

# Introduction

When I was a little girl, I wanted to be Wonder Woman. She could do it all. And she looked good doing it! I grew up in an environment of extreme affirmation, so I believed the same could be true of me: I could do it all and look good doing it!

As an adult, I learned quickly that my dream was not reality.

Most days I wake up and feel like anything but a heroine. I fight anxiety over my relationships, frustration over my schedule, insecurity in my abilities, and condemnation because of my failures. And all this is before my toes hit the ground!

I know I'm supposed to thrive as a believer in Jesus Christ, so why do I find myself barely surviving? Why do I buy into the lie that I must hold all things together? Why do lesser affections win my heart? And why do I keep searching for my significance in what I do and how I look doing it?

Because I'm deceived. Whether my deception comes from the demands of a culture steeped in arrogance and sin, or from the chaos and confusion of my own heart, trying to successfully navigate life without clear vision is impossible! Deception creates blind spots, and these hidden areas of sin keep me from thriving in truth.

I'm weary and worn. *Can you relate?*

Let's take off the cape of deception together. The truth of the matter is **"in all these things we overwhelmingly conquer through Him who loved us" (Romans 8:37)**. Do you see it? We conquer *through* Christ! He is not just with us—He is in us!

We are in union with the sovereign Creator. **“He is before all things, and in Him all things hold together” (Colossians 1:17) and “His divine power has granted to us everything pertaining to life and godliness” (2 Peter 1:3).**

Our union with Jesus is a game-changer. This communion fills the gap between who we are and who we are called to be. Fear is exchanged for peace. Anxiety is replaced with rest. Guilt is destroyed by freedom. Deception is exposed by truth. And blindness becomes beautiful clarity. This is our reality in Jesus!

If you’re ready to exchange surviving for thriving, then dear one, you are in the right place. Truth Matters helps you tap into your oneness with Christ through the application of Truth. God’s Word is both your shield and your sword in your daily fight with deception.

*Where are you deceived?*

## GOD’S WORD IS TRUTH

*Are you fearful?*

**You are my hiding place and my shield;  
I wait for Your word. (Psalm 119:114)**

*Are you anxious?*

**Do not be anxious about anything, but in everything  
by prayer and pleading with thanksgiving let your  
requests be made known to God. (Philippians 4:6)**

*Are you worried?*

**And which of you by worrying can add a day to his life’s  
span? (Luke 12:25)**

*Are you doubting who you are?*

**See how great a love the Father has given us, that we  
would be called children of God; and in fact we are. For  
this reason the world does not know us: because it did  
not know Him. (1 John 3:1)**

*Are you battling guilt?*

**Therefore there is now no condemnation at all for  
those who are in Christ Jesus. (Romans 8:1)**

The truth of the matter is that fear, anxiety, worry, doubt, and guilt cannot thwart a woman who is thriving in her union with Jesus Christ. We can expose such deceptions with God’s Word, which is **“able to judge the thoughts and intentions of our hearts” (Hebrews 4:12).** Applying Truth to the matters of life, we will:

- 1) understand who Jesus is and better grasp who we are in Him;
- 2) uncover blind spots and become alert to deception;

- 3) experience freedom from unhealthy fears and wrong expectations;
- 4) operate in truth that doesn't puff us up, but drives us toward love;
- 5) represent a purer picture of Christ in every role we fulfill.

## WHAT TO EXPECT

Truth Matters is a twelve-week program composed of six lessons per week. Days One through Five offer Word-focused food for thought for self-evaluation and prayer. Each lesson concludes with Pondering Matters, your chance to take action and dive into truth. This isn't your exit from the lesson, it's your entrance into application! Day Six is a Truth Trek, a Scripture study allowing for your personal dissection of a passage. Each week will offer a different means of delving into the Word.

All twelve weeks can be accomplished on your own; however, the ideal scenario is private study on Days One through Six followed by a group session on the seventh day of the week. Accountability, encouragement, and prayer support are vital to your journey. Facilitator materials and worship songs are available.

Unless otherwise marked, all Scripture quotations are from the New American Standard Bible. This version uses capitalizations for certain pronouns concerning deity, and Truth Matters lessons will do likewise, understanding that grammar guides vary on this issue.

All Scripture is printed in boldfaced type. *Please acknowledge the difference between God's Word and the author's! Also note that when phrases are italicized, something is required of you.*

## WHAT TO DO

- 1) *Determine when you will address your Matters.*

Choose a time each day when you can be most quiet and attentive. This is your opportunity to absorb your Savior and contemplate His life-giving Word.

- 2) *Pray before you begin each lesson.*

The danger in a consistent routine is the temptation to treat your Matters as a to-do item. Prayer keeps your purpose fresh. Jesus gave the Holy Spirit to guide you into all truth, *so plead for your eyes to be opened to any misguided notions about who He is or who you are in Him.*

3) *Read all Scripture slowly and reflectively.*

Even if you are familiar with a passage, the Lord may have more for you to glean, so *take your time reading the bolded text. If possible, read the Scripture portions out loud.* This will slow you down and aid comprehension.

4) *Pursue accountability.*

Every woman faces multiple challenges as she pursues faith in Christ. As the Spirit leads, *dive into the areas where conviction falls. Seek out those in your church body who can walk with you through this season of growth.*

5) *Don't give up!*

When the bones of this study poke you in the belly, you'll be tempted to back away. *Don't! Dive deeper. Determine now to plumb the depths of all God has in store for you.*

## WHAT MATTERS

Facing each day is tough enough. Add in the deceptions of the enemy, of culture, and of our own hearts, and we quickly feel bound by defeat. Yet Jesus promises, **"If you continue in My word, then you are truly disciples of Mine; and you will know the truth, and the truth will make you free" (John 8:31).**

*But how do we do this?*

We do it one day at a time, one challenge at a time, one truth at a time.

The truth of the matter is that our union with Jesus Christ changes everything! We'll prove it... with Truth!

No more surviving—it's time for thriving! When we defeat deception through the power of this union, we wake up every day filled with the peaceful reality that we conquer through Christ! This is truth!

*Are you ready to conquer?*