

SATAN'S LIES, GOD'S REPLIES

RCC Women's Retreat 2021

HOW DID WE GET HERE?

The Fall

3 Now the serpent was more crafty than any other beast of the field that the LORD God had made.

He said to the woman, “Did God actually say, ‘You^[a] shall not eat of any tree in the garden’?”² And the woman said to the serpent, “We may eat of the fruit of the trees in the garden,³ but God said, ‘You shall not eat of the fruit of the tree that is in the midst of the garden, neither shall you touch it, lest you die.’”⁴ But the serpent said to the woman, “You will not surely die.⁵ For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.”⁶ So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise,^[b] she took of its fruit and ate, and she also gave some to her husband who was with her, and he ate.⁷ Then the eyes of both were opened, and they knew that they were naked. And they sewed fig leaves together and made themselves loincloths.

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WHICH ONE WOULD YOU CHOOSE?



VS



SURPRISINGLY, SATAN IS ALSO DESCRIBED AS...

2 Corinthians 11:14, ESV 14 And no wonder, for even Satan disguises himself as an angel of light.

Ezekiel 28:12, ESV 12 “Son of man, raise a lamentation over the king of Tyre, and say to him, Thus says the Lord God: “You were the signet of perfection,[a] full of wisdom and perfect in beauty.

WHY DO WE FALL FOR HIS DECEPTION?

He doesn't appear to us as a serpent or a red demon...

He comes to us disguised as a book, a tik-tok video, a FB post, a movie or TV show, a hit song, a friend or relative trying to give sincere counsel, a therapist or even a Christian pastor, writer, preacher or counselor. He starts as a whisper, a LIE.



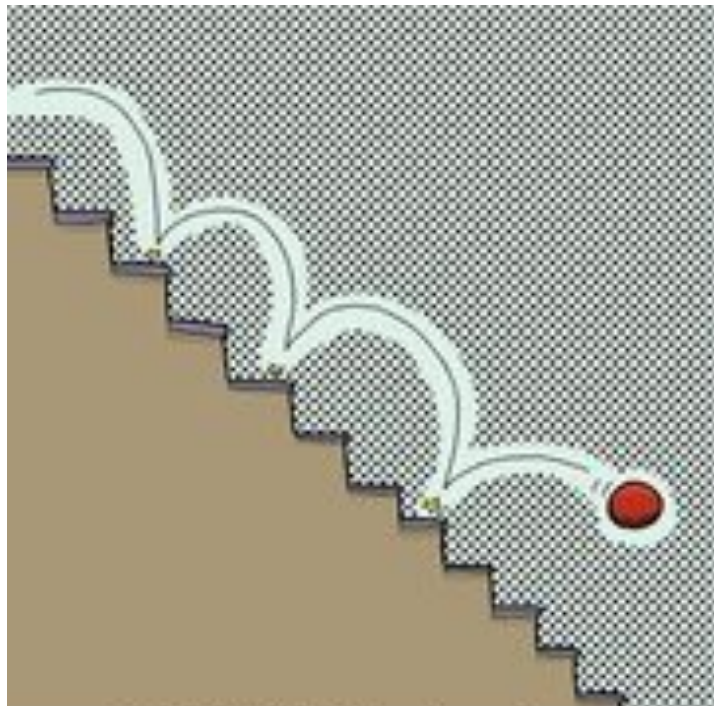
WHAT DOES THE BIBLE SAY ABOUT SATAN?

John 8:44, ESV 44 You are of your father the devil, and your will is to do your father's desires. He was a murderer from the beginning, and does not stand in the truth, because there is no truth in him. When he lies, he speaks out of his own character, for he is a liar and the father of lies.

John 10:10, ESV ¹⁰ The thief comes only to steal and kill and destroy.

Acts 26:17-19, ESV ¹⁸ to open their eyes, so that they may turn from darkness to light and from the power of Satan to God, that they may receive forgiveness of sins and a place among those who are sanctified by faith in me.'

BONDAGE IS GRADUAL



First we Listen to the lie

Then we dwell on the lie

We end up believing the lie

Finally, we act on the lie

OUR CULTURE IS EXPERIENCING AN EPIDEMIC OF SOUL-SICKNESS

We as Christian women have also fallen into this trap.

