

LEADER'S

GUIDE

me, myself, & lies

for young women

what to say when you talk to yourself

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Leader,

I am so excited that you are walking through the *Me, Myself, & Lies for Young Women* book with a group of teen girls. These questions are designed for personal reflection and group discussion. They are conversation starters to help you guide girls through the truths in the book.

After each set of questions, you'll find a truth to hang in your thought closet as well as an encouraging word to teach to the group. You'll find notes for each questions, so you can even make a copy of each page for each girl in the study. Talking about what God is teaching you with a group of peers can strengthen friendships, help build a stronger interest in the Bible, and enhance the spiritual and emotional maturity of everyone in the group.

Sister, I am believing in faith that God is going to move in a mighty way as you pour into the lives of young women.

Jennifer Rothschild

CHAPTER



1. If you made a playlist of things you say to yourself, what would it sound like? Would the tone be upbeat? Sad? Angry? Something else? Or a combination? Why?

2. Using terms you would use for clothes, describe the thoughts, words, and comments that are hanging in the closet of your mind. Are those thoughts, words, and comments giving you what you need to live the kind of life you want to live? Why or why not?

3. What do you think God says in His Word about talking to yourself?

Have you ever thought about how God hears not only the words you speak, but He also hears your self-talk as well? He made you fearfully and wonderfully, and yet, sometimes the words you say to yourself don't reflect that reality.

When self-talk is aligned to God's Word, you speak truth to yourself. Even though it can be challenging to change your thoughts, God is the rock and redeemer who can help shift your thoughts to reflect His truth.



Let the words of my mouth and the meditation of my heart be acceptable in your sight, O LORD, my rock and my redeemer. Psalm 19:14

CHAPTER

2

1. What sits on your shelves and hangs out in your thought closet? List the things in plain sight. Which of these things should you keep? Why? Which should you toss?

2. What are the three thoughts you think about yourself most frequently? Don't think about it too hard. Note what pops into your mind right away. In what ways do these thoughts affect how you act, what you say, and how you feel?

3. Are most of the things in your thought closet based on truth or lies? Why do you think that is?

You and God are the only ones who hear the conversations that happen constantly in your head. Sometimes those conversations occur so often in your mind that you might not even realize they are happening! In Psalm 139, the psalmist asks God to search him and really know his heart. He knew that God could see things that even he couldn't!

Ask God to show you the thoughts that have made a home in your self-talk. Some of those thoughts might have been there so long that you don't realize the lie is present in your thinking. As God reveals some of those hidden lies to you, share with your group. It might be that some of you have been believing the same lie, and together, you can begin to trade the lie for God's Truth.



Search me, O God, and know my heart; Try me and know my thoughts. Psalm 139:23

CHAPTER

3

1. What are some of the fruits in your life that don't taste very good, fruits you'd like to get rid of?

2. Can you identify the roots of those fruits? If you were to dig down to their roots, what truths or lies would you find? Be specific.

3. What can you do to resist the world's standards of perfection? What are some of the ways you can search for and discover God's wisdom?

4. What's your "fear factor" — do you fear God, revering Him in a healthy way? As you draw closer to the God of the Bible, your awe of Him will grow.

When you examined your thought closet carefully, you likely found lots of fruits that didn't taste so great! It can sometimes feel overwhelming to pull the roots of these lies and replace them with truth. Thankfully, God doesn't intend for us to do it alone. He gave us His Word and each other.

Spend some time as a group praying Psalm 23. Take each line and ask God to show you how to trust Him to guide you. It may look something like this - *Thank you Lord for guiding me and taking care of me like a shepherd and giving me everything I need. Help me see you as the source of everything I need to help me change my thoughts to reflect what you say about me. Thank you for making me rest and bringing me peace. I know you refresh my soul when I'm tired...*



Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever. Psalm 23:6

CHAPTER

4

1. What are the biggest, most important things filling up your thought closet? What are some of the things you're worried about or stressed about right now?

