



## LITTLE LIES: WHAT'S THE BIG DEAL?

*It's just one little lie. What could it hurt?* Katie thought. She looked around the hallway and pulled the note she had written out of her jeans pocket. She bit her lip and shifted her weight from one foot to the other while she played with the zipper of her jacket. *One little lie, she thought. People lie all the time. So it's not really that big of a deal, right?*

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**W**hen was the last time someone lied to you? How did it make you feel? We've all felt that feeling—that moment when we realize that we were played, that moment when we uncover the truth. We've all looked at someone—a parent, a friend, a teacher—differently when we realized that this person doesn't always tell the truth.

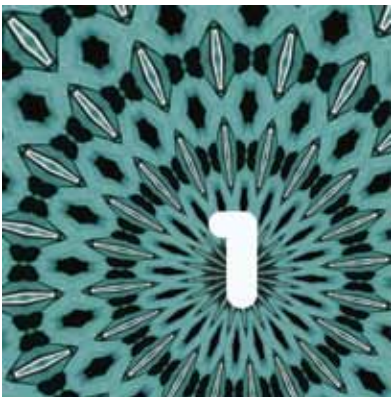
**T**his world we're living in is full of deception. Everywhere we look, we see lies. The media and their airbrushed models that tell us we need to be thinner, the alcohol advertisements that tell us if we drink this we'll be cool and have more friends, the music we listen to that tells us that we need to act a certain way to get a guy to like us...the list goes on and on. It makes it hard to know who you can trust.

**B**ut we have a Friend who can't lie (Titus 1:2). He won't ever deceive us. Instead, He wants us to know the truth and be set free (John 8:32). That Friend is God, and when we trust in Him, we can be set free from the lies that surround us.

**T**he little lies we tell and the little lies we believe have power over us. They hold us captive to a lifestyle we never wanted. They chain us down to bad situations, bad people and bad choices. This month, we're going to take a good look at the lies in our lives—where they come from, where they lead us and how we can conquer them.

### WEEK ONE

## LITTLE LIES: WHERE DO THEY START?



Katie leaned against the wall across from Tyler's locker and sighed. He was the point guard on the basketball team, and he had asked her to go out with him. The coolest guy in the school wanted to go on a date with her.

But her mother had said no. As soon as she found out that Katie was talking to Tyler on the phone, she had freaked out. She had heard some things about Tyler that she didn't like, and she wanted Katie to be careful around him. That meant no date.

*What does Mom know anyway?* Katie thought. *She just doesn't understand. Tyler may have a bad reputation, but he's different when he's around me.* Katie looked down at the note in her hands. She refolded it and stuck it into the vent in Tyler's locker. She was going on that date, and her mom would never have to know.

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Katie is on a slippery slope. One little lie—doing something her mom told her not to do—can't really be that big of a deal, right?

Think back to the story of Eve and the forbidden fruit. Eve was deceived. Someone came into her garden paradise with *one little lie* and changed the entire course of history. One little lie *is* a big deal.

Read Genesis 3:1-7. Who lied to Eve? \_\_\_\_\_

In John 8:44, Jesus describes Satan as a murderer and a liar. Satan is called the "father of lies." So where do lies start? They start when we let Satan into our hearts and lives.

We don't ever want to admit that we let Satan have any control over our lives, but when we get caught in lies and deception, he is the master we are serving. He's smart and quick and he's a smooth talker. When we let him get close to us, we are just like Eve. Everything he says sounds so good...

So, is Satan the only one who deceives us? Check out these verses and match them with other things and people that can deceive us in this world:

Jeremiah 17:9	Men & Empty Words
James 1:22 and 1 John 1:8	Sin
Hebrews 3:13	False Teachers
Ephesians 5:5-7 and 1 John 3:7	Your Heart
1 John 2:22 and 2 Corinthians 11:12-15	Yourself

Can you see how easy it is to be deceived? Just like Katie, we can get caught up in thinking that what we're doing isn't really that bad because we see other people do it.

Take a minute to think about the things you spend your time on—schoolwork, sports, being popular, reading your Bible, surfing the internet, watching TV... There are tons of things that we use to fill our days. Now put each activity on the LifeLine below. Do your activities please the Father of Light (God) or the father of lies (Satan)?

The Father of Light -----The father of lies

Are you controlled by lies, or do you live in the Light of the Father?



WEEK TWO

## LITTLE LIES - WHERE DO THEY LEAD?

"Where are you going?" Katie cringed when she heard her mom's voice. She let go of the door knob and turned around.

"I'm going to Jenny's house to study," she lied. "I'll probably be there pretty late. We've got a big test tomorrow."