Many of us are in bondage to feeling:

Frazzled

Frustrated

Uptight

Exhausted

Discouraged

Insecure

Burned-out

Defeated

Lonely

Overwhelmed

Depressed

Fearful

Confused

Ashamed

Suicidal

Angry

Emotionally unstable

TIME WITH GOD

For the next 40 minutes, I would like you to find a quiet place and enter into time with God. Ask the Holy Spirit to help you understand what God wants you to know.

Quiet your mind (this may be hard) - command racing thoughts or distractions to leave in the name of Jesus.

Just breathe and be still - If you are having trouble, just concentrate on your breathing and thank Him for each breath you take.

Ask God the questions on the next page and sit in quiet anticipation for an answer from Him.

Talk to Jesus as if He were a friend, even if you get angry with Him it is ok. He wants your time. He wants to interact with you. He wants a relationship with you.

DON'T WORRY...

Don't worry if you don't hear anything directly. You probably won't hear a voice, or you may. You may have a thought that wasn't your own, a picture of something, a bible scripture, an image or an inaudible whisper.

If you don't hear anything, don't worry. If you have never sat with Jesus this way it may take some time to be comfortable with this.

If you do have an experience with the Holy Spirit it can be overwhelming. Remember, this is a safe space to grow closer to our Lord. If you see someone crying, do not console. Let them continue to feel what God has brought up for them. Let them feel and work it out with Jesus.

QUESTIONS FOR GOD...

Where have I known shame or chosen to hide (what sin haven't I dealt with)?

What is one area of my life where I need to be set free?

What lies have I believed about myself?

GOD'S REPLIES

Truths bombs from the bible...

LIE - I AM A RANDOM MISTAKE

Genesis 1:26 Then God said, “Let us make mankind in our image, in our likeness...

Genesis 1:27 So God created mankind in his own image, in the image of God he created them; male and female he created them.

Psalms 139: 13-14 For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made;

Hebrews 3:4 For every house is built by someone, but God is the builder of everything.

Luke 12:6-7 Are not five sparrows sold for two pennies? Yet not one of them is forgotten by God. Indeed, the very hairs of your head are all numbered. Don't be afraid; you are worth more than many sparrows.

LIE - I'M A GOOD PERSON / MY SIN ISN'T THAT BAD

Every act of sin is an act of rebellion against God. No sin is small.

Romans 3:23 for all have sinned and fall short of the glory of God

Romans 5:12 Therefore, just as sin came into the world through one man, and death through sin, and so death spread to all men[e] because all sinned

Isaiah 59:2 but your iniquities have made a separation between you and your God, and your sins have hidden his face from you so that he does not hear.

Thankfully though...

Romans 5:19 For as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

LIE - I WILL ALWAYS FEEL STRESSED

Actually this is truth if you let it be your truth.

You can't do it all. Instead of doing what you want to do with your time, or have your time dictated by others, check with God and ask Him what He wants you to do.

Jesus looked up to His Father and said, "I have glorified thee on earth: I have finished the work which thou gavest me to do" (John 17:4 KJV)

Jesus didn't finish everything the disciples wanted Him to do. He didn't finish everything the multitudes wanted Him to do but He did finish all that God wanted Him to do.

LIE - I HAVE TO HAVE A HUSBAND TO BE HAPPY

- Happiness is not found in (or out of) marriage
- There is no person who can meet my deepest needs. No one and nothing can make me truly happy, apart from God.
- God has promised to provide everything I need. If He will receive more glory by my being married, then He will provide a husband for me.
- Those who wait on the Lord always get His best. Those who insist on getting what they want, when they want it often end up with heartache.

Whom have I in heaven but you? And there is nothing on earth that I desire besides you. My flesh and my heart may fail, but God is the strength[b] of my heart and my portion forever. Psalm 73:25-26

LIE - IF I FEEL SOMETHING IT MUST BE TRUE

- My feelings cannot always be trusted. They often have little to do with reality and can easily deceive me into believing things that are not true.
- I must choose to reject any feelings that are not consistent with God's truth.
- I do not have to be controlled by my emotions.

Jeremiah 17:9 The heart is deceitful above all things, and desperately sick; who can understand it?

Matthew 15:19 For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false witness, slander.

Isaiah 26:3 Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.

LIE - I SHOULDN'T HAVE TO SUFFER

- It is impossible to be holy apart from suffering. There is a redemptive fruit that cannot be produced in our lives apart from suffering.
- We have been called to suffer.
- True joy is not the absence of pain, but the presence of the Lord Jesus in the midst of the pain.
- Suffering is a pathway to sanctification, a doorway into greater intimacy with God.