2. Are you reaching mainly for your own words or God's words as you try to figure out what to do? Why?

3. What can you do to better tune in to the Holy Spirit and hear His voice?

The Holy Spirit is your counselor, representative, teacher, and He is there to remind you of His truths. And, as you try to align your thoughts to God's thoughts, you can trust that He is there to counsel you, represent you, teach you, and remind you.

If you feel like you lack what you need for your self-talk to reflect God's truth, remember the Spirit is with you (even right now!) and will teach you everything. If you feel like you often times get sidetracked, the Spirit will remind you of God's truths that you have stored in your heart.

Spend some time memorizing John 14:26. As you work to memorize the words about the Spirit, ask God to help you understand what it really means to be guided by the Spirit He has given to you.



When the Father sends the Advocate as my representative, that is, the Holy Spirit, He will teach you everything and will remind you of everything I have told you. John 14:26

CHAPTER

5

1. What are some things you forget to maintain daily? What is the result when these things get out of control?

2. What were your top 10 distractions? What will you do to shift your attention to the real treasures in your life – and keep it there?

3. What pieces do you want front and center in your thought closet? What steps will you take to keep them there and to prevent them from getting shoved to the back corner?

Treasures are always going to catch your attention. However, when you think of what grabs your attention, are your treasures actually treasures or are they distractions? Matthew 6:21 says your treasures will affect both your heart and thoughts.

Read Philippians 4:8 and spend some time reflecting on what it means for your treasures to be excellent and praiseworthy. When you dwell on what is true, noble, pure, lovely, and admirable, your heart and your thoughts follow.



Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable; if anything is excellent or praiseworthy, think about such things.
Philippians 4:8

CHAPTER

6

1. How do you typically respond when you're in a really difficult situation? Do you welcome the challenge and tackle it head on? Is your default, *I'm running as far away from this as I can*? Or something else? What do you think prompts or fuels your response?

2. When you face a decision, do you tend to consider the facts, or do you think more with your feelings? Give an example. How well did the facts or feelings serve you?

3. What can you do to choose hope over fear?

So many things in life are shaky and can make you feel like you're being tossed to and fro in the wind. Even the best friends can let you down, and even the closest family members may hurt your feelings. There will be teams you don't make, tests you don't dominate, and the list could go on and on!

However, the shakiness of life and relationships does not mean you have to be shaky. In fact, God's Word describes hope as an anchor for our soul. When the anchor is dropped into the water, the boat is secure. It can no longer be tossed to and fro by the wind. This hope is sure and steadfast, and no matter how strong the wind, you are secure.



This hope we have as an anchor of the soul, a hope both sure and steadfast. Hebrews 6:19

CHAPTER

7

1. What smoldering embers, if any, are in your thought closet? What situations, circumstances, or people tend to fan those embers into flames?

2. What gasoline words do you use when you speak to others (like your siblings)? What gasoline words do you use when you speak to yourself?

3. What are some helpful water words you can put into your thought closet?

Any time people act too quickly, it can be dangerous! If a driver is speeding or if someone is rushing out the door, something is bound to go wrongly. Your words are the same way! When you spurt words – both to others and yourself – without checking them against truth, it is just as dangerous. You may find yourself speaking lies to yourself or speaking unkind, unhelpful words to others.

James 1 tell us to instead be quick to hear. Think about what type of listener you are. Do you listen to those around you – even those who sometimes annoy or frustrate you? Jot down the name of one person you need to seek to understand better this week. Do you listen to God's voice to hear His voice in prayer and being in the Word? Think of your schedule this week, and plan a time to journal your thoughts and ask God to help you be slow to speak and show anger.



