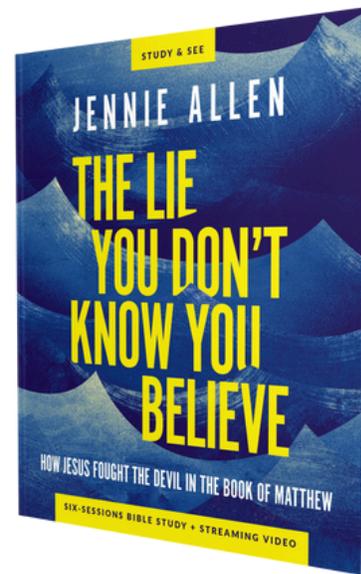


Is *The Lie You Don't Know You Believe* Bible Study right for your group?



Overview

The Lie You Don't Know You Believe is a six-session video Bible study by Jennie Allen that helps believers uncover the hidden lies shaping their lives and holding back their relationship with God. Instead of focusing on external behaviors, this study digs deep into the three core lies we subconsciously believe about ourselves and God (I'm helpless, I'm unlovable, or I'm worthless), and provides tools to help dismantle them with the power of God's Word. Drawing from Jesus' temptation in the wilderness (Matthew 4), you'll learn how to name your core lie, cut through deception and negative thinking, and replace what the enemy says with what God says about you. In the end, you'll be equipped to use God's Word to overcome these lies and experience lasting change in your life.

Study Structure

Designed to build a theological framework for spiritual freedom while offering practical application, each session progresses logically - identifying the problem, understanding the spiritual context, confronting the lies, and finally, establishing a lifestyle of truth.

Typical Session Format (60-90 minutes)

- **Welcome & Icebreaker**
- **See** (17 - 18 mins) - *engaging video teaching from Jennie.*
- **Ask** - *Using Conversation Cards, reflect on the teaching and answer questions as a group.*
- **Close** - *prompts to help the group fight for one another in prayer.*

Key Features

- 1 Video Driven Content:** 6 video teachings with Jennie. Free streaming access included with study guide purchase.
- 2 Personal Application:** Between sessions, participants engage with individual "Projects" and reflection questions to pinpoint the origins of their lies.
- 3 Focus on Community:** The guide is structured to cultivate a safe environment for confession and support, essential for breaking the power of shame and isolation.



Preview Session 1 Now!

<https://bit.ly/4thlcCk>

Sessions

- **Week 1: Identify** – Begin the work of naming the core lie in your life and confront the reality that our lives, relationships, and choices are often shaped by lies we aren't aware of.
- **Week 2: Kingdoms** – Explores the spiritual reality of the Kingdom of Darkness versus the Kingdom of Light. Challenges believers to recognize where they are living and move toward the Light.
- **Week 3: Helpless** – Tackles the lie of helplessness, exploring the difference between our own limitations and the limitless power of the Holy Spirit.
- **Week 4: Unloveable** – Addresses the wounds of rejection and helps participants move beyond knowing God loves us to understanding He *likes* and delights in us.
- **Week 5: Worthless** - Confronts the performance trap and the “scorecard” mentality by studying Jesus’ temptation in the wilderness.
- **Week 6: Truth** - Concludes the study by focusing on how to live permanently in the Kingdom of Light, equipped to walk in spiritual authority and surrendered to God’s defining truth daily.

Resources & Recommendations

Materials for Leaders

- A copy of the study guide (with streaming video access), which includes a leader’s guide
- Bible
- A dedicated meeting space
- A device to stream the video sessions, like a smart TV, computer, or tablet

Additional Resources for Leaders & Groups

- Leaders’ Kit (includes a study guide, conversation cards, and DVD).
- Conversation Cards: A Scripture card and 15 cards with discussion questions for each session.

Ideal Size:

8-10 participants

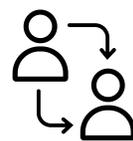


Materials for Participants

- A copy of the study guide (with streaming video access) for each participant
- A copy of *The Lie You Don't Know You Believe* book
- Bible

Facilitation:

The leader acts as a facilitator rather than a teacher, guiding the experience and cultivating a safe space



Great for:

Women’s ministry, women’s study groups

Jennie Allen is a Bible teacher, author, podcast host, visionary leader, and founder of IF:Gathering and Gather25, a vision to mobilize the global Church. Jennie has written three New York Times bestsellers, inspiring millions to experience freedom in Christ. Jennie holds a master’s degree in Biblical Studies from DTS and lives in Dallas, Texas, with her husband and their four children.

About the Author



Shop now and save! <https://bit.ly/4kjYUwE>



HarperChristian
Resources