For to this you have been called, because Christ also suffered for you, leaving you an example, so that you might follow in his steps. 1 Peter 2:21

And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you.

1 Peter 5:10

LIE - MY CIRCUMSTANCES WILL NEVER CHANGE

- My suffering may last a long time, but it will not last forever.
- My painful circumstances will not last one moment longer than God knows is necessary to achieve His eternal purposes in and through my life.
- One day, all pain, suffering and tears will be removed forever.

Therefore we do not lose heart....For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal. **2 Corinthians 4:16-18**

For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us. **Romans 8:18**

weeping may endure for a night, but joy cometh in the morning. **Psalms 30:5**

LIE - NOONE CAN UNDERSTAND HOW _____ I FEEL

- Satan's desire is to isolate the weak and make them feel hopeless and alone
- Watch Animal Planet sometime. What happens to the lone antelope, zebra or wildebeest?

Have you not known? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. He gives power to the faint, and to him who has no might he increases strength. **Isaiah 40:28-29**



TIME WITH GOD...

For the next 40 minutes, I would like you to find a quiet place and enter into time with God. Ask the Holy Spirit to help you repent from your old way of thinking and hear the Truth of who you are.

God, I have believed these lies for so long. Help me to see Your truth. Who do you say I am?

Ask God to set you free from the lies/sins that came up for you in the 1st session.

Thank God and worship Him for who He is.

AND NOW WE FIGHT

How to live in truth and combat our enemy

TIME TO FIGHT WITH A TRUTH BOMB

TRUTH is a Person - the Lord Jesus Christ

Jesus said to him, "I am the way, and the **truth**, and the life. John 14:6

So Jesus said to the Jews who had believed him, "If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free." John 8:31-32

READ, STUDY and MEDITATE ON HIS WORD

TIME TO FIGHT - STRAP ON YOUR ARMOR

Finally, **be strong in the Lord and in the strength of his might.** **11** Put on the whole armor of God, that you may be able to stand against the schemes of the devil. **12** For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. **13** Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. **14** Stand therefore, having fastened on the **belt of truth**, and having put on the **breastplate of righteousness**, **15** and, as **shoes for your feet**, having put on the readiness given by the gospel of peace. **16** In all circumstances take up the **shield of faith**, with which you can extinguish all the flaming darts of the evil one; **17** and take the **helmet of salvation**, and the **sword of the Spirit**, which is the word of God, **18** praying at all times in the Spirit, with all prayer and supplication. Ephesians 6:11-18a

ARSENAL OF WEAPONS

Belt of truth - Satan fights with lies, only believers have God's truth

Breastplate of Righteousness - Satan attacks our hearts, emotions, self-worth and trust. He accuses us of being guilty and unworthy. We are FORGIVEN and ACCEPTED.