"Oh, okay. Just be home by ten." Her mom kissed her on the forehead and hugged her.

"Okay. Bye, Mom." Katie escaped onto the front porch and let out a sigh of relief. She walked down to the corner, where Tyler was waiting for her, and climbed into his car.

\* \* \* \* \*

Katie is a good girl. She goes to church, sings in the choir, and volunteers at the after-school program at her church. She's on the honor roll at school and is a leader in her youth group. She works as a babysitter for people at church. She's always been dependable. People like her and they know they can rely on her.

Like a lot of Christians, Katie has come to think that she's above temptation and immune to falling into sin. She doesn't realize that she's in dangerous territory.

One little lie can lead her into a place that she never wanted to go. Check out the story of David and Bathsheba in 2 Samuel 11:1 - 12:24. David was a "man after God's own heart." He was the king of Israel. If anyone was close to God, it was David. From the time he was a young boy, he had been blessed by God. God had walked by David and guided his steps for a lifetime, but when David saw Bathsheba he let one little sin into his life. Just like the little lie Katie told her mom, David's little sin turned into a web of other sins that led him off God's path.

If we are going to walk with God, it takes a little work. We have to think carefully about each decision we make.

David's affair with Bathsheba put a big blemish on his testimony. The lie Katie is telling can put a big blemish on her testimony as well. Think about the kids who look up to her, the parents who trust her, the church members who are proud of her.... She's putting all that on the line for one date.

This little lie has the power to lead her into a web of other messes—sexual temptation, peer pressure to drink and do drugs, and all other sorts of things she is not prepared to face. I'm sure you've heard the saying, "Oh, what a tangled web we weave, when first we practice to deceive." Satan uses anything he can to pull us into his web of sin.

Are you letting lies lead you into situations where you don't want to be? Or are you following after God and His plan for your life?

Read Matthew 6:13. Who do you think leads us into temptation? \_\_\_\_\_

Who can deliver us from that temptation? \_\_\_\_\_

How does Satan use lies and deception to try to control our lives? \_\_\_\_\_

\_\_\_\_\_



# LITTLE LIES - WHY WE BELIEVE THEM

## WEEK THREE

About two hours into her date with Tyler, Katie was sitting on the front porch steps of Tyler’s friend’s house alone. Tyler was somewhere inside with his friends, busy being the life of the party.

Katie shivered and pulled her coat tighter around her. *What happened?* she wondered. She dropped her head into her hands and covered her ears to drown out the pulsing music coming from the house. *How did I end up here?*

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Katie just had the “gotcha” moment...

She just realized that she had been deceived. But how did she get there? How did she let the lies lead her that far?

Satan uses three types of temptation to deceive us. We’ll call them the Three P’s: PLEASURE, POWER, and PRIDE. Satan used these over and over again in the Bible, and he still uses them today. Check out these people from the Bible - did they resist temptation?

Samson - Judges 14:1	YES	NO
Joseph - Genesis 39:7	YES	NO
Absolom - 2 Samuel 15:1-12	YES	NO
Saul - 1 Samuel 13:8-14	YES	NO
Nebuchadnezzar - Daniel 3	YES	NO

Of those five Bible characters, who was tempted by PLEASURE? \_\_\_\_\_

Who was tempted by POWER? \_\_\_\_\_

Who was tempted by PRIDE? \_\_\_\_\_

These three areas are our “weak spots,” and Satan knows it. He will always attack us where we are the weakest.

Think about Katie’s situation. She wanted to feel special, and she tried to find that worth in a guy instead of in Christ. Satan fed her need to feel pretty and accepted (pleasure and pride). When her mom told her not to date Tyler, Katie thought she knew better (pride) and fought her mother for control over her own life (power), even though her mom turned out to be right. At the party with Tyler, Katie was tempted to drink and try drugs and was pressured to go farther sexually than she wanted to (pleasure).

She resisted some of these temptations, but more often than not, she fell into Satan’s traps because he attacked her where she was weakest.

But we don’t have to believe the lies. In Luke 4:1-13, Satan lied to Jesus and tempted him with the Three P’s. Check out the story and list each temptation and the “P” it represents:

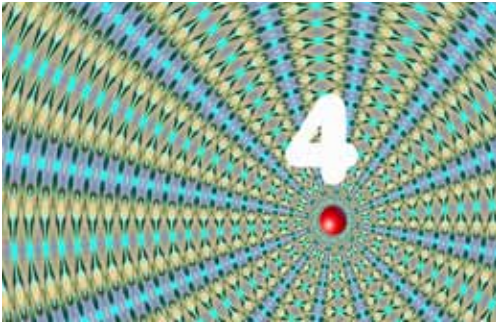
Luke 4:1-4 \_\_\_\_\_

Luke 4:5-8 \_\_\_\_\_

Luke 4:9-13 \_\_\_\_\_

This week, think about specific temptations that you struggle with and pray about them.

