



## **LIES** Women Believe and the **TRUTH** that sets them **FREE**

### **LIES**

I'm not worth anything.

I need to learn to love myself.

I can't help the way I am.

I have my rights.

Physical beauty matters more than inner beauty.

I should not have to live with unfulfilled longings.

### **TRUTH**

**My value is not determined by what others think of me or what I think of myself. My value is determined by how God views me—and I am precious to Him. (Psalm 139:1-18, Romans 5:6-11)**

**By faith, I need to receive God's love for me. I naturally love myself; I need to deny myself and let God love others through me. (Luke 12:4-7, 9:23-24, Lev. 19:18, Eph. 5:28)**

**If I am God's child, I can choose to obey Him, I am responsible for my own choices. God's Spirit can change me. (Romans 6:1-14 and 8:1-2, 2 Cor. 5:17, Gal. 5:16-17)**

**Claiming rights will put me in bondage. Yielding rights will set me free. (Jonah 4)**

**Physical beauty is fleeting. The beauty that matters most to God is the beauty of my inner spirit and character. (Proverbs 31:30, 1 Peter 3:3-5, 1, Tim. 2:9-10, Proverbs 4:18)**

**I will always have unfulfilled longings this side of heaven. The deepest longings of my heart cannot be fulfilled by any person or thing. My unfulfilled longings can help me look forward to heaven. (Hebrews 11:13-16)**