

Lies and Truth

The best way to defend against the tempter's lie is to know God's truth.

Jesus answered Satan's temptations with specific scripture. This memory pack contains 33 of the tempter's lies and God's word of truth.

I have hidden your word in my heart that I might not sin against you. (Psalm 119:11 NLT)

Lie ¹
No one will ever know what you are about to do.
Go ahead—No one is watching.

Truth
And no creature is hidden from his sight, but all are naked and exposed to the eyes of him to whom we must give account. (Hebrews 4:13).

Lie ³
You keep failing. You'll never have victory over this sin.

Truth
And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ. (Philippians 1:6)

I can do all things through him who strengthens me. (Philippians 4:13)

Lie ⁴
It's OK to do this. God promised to forgive you anyway.

Truth
⁶No one who abides in him keeps on sinning; no one who keeps on sinning has either seen him or known him. . . ⁹No one born of God makes a practice of sinning, for God's seed abides in him, and he cannot keep on sinning because he has been born of God. (1 John 3:6, 9)

Lie ⁵
It's been hard for you lately.
You deserve this sinful pleasure.

Truth
But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires. (Romans 13:14)

Lie ⁶
You can avoid the consequences.
Your situation is unique.

Truth
¹¹For lust is a shameful sin, a crime that should be punished. ¹²It is a fire that burns all the way to hell. It would wipe out everything I own. (Job 31:11-12 NLT)

Lie ⁷
There's more pleasure in sin than in following God.

Truth
You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore. (Psalm 16:11)

Lie ⁸
You can't change. That's just the way your are.

Truth
Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come. (2 Corinthians 5:17)

Lie ¹⁰
You deserve better than what God has given you.

Truth
⁸The LORD is gracious and merciful, slow to anger and abounding in steadfast love. ⁹The LORD is good to all, and his mercy is over all that he has made. (Psalm 145:8-9)

Lie ¹¹
You can please God on your own. Just try harder.

Truth
⁸For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, ⁹ not a result of works, so that no one may boast. ¹⁰ For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them. (Ephesians 2:8-10)

Lie

2

This temptation is too difficult. Go ahead give in...

Truth

No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it. (1 Corinthians 10:13)

Unless noted all Scripture is from the ESV. You can print additional copies of the verses at our webpage (aboutfbc.org) at media/resources.

Fellowship Bible Church
(856) 478-9559
590 Jackson Road, Sewell, NJ 08080

Truth

4

¹⁵Well then, since God's grace has set us free from the law, does that mean we can go on sinning? Of course not! ¹⁶Don't you realize that you become the slave of whatever you choose to obey? (Romans 6:15-16)

Truth

3

⁵For this very reason, make every effort to supplement your faith with virtue, and virtue with knowledge, ⁶and knowledge with self-control, and self-control with steadfastness, and steadfastness with godliness, ⁷and godliness with brotherly affection, and brotherly affection with love. . . ¹⁰Therefore, brothers, be all the more diligent to make your calling and election sure, for if you practice these qualities you will never fall. (2 Peter 1:5-7, 10)

Truth

6

⁷Do not be deceived: God is not mocked, for whatever one sows, that will he also reap. ⁸For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life. ⁹And let us not grow weary of doing good, for in due season we will reap, if we do not give up. (Galatians 6:7-9)

Truth

5

¹²Beloved, do not be surprised at the fiery trial when it comes upon you to test you, as though something strange were happening to you. ¹³But rejoice insofar as you share Christ's sufferings, that you may also rejoice and be glad when his glory is revealed. (1 Peter 4:12-13)

Lie

9

God is keeping something good from you...

Truth

¹⁰For a day in your courts is better than a thousand elsewhere. I would rather be a doorkeeper in the house of my God than dwell in the tents of wickedness. ¹¹For the LORD God is a sun and shield; the LORD bestows favor and honor. No good thing does he withhold from those who walk uprightly. ¹²O LORD of hosts, blessed is the one who trusts in you! (Psalm 84:10-12)

Truth

7

²⁵Whom have I in heaven but you? And there is nothing on earth that I desire besides you. ²⁶My flesh and my heart may fail, but God is the strength of my heart and my portion forever. ²⁷For behold, those who are far from you shall perish; you put an end to everyone who is unfaithful to you. ²⁸But for me it is good to be near God; I have made the Lord GOD my refuge, that I may tell of all your works. (Psalm 73:25-28)

Truth

11

For all have sinned and fall short of the glory of God. (Romans 3:23)

Truth

10

¹⁶Do not be deceived, my beloved brothers. ¹⁷Every good gift and every perfect gift is from above, coming down from the Father of lights with whom there is no variation or shadow due to change. (James 1:16-17)

Lie

12

God won't mind a *little* compromise.

