
to be holy and blameless in his sight.”*

Ephesians 1:4



HEBREWS 10:10, 14 • 1 CORINTHIANS 1:30 • 1 CORINTHIANS 6:11 • PSALM 139

What does God say is true of me in these verses? How is it different than the lies I often believe?



LIE #9:

God is not meeting my needs.



TRUTH #9:

he meets
all of my needs



“And my God will meet all your needs according to the riches of his glory in Jesus Christ.”

Phil 4:19

LIE #10:

I will always be afraid.

TRUTH #10:

I am free from fear 

“For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.”

2 Timothy 1:7

PSALM 34:4 • 1 PETER 5:7 • 1 JOHN 4:18 • PHIL 4:6





What does God say is true of me in these verses? How is it different than the lies I often believe?





LIE #11:
I am weak.



TRUTH #11:

I AM STRONG IN THE
grace
OF CHRIST

“You then, my son, be strong in the grace that is in Christ Jesus.”

2 Timothy 2:1

ISAIAH 41:10 • 1 JOHN 4:4



What does God say is true of me in these verses? How is it different than the lies I often believe?





LIE #12:
I am defeated.

E13

TRUTH #12:

I am ~~victorious~~ *victorious* in the
LOVE OF God

*“No, in all these things we are more than conquerors
through him who loved us.”*

Romans 8:37

1 JOHN 5:4

What does God say is true of me in these verses? How is it different than the lies I often believe?





LIE #13:

I am not very smart.

TRUTH #13:

I have access to God's
wisdom in his written
word

"For the Lord gives wisdom; from his mouth come knowledge and understanding."

Proverbs 2:6

1 CORINTHIANS 1:30



What does God say is true of me in these verses? How is it different than the lies I often believe?

I have **GODS** ✨ wisdom.

LIE #14:

I can't stop sinning.



TRUTH #14:

i am *forgiven* and *free* From sin in Christ.



“It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.”

Galatians 5:1

JOHN 8:36 • 2 CORINTHIANS 3:17 • EPHESIANS 3:12

What does God say is true of me in these verses? How is it different than the lies I often believe?







LIE #15:

God does not know my pain.

TRUTH #15:

i have *God's* Comfort.

*“Praise be to God and Father of our Lord Jesus Christ,
the Father of compassion and the God of all comfort.”*

2 Corinthians 1:3

ISAIAH 41:10 • ROMANS 8:28 • JOHN 16:33



What does God say is true of me in these verses? How is it different than the lies I often believe?





LIE #16:

I have no one to take care of me.

TRUTH #16:



I am protected and
safe.

*“You are my hiding place; you will protect me from trouble
and surround me with songs of deliverance.”*

Psalm 32:7

PROVERBS 2:7-8

LIE #17:

I am unloved.

TRUTH #17:

I am very loved



“For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish, but have eternal life.”

John 3:16

JOHN 15:9 • ROMANS 8:38-39 • EPHESIANS 2:4-5 • EPHESIANS 5:1-2 • 1 JOHN 4:10



LIE #18:

I am unwanted and don't belong to anyone.

TRUTH #18:

I HAVE BEEN *adopted* BY
GOD and i am HIS
CHILD. ❤️

“The Spirit himself testifies with our Spirit that we are God’s children. Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings, in order that we may also share in his glory.”

Romans 8:16-17

GAL 4:4-5, EPHESIANS. 1:5, 1 JOHN 3:1, ROM 8:14



LIE #19:

I feel guilty and like I have disappointed God.



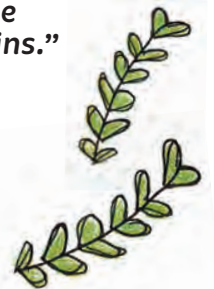
TRUTH #19:

i am totally **FORGIVEN** and redeemed.

“For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, in whom we have redemption, the forgiveness of sins.”