Are you careful about the TV shows, movies, books and music you watch, read and listen to? How does Satan use these things to deceive or tempt you? Are there any changes you need to make in order to avoid temptation and deception?



WEEK FOUR

## LITTLE LIES - HOW WE DEFEAT THEM

When Katie saw her mom's minivan round the corner, she didn't know whether to be happy or worried. She deserved to be punished, but she couldn't help but feel like she was being saved.

"Hi, Mom." Katie bit her lip and shifted her weight from one foot to the other.

"Katie!" Her mom rushed out of the van and wrapped her in a hug. "I'm glad you called me. Get inside, it's freezing out here."

\* \* \* \* \*

For Katie to get out of the mess she had made, she had to call her mom and come clean about her lies. If we want to live free of lies and deception, we have to do the same thing.

How do we defeat Satan and his lies? John 8:31-32 says, "Then said Jesus to those Jews which believed on him, If ye continue in my word, then are ye my disciples indeed; And ye shall know the truth, and the truth shall make you free." (KJV)

The best way for us to defeat Satan's lies is to know God's word. Look at Luke 4:1-13 again. How did Jesus defeat Satan's temptations?

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Do you know the Bible well enough to tell when you are being deceived?

Check out these verses and summarize the God's truth that defeats Satan's lies:

LIE: ***I don't feel loved by God, even though I have been saved and have Christ as my Savior.***

TRUTH: Jeremiah 31:3 \_\_\_\_\_  
and 1 John 4:10 \_\_\_\_\_

LIE: ***I keep committing the same sin, and I can't stop.***

TRUTH: 1 Corinthians 10:13 \_\_\_\_\_  
and Isaiah 43:25 \_\_\_\_\_

LIE: ***I can't believe she \_\_\_\_\_ . I would never do that.***

TRUTH: Proverbs 16:18 \_\_\_\_\_  
and 1 Corinthians 10:12 \_\_\_\_\_

LIE: ***Some friends say what I'm doing is wrong, but I feel great. Life has never been better.***

TRUTH: Galatians 6:7 \_\_\_\_\_  
and Proverbs 14:12 \_\_\_\_\_

LIE: ***I would be happy, if only... (I had a cool car, more friends, designer clothes, etc.).***

TRUTH: Hebrews 13:5 \_\_\_\_\_  
and 1 Timothy 6:6-8 \_\_\_\_\_

Armed with these truths and with Christ on our side, we can defeat Satan. Here's your battle plan to live a life free of lies and deception:

### 1. Watch out for Satan's lies and temptations.

Read 1 Peter 5:8 - Satan is like a roaring lion, walking around looking for someone to devour. Don't let that someone be you. Pay attention to his tricks and protect yourself from his lies.

### 2. Stay in God's Word.

Psalm 119:11 says, "Thy word have I hid in mine heart, that I might not sin against thee." The better you know God's truths, the more prepared you will be to fight the devil when he corners you with lies.

### 3. Confess and repent from your sins daily.

Unconfessed sin is dangerous. It hurts our relationship with God and makes it hard to hear from Him. When we have unconfessed sin in our lives, God still loves us, but He cannot bless our sinful lives. Get rid of your sin by confessing it to God and asking for His forgiveness.

### 4. Be careful what you watch, listen to and read.

The things we entertain ourselves with have a big impact on our thoughts and actions. Do the things you watch, read and listen to honor God? Read Philippians 4:8. Do your entertainment choices measure up to God's standard?

**5. Know your weaknesses and ask for help when you're feeling vulnerable.**

Satan not only knows our weaknesses - he also knows when we're feeling the most vulnerable. When are you most likely to give into temptation? When you're with friends and family, or when you're alone? God said that it was not good for us to be alone. Find a good Christian friend or mentor that you can talk to when you're feeling tempted or weak. Check out Ecclesiastes 4:9-10 for the benefits of having a good Christian friend.

**6. Pray continually.**

1 Thessalonians 5:17 says, "Pray without ceasing." The more time we spend with God, the more victorious our lives will be. Just like Katie turned to her mom when everything started to go wrong, God is there to pick us up and carry us when we can't fight anymore. Call on Him, depend on Him, and invite Him into your life. He will never deceive you.



**MEET THE WRITER:**

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## What ya' think?

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