

The Lies You Didn't Know You Believed

The Lie	How the Lie Shows Up	God's Truth	Scripture
Their approval determines my worth.	I feel bummed after scrolling social media. I change my likes, opinions, or appearance to fit in. I may find myself lying about small things (Like my favorite music or actor).	My worth does not rise or fall with other people's approval. God created me, knows me, and loves me. I should seek His approval first.	Ephesians 3:17-19; Psalm 118:6-7; Galatians 1:10
My success determines my worth.	I think I have to be the smartest, prettiest, most talented, or most athletic girl in the room. I feel inadequate when someone else does better than I do.	My worth is not something I earn. I was created in God's image and for His purposes.	Genesis 1:27; Ephesians 2:10
The world decides what makes me beautiful.	I think I need a certain weight, body type, hair color, clothing, or appearance to be beautiful. I constantly compare myself to other girls.	Beauty standards change, but God looks at my heart. The beauty He values is precious and does not fade.	1 Samuel 16:7; Proverbs 31:30; 1 Peter 3:3-6
I have to be perfect to be loved.	I am afraid to make mistakes or disappoint people. When I make mistakes and ask for forgiveness it seems to bother me longer than most.	God does not expect me to pretend that I am perfect. I can confess my sins, receive forgiveness, and continue growing.	1 John 1:8-9; Philippians 1:6
I am fine exactly as I am and do not need to change.	I ignore correction and expect others to accept every attitude, desire, and choice I have. I use God's love as a reason not to change.	God created me with worth, but He also calls me to repent, deny myself, and become more like Christ.	Luke 9:23; Romans 12:2
"That's just how God made me" excuses my behavior.	I say, "I have always been impatient," "I'm just blunt," or "I cannot control my temper." I use my personality as an excuse to keep sinning.	My personality does not excuse sin. With God's help, I can put away sinful habits and grow in self-control.	Colossians 3:5-10; Galatians 5:17, 22-23; Romans 1:22
My feelings are truth.	I feel unwanted, so I decide nobody wants me. Something feels right, so I assume it cannot be wrong. I defend my actions by describing the way I felt when I did it.	Feelings are real, but they are not always reliable. God's Word—not my feelings—is the standard of truth.	Jeremiah 17:9; Proverbs 14:12-13; John 17:17; John 14:6
A relationship will complete me.	I think a boyfriend will make me happy, solve my problems, or prove that I am lovable. I stay in an unhealthy relationship because I am afraid to be alone.	No person can give me what only God can give. God must be the strength of my heart and my portion.	Psalms 73:25-26; Colossians 3:2, 23
Someone else has the life I should have.	I compare my family, friends, appearance, talents, or opportunities with someone else's. I become jealous or unthankful.	God's plan for someone else is not His plan for me. I can trust Him and be thankful for what He has given me.	John 21:21-22; Galatians 6:4-5; 1 Thessalonians 5:18

I'll be happy when...	I tell myself I will be happy when I lose weight, get a boyfriend, have better friends, graduate, or finally get what I want.	Lasting joy comes from God, not from getting everything I want. I can learn contentment in every situation.	Psalms 16:11; Philippians 4:11–13
I don't have enough time for God.	I say I am too busy to pray, study my Bible, worship, serve, or encourage someone, but I still find time to scroll or watch shows.	God has given me today, and I am responsible for how I use it. I must make time for what matters most.	Psalms 90:12; Ephesians 5:15–16
I have unlimited time.	I spend most of my time entertaining myself instead of serving God. I feel young and I tell myself often, “I’ve got my whole life ahead of me.”	My youth belongs to God too. I can remember my Creator, make wise choices, and serve Him now.	Ecclesiastes 12:1; 1 Timothy 4:12
Being active in the church is for older people.	I sit back and let adults do the serving, encouraging, participating, and studying. I assume I have nothing important to offer.	Every member of Christ’s body has a purpose. I can serve and be a godly example right now.	Romans 12:4–6; 1 Timothy 4:12
I'll follow God when I'm older.	I put off studying, obeying, serving, or becoming serious about my faith personally. I assume I will have more time later.	I am not promised another season of life. When I know what is right, the time to obey is now.	Ecclesiastes 12:1; James 4:13–17; Hebrews 3:15
I should stay away from everyone who disagrees with me.	I refuse to listen to someone with a different opinion. I am rude, defensive, or unkind when someone challenges what I believe.	I should choose my closest influences wisely, but disagreement does not excuse unkindness. I must listen carefully and answer gently.	Proverbs 18:13; James 1:19; 1 Peter 3:15
My entertainment does not affect me.	I say, “It’s only a show,” “It’s just a song,” or “Watching it does not mean I agree with it.” I become comfortable with things that once bothered me.	What I repeatedly watch and hear shapes my thoughts and desires. I must guard my heart and fill my mind with what is pure.	Romans 1:32; Proverbs 4:23; Psalm 101:3; Philippians 4:8
Modesty changes with the people or place.	I dress differently because “everyone here wears this” or because I am at the beach or a game. I focus more on dressing like those around me than honoring God.	People and situations may change, but my desire to honor God should not. Modesty begins with a heart that wants to please Him and live by his protective standards for me.	1 Timothy 2:9–10; 1 Corinthians 6:19–20
If I love someone, I must support everything she does.	I like or share posts that celebrate something God calls wrong. I stay silent because I am afraid that disagreeing will seem hateful.	Biblical love does not celebrate wrongdoing; it rejoices with the truth. I can be kind and compassionate without agreeing with sin.	1 Corinthians 13:6; Ephesians 4:15
God's rules are keeping me from happiness.	I find myself questioning the rules in the Bible. I look for ways to get around those “outdated” standards. I ask, “How close I can get to sin without crossing the line.”	God’s commands are good and trustworthy. His boundaries protect me, and He does not withhold what is truly good.	Psalms 19:7–11; Psalm 84:11
This sin will not really hurt me.	I tell myself, “It’s only one time,” “Nobody will know,” or “I can stop whenever I want.”	Sin deceives, grows, and brings consequences. I cannot continue planting sin without eventually harvesting its results.	James 1:14–16; Galatians 6:7–8
If everyone is doing it, it must be okay.	I follow the crowd because I do not want to stand out. I use what is normal or popular to decide what is right.	Something does not become right because it becomes popular. God—not the crowd—decides what is true and good.	Exodus 23:2; Romans 12:2