Colossians 1:13-14

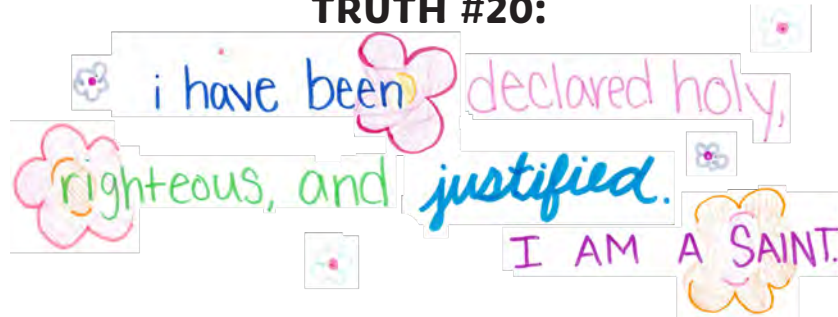
PSALM 103:12 • EPHESIANS 1:7 • HEBREWS 10:14



LIE #20:

I am defined by my sin.

TRUTH #20:



“For all have sinned and fall short of the glory of God and all are justified freely by his grace through the redemption that came by Christ Jesus.”

Romans 3:23-24

1 CORINTHIANS 1:30 • 1 CORINTHIANS 6:11 • 2 CORINTHIANS 5:21

LIE #21:

I have no strength, I am weak.

TRUTH #21:



“But you will receive power when the Holy Spirit comes on you. And you will be my witnesses in Jerusalem, and in all Judea, Samaria and to the ends of the earth.”

Acts 1:8

EPHESIANS 1:18-20 • EPHESIANS 3:16 • ROMANS 8:9-11

What does God say is true of me in these verses? How is it different than the lies I often believe?



LIE #22:

I cannot reach God, He feels distant.

★ **TRUTH #22:** ★
*i have direct
access to God.* ★
★ ★

“Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace in our time of need.”

Hebrews 4:16

EPHESIANS 2:6

LIE #23:

I feel like God disapproves of me.

TRUTH #23:

I AM blameless



“Therefore, there is now no condemnation for those who are in Christ Jesus, because through Jesus Christ the law of the Spirit who gives life has set you free from the law of sin and death.”

Romans 8:1-2

JOHN 3:18



LIE #24:

There is no plan for my life.



TRUTH #24:

i have been created for
good works.
GOD KNOWS THE PLAN
for my life.

“For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.”

Ephesians 2:10

PSALM 37:23-24 • JOHN 10:10 • ROMANS 8:28 • 2 TIMOTHY 3:16-17

LIE #25:

As a Christian, I do not feel any different.

TRUTH #25:

I have a brand new life



“Therefore if anyone is in Christ, the new creation has come: the old has gone, the new is here.”

2 Corinthians 5:17

2 CORINTHIANS 3:18

What does God say is true of me in these verses? How is it different than the lies I often believe?

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LIE #26:

Satan will ruin my life.

TRUTH #26:

jesus has AUTHORITY
over SATAN

“You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world.”

1 John 4:4

COLOSSIANS 1:13





LIE #27:

I will always be controlled by my sin.

TRUTH #27:

*I am no longer
ruled by sin.*

“For we know that our old self was crucified with him so that the body ruled by sin might be done away with, that we should no longer be slaves to sin.”

Romans 6:6

ROMANS 6:11



LIE #28:

God may disown me.

TRUTH #28:

I am an heir

“So you are no longer a slave, but God’s child; and since you are his child, God has also made you an heir.”

Galatians 4:7

ROMANS 8:16-17 • EPHESIANS 1:13-14 • EPHESIANS 1:18



LIE #29:

One day, God may give up on me.

TRUTH #29:

I am in *christ* For now
and *forever*. FOREVER.

“And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus.”

Ephesians 2:6

ROMANS 6:4-8 • GALATIANS 2:20 • COLOSSIANS 3:1, 3





LIE #30:

I feel lost and separated from God.

TRUTH #30:

Jesus holds me now
and forever in heaven.

“My sheep listen to my voice; I know them and they follow me. I give them eternal life, and they shall never perish; no one will snatch them out of my hand...no one can snatch them out of my Father's hand.”

John 10:27-30

1 JOHN 5:11-15

LIE #31:

I have no abilities God could use.

TRUTH #31:

I HAVE BEEN GIVEN
SPIRITUAL GIFTS FOR HIS
SERVICE

*I have been given
spiritual gifts for his
service*



1 Corinthians 12





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