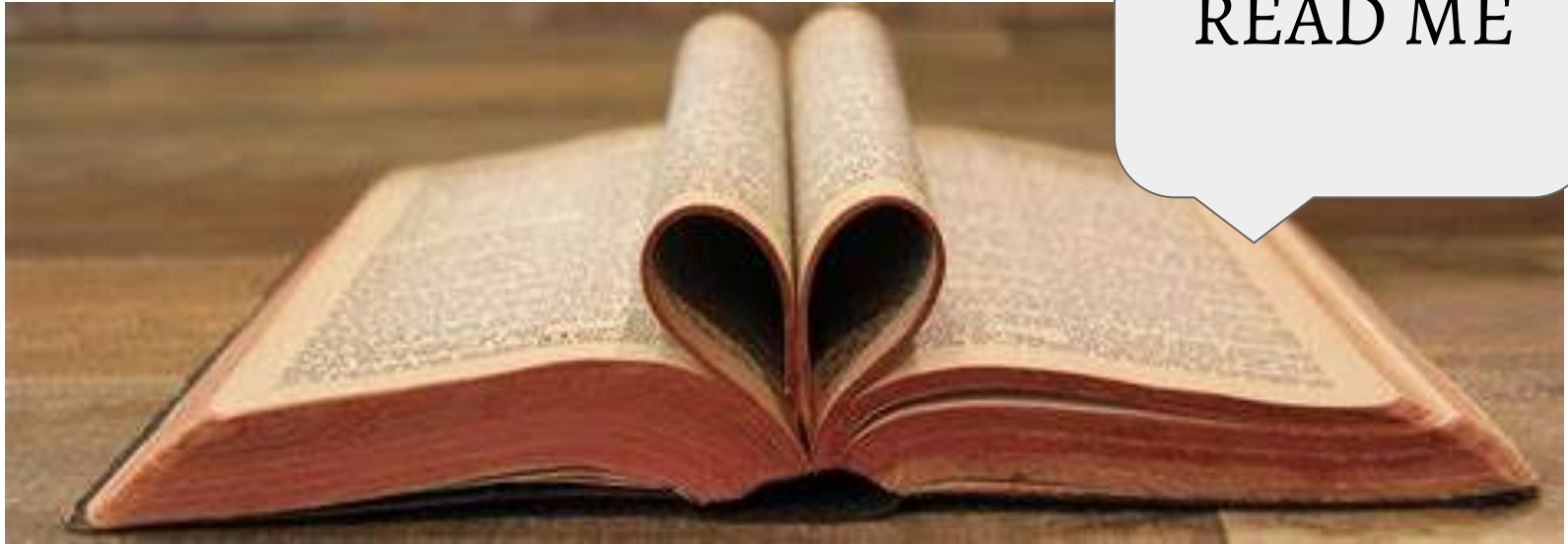
Shield of Faith - The enemy attacks with insults, setbacks & temptations. Our faith shields us from his fiery arrows. Cling to hope in Christ. Refuse to believe the lies.

Shoes of peace - The enemy wants us to think that spreading the gospel is worthless and hopeless. Truth - God will equip us to spread the GOOD NEWS!



SWORD OF THE SPIRIT - THE BIBLE

When tempted...trust in the TRUTH of God's Word



READ ME

HOW DO I START?

- Make sure you are reading a sound translation of the bible, NIV, ESV, KJ etc. some translations, especially those that paraphrase do not speak 100% truth.
- Pray before you read and ask for understanding.
- Start with one of the gospels. Mark or John would probably be best
- The bible is the Living Word. You may read a portion and not understand but then read again another time and understand completely.
- Do not get discouraged if you don't understand something. Write down the questions you have and ask God to reveal the answer.
- Hopefully, reading the bible will be something you do for the rest of your life. Commit to 15 minutes a day to start. If you can't read, find an app where you can listen. Listen while doing laundry, making dinner, washing dishes, driving etc. Prioritize this before any social media!!
- Devotions, podcasts, sermons are really good supplemental tools but should not substitute reading scripture. When listening to people, always check scripture for truth.

TRUTH - SNEAK PEEK

God's Word promises, "I am with you always" Matthew 28:20

God's Word promises, "Though the mountains be shaken and the hills be removed, yet my unfailing love for you will not be shaken" Isaiah 54:10

God's Word says, "Do not be afraid" John 14:27

God's Word says, "Don't worry about anything" Philippians 4:6

God's Word says, "Give thanks in all circumstances" 1 Thessalonians 5:18

God's Word says, "Love your enemies" Matthew 5:44

God's Word says, "If you hold anything against anyone, forgive him" Mark 11:25

HELMET OF SALVATION

The enemy wants us to doubt God, Jesus and our salvation.

The helmet of Salvation protects our mind and identifies our allegiance as a member of God's army.

Did you know that we have an average of 50,000 thoughts that cross our minds each day? What thoughts do you allow in? What thoughts do you dwell on?

We take captive every thought to make it obedient to Christ. 2 Corinthians 10:5b

PROTECTING OUR MIND TAKES PRACTICE

1. Start to tune in to your thoughts or create a thought journal
2. Discern if it is from God or not (based on God's truth found in the Bible)
3. If it is not from God - stop, breathe and ask Jesus to renew your mind
4. Train your mind to "kick to the curb" any negative thoughts and/or visualize the thought being removed
5. Rebuke the thought - "In the name of Jesus be gone from me and don't return"
6. Replace the lie with the truth - quote scripture, sing a worship song, ask the Holy Spirit to speak truth to you
7. If it is a flood of attacking thoughts, stop, pray for Jesus to help and breathe in light (Jesus), exhale darkness
8. Get close to God - leave man's world and enter God's - NATURE, sit under a tree, breathe deep and just sit with God
9. Take a shower - Renew yourself like a mini baptism - Death to self (world) and renewal in Jesus, let the water wash away all the ick
10. Be careful what we are feeding our mind. Choose entertainment wisely you are what you consume.