Everyone must be quick to hear, slow to speak and slow to anger; for the anger of man does not achieve the righteousness of God. James 1:19-20

CHAPTER

8

1. What memories have you placed in the scrapbook of your mind? Do they include both the pleasant and the painful?

2. What did you learn about yourself from some of the things you remembered?

3. Remember, it's important to "not forget." What are the memories and truths you want to (and need to) hold on to?

With so many things trying to grab your attention, it's easy to get distracted and forget the promises of God. In the same way that you may rely on to-do lists and planners to keep up with life's daily activities, you also need reminders to dwell on truth.

As a group, think of some ways you can have physical reminders of God's faithfulness. Ideas might include writing truths on your bathroom mirror or even in your shower. If you have a phone, you could set an alarm or change your lock screen. Then, spend some time praying for God to *interrupt* your days. God knows our hearts and knows we need His help to focus our minds.



*I remember the days of long ago; I meditate on all your works and consider what your hands have done.
Psalm 143:5*

CHAPTER

9

1. What are some warning signs that let you know you might not be getting enough rest? What indicates to you that you're exhausted—physically, emotionally, or mentally?

2. What are some things you can do to feel rested?

3. In what areas of your life do you need to rest instead of rev?

If you don't plan for genuine, soulful rest, it won't happen. So many other activities and relationships always call for your attention. Many of these attention and time-grabbing activities are good things, but without rest, they can quickly become overwhelming.

Psalm 116 invites you to quiet your schedule and demands and return to the rest that God gives. You don't have to accomplish everything on your list before resting. God invites you to come — especially when your list seems long! Share your plan for daily, weekly, and annual rest with your group. Ask one another to hold you accountable and remind you to rest!



Return to your rest, O my soul, For the Lord has dealt bountifully with you. Psalm 116:7

CHAPTER

10

1. When have you gotten stuck in the middle of something or felt like you couldn't even get started? What did you do to get moving? Was it one little step or something big?

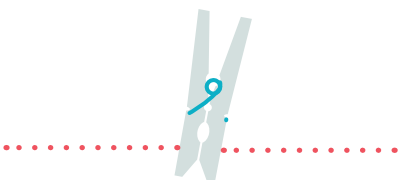
2. What is the difference between the statements *I am* and *I feel*? What can you do to keep your focus on the *I am* statements?

3. When has messing up, forgetting something, or making a mistake made it hard for you to press on and persevere? Maybe you're there now.

4. What song title or lyric can you use in this season of your life when you need to get yourself going? Feel free to make one up!

God doesn't tell you to feel strong, act strong, or make your friends believe you're strong; He tells you to BE strong. It can seem like He's asking a lot from you until you realize the *how* of being strong. You are strong in his mighty power! You don't have to persevere alone. He is the provider and sustainer every step of the way.

Refer back to your *I feel* statements, and take note of the one you feel more often. Then, find a specific verse that reminds you of the truth about who you actually are. In order to rely on His mighty power to sustain you, memorize your *I am* verse. As you dwell on the verse, you are writing that truth onto your heart!



Finally, be strong in the Lord and in His mighty power. Ephesians 6:10

CHAPTER



1. Who or what is in the center of your thoughts? If you are the focus of your thoughts, consider what you might need to do to make God and others the focus of your life. What can God do to help? What support and help could His people offer you?

2. When you're feeling painfully self-aware, what might you tell yourself about where your attention is focused? What can you do to get the spotlight off of your own needs, concerns and problems?

3. After doing some careful soul searching, what purpose are you devoted to? Why? Is it a worthy purpose?

God increasing and you decreasing does not mean you somehow become less important or less valuable. In fact, when your focus is shifted away from yourself and on to Him, you actually experience true purpose and abundant joy.

Initially, it can be difficult to pull yourself out of the center of your attention. As you try to change the focus of your attention, one way to think about it is "crowding out" your self-centeredness. Consider this – who is someone in your life you can place in the spotlight of your focus and energy? How can you turn your attention to God regularly? When you turn your gaze to others and to God, self-focus gets pushed aside!



He must increase, but I must decrease. John 3:30

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WOMEN

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