

GIRL TALK

JR HIGH AND HIGH SCHOOL GIRLS

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LIE: I'm a Christian, so I need everyone to like me.

VERSE: "If I were still trying to please man, I would not be a servant of Christ." Galatians 1:10

TRUTH: _____

LIE: I won't be accepted by my friends/family if I don't change who I am.

VERSE: "For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them." *Ephesians 2:10*
"And do not be conformed to this world, but be transformed by the renewing of your mind."
Romans 12:2a

TRUTH: _____

LIE: I need to find validation in a relationship.

VERSE: "that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the width and length and depth and height — to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God." *Ephesians 3:17-19*

TRUTH: _____

LIE: I need a relationship with a boy to fulfill me.

VERSE: "As His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue," *2 Peter 1:3*
"And you are complete in Him, who is the head of all principality and power," *Colossians 1:19*

TRUTH: _____

LIE: I have to be a certain way for God to love me.

VERSE: "But by the grace of God I am what I am, and His grace toward me was not in vain; but I labored more abundantly than they all, yet not I, but the grace of God which was in me."
1 Corinthians 15:10

TRUTH: _____



LIE: **The church is too messed up, and I don't want to be a part of it.**

VERSE: "And let us consider one another in order to stir up love and good works, not forsaking the assembling of ourselves together..." *Hebrews 10:24-25a*

TRUTH: _____

LIE: **I need people to think I'm good enough.**

VERSE: "When the enemy comes in like a flood, the Spirit of the Lord will lift up a standard against him." *Isaiah 59:19*

TRUTH: _____

LIE: **I need to be more _____ (outgoing, smart, athletic, pretty, funny) to be loved.**

VERSE: "Just as He chose us in Him before the foundation of the world, that we should be holy and without blame before Him in love, having predestined us to adoption as sons by Jesus Christ to Himself, according to the good pleasure of His will, to the praise of the glory of His grace, by which He made us accepted in the Beloved." *Ephesians 1:4-6*

TRUTH: _____

LIE: **I'm not good enough.**

VERSE: "But you are a chosen generation, a priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light, Who once were not a people but are now the people of God, who had not obtained many, but now have obtained mercy." *1 Peter 2: 9-10*

TRUTH: _____

LIE: **No one understands what it's like to be rejected** and mistreated by other people like the way I've experienced.

VERSE: "Seeing then that we have a great High Priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession. For we do not have a High priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need." *Hebrews 4:15-16*

TRUTH: _____

LIE: **I don't have to love or be kind** to those who don't love or are unkind to me.

VERSE: "Love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up, does not behave rudely, does not seek its own, is not provoked thinks no evil, does not rejoice in iniquity, but rejoices in the truth, bears all things, hopes all things, endures all things." *1 Corinthians 13:4-7*

"But I (Jesus) say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you." *Matthew 5:44*

TRUTH: _____