THIS MEANS WAR

Devil Get Out - scene from War Room

The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly. John 10:10

But the Lord is faithful. He will establish you and guard you against the evil one. 1
Thessalonians 3:3

Submit yourselves therefore to God. Resist the devil, and he will flee from you. James
4:7

THOUGHTS EXERCISE

Quiet time for 3 minutes. Keep track of your thoughts. How does your mind wander? What feelings creep in?

Practice what we have taught. Once things are quiet, ask God what he wants you to take away from this weekend? Does anyone you know need to hear this?



TOOL OF PRAYER

*pray without ceasing,
1 Thessalonians 5:17*

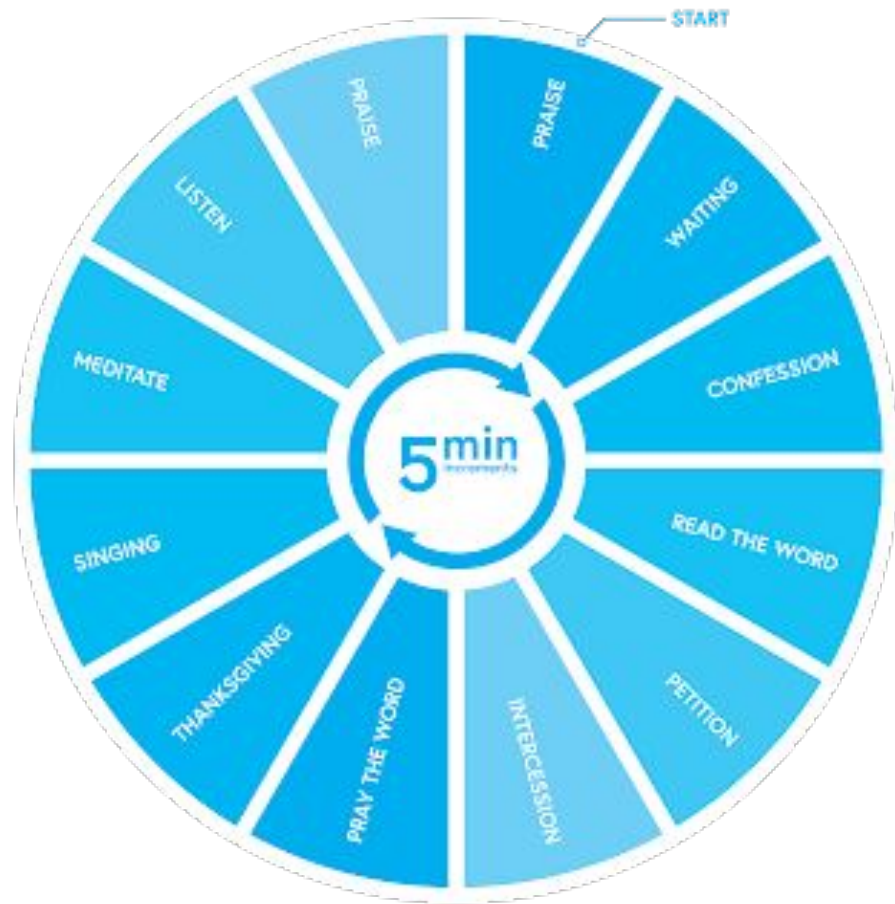
Talk to God throughout the day.

Spend structured time in prayer.

Give thanks.

Worship.

If Jesus had to pray while He was on Earth,
then we should even more so.



SHARE AND CARE

Share time - 2-3 minutes per person...

Has anyone been released from their bondage?

OR

Is anyone really struggling and needs truth spoken and prayed over them?

FINAL EXERCISE

Letting GO...

Let us let go of the old lies we have believed...

Submit them to Jesus and let Him wash us clean.

REFERENCE PAGE

I used three main sources for this presentation...

The format was inspired by a women's retreat I attended in Oklahoma called "[Changed](#)" If you ever have a chance to attend - GO! I truly was changed at this event.

The lies and responses were inspired by a book called "[Lies Women Believe and the Truth That Sets Them Free](#)", by Nancy Leigh DeMoss. She also has a version for young women and study guides to go along with the books.