

Group Discussion Questions

The Truth About Lies: The Lies We Live With

We can become really good at hiding – managing what others see and even explaining things away to ourselves. But hiding rarely leads to healing. In **John 4**, Jesus meets a woman who had reasons to hide, yet He already knew her whole story and still moved toward her. Jesus offers both **grace and truth**. He loves us enough to expose what is keeping us stuck and gives us grace to bring it into the light. **Freedom begins when we name the lie and bring it to Jesus.**

GET THINGS STARTED

1. From Chapters 3 and 4, what stood out to you most? Did anything cause you to think differently about the lies we believe or why we hide?
2. Why do you think people sometimes find it easier to say, “I’m fine,” than to admit they are struggling?
3. What are some common ways we try to hide, avoid, or manage things we don’t want to face?

GO DEEPER

1. Read **John 4:6-18**. Jesus knew this woman’s story before she told Him. What do you notice about the way Jesus approached her?
2. Read **John 1:14**. Jesus is described as being full of “*grace and truth*.” Why do we need both? What happens when we emphasize one without the other?
3. Read **John 4:28-30, 39-41**. The woman went from avoiding people to telling them about Jesus. What changed? What does her story show us about the freedom that comes from being fully known and still loved?
4. Read **Psalms 139:23-24**. What makes this prayer challenging? What makes it freeing?

MAKE IT PERSONAL

1. Jennie writes, “*Naming means knowing. It means knowing what we’re up against.*” (pg. 33) Why is naming a lie an important step toward freedom?
2. Which of these three core lies hits closest to home: **I’m helpless, I’m unlovable, or I’m worthless?** How can believing that lie affect the way someone lives?
3. Where are you most tempted to hide, minimize, make excuses, or try to handle something on your own rather than bring it to Jesus?
4. Jennie writes, “*God doesn’t deal in shame. He deals in grace.*” (pg. 52) How does knowing Jesus already knows your whole story change what you are willing to bring to Him?

PRACTICE IT NOW

- Sit quietly and pray **Psalms 139:23-24** together: “*Search me, O God, and know my heart...see if there is any grievous way in me, and lead me in the way everlasting.*”
- Then ask: “Jesus, what am I believing that isn’t true? Is there anything I’m hiding that You want me to bring into the light?”
- If comfortable, name one lie, hurt, struggle, or hidden place God brings to mind. Pray for one another, remembering that forgiveness comes from the Lord, and healing often happens in community.

**We don’t have to hide from the One who already knows us
and still moves toward us with grace and truth.**