Truth

⁵Put to death, therefore, what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry. ⁶On account of these the wrath of God is coming. ⁷In these you, too, once walked, when you were living in them. ⁸But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth. (Colossians 3:5-8)

Lie

14

It's just a little sin. It's not a big deal.

Truth

For whoever keeps the whole law but fails in one point has become accountable for all of it. (James 2:10)

Lie

15

You can put this off until tomorrow.

Truth

¹⁵Look carefully then how you walk, not as unwise but as wise, ¹⁶making the best use of the time, because the days are evil. ¹⁷Therefore do not be foolish, but understand what the will of the Lord is. (Ephesians 5:15-17)

Lie

17

You can overcome this sin alone. Don't tell anybody.

Truth

Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working. (James 5:16)

Lie

18

As long as you only *think it*—it doesn't hurt anybody.

Truth

¹O Lord, you have searched me and known me! ²You know when I sit down and when I rise up; you discern my thoughts from afar... ²³Search me, O God, and know my heart! Try me and know my thoughts! ²⁴And see if there be any grievous way in me, and lead me in the way everlasting. (Psalm 139:1-2, 23-24)

Lie

19

The temptation is so strong God must want you to sin.

Truth

¹³Let no one say when he is tempted, "I am being tempted by God," for God cannot be tempted with evil, and he himself tempts no one. ¹⁴But each person is tempted when he is lured and enticed by his own desire. ¹⁵Then desire when it has conceived gives birth to sin, and sin when it is fully grown brings forth death. (James 1:13-15)

Lie

21

If it *feels* right it must be right.

Truth

²²... put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, ²³and to be renewed in the spirit of your minds, ²⁴and to put on the new self, created after the likeness of God in true righteousness and holiness. (Ephesians 4:22-24)

Lie

23

Sex is OK as long as you love each other.

Truth

Let marriage be held in honor among all, and let the marriage bed be undefiled, for God will judge the sexually immoral and adulterous. (Hebrews 13:4)

Lie

24

You'd be happy if *only* you had _____.

Truth

¹¹Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. ¹²I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. ¹³I can do all things through him who strengthens me. (Philippians 4:11-13)

Lie

26

There's nothing wrong with worrying a *little bit*. You can't help it.

Truth

⁶...do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:6-7)

Casting all your anxieties on him, because he cares for you. (1 Peter 5:7)

Truth

14

¹⁴As obedient children, do not be conformed to the passions of your former ignorance, ¹⁵ but as he who called you is holy, you also be holy in all your conduct, ¹⁶ since it is written, "You shall be holy, for I am holy."
(1 Peter 1:14-16)

Lie

13

Your past is too bad. You can't overcome it.

Truth

¹³... one thing I do: forgetting what lies behind and straining forward to what lies ahead, ¹⁴I press on toward the goal for the prize of the upward call of God in Christ Jesus. (Philippians 3:13-14)

Truth

17

³For when I kept silent, my bones wasted away through my groaning all day long. ⁴ For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer. *Selah.* ⁵ I acknowledged my sin to you, and I did not cover my iniquity; I said, "I will confess my transgressions to the Lord," and you forgave the iniquity of my sin. (Psalm 32:3-5)

Lie

16

There is no danger in *comparing* yourself to others.

Truth

Not that we dare to classify or compare ourselves with some of those who are commending themselves. But when they measure themselves by one another and compare themselves with one another, they are without understanding. (2 Corinthians 10:12)

Lie

20

**God made you this way.
Go ahead and give into your desires.**

Truth

⁹Or do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived: neither the sexually immoral, nor idolaters, nor adulterers, nor men who practice homosexuality, ¹⁰nor thieves, nor the greedy, nor drunkards, nor revilers, nor swindlers will inherit the kingdom of God. ¹¹And such were some of you. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God. (1 Corinthians 6:9-11)

Truth

18

⁶For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. ⁷For the mind that is set on the flesh is hostile to God, for it does not submit to God's law; indeed, it cannot. ⁸Those who are in the flesh cannot please God. (Romans 8:6-8)

Truth

23

¹⁸Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body. ¹⁹ Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, ²⁰ for you were bought with a price. So glorify God in your body. (1 Corinthians 6:18-20)

Lie

22

A little sinful fantasizing doesn't hurt anybody.

Truth

²⁷You have heard that it was said, "You shall not commit adultery." ²⁸But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart. ²⁹If your right eye causes you to sin, tear it out and throw it away. For it is better that you lose one of your members than that your whole body be thrown into hell. ³⁰And if your right hand causes you to sin, cut it off and throw it away. For it is better that you lose one of your members than that your whole body go into hell. (Matthew 5:27-30)

Truth

26

Casting all your anxieties on him, because he cares for you. (1 Peter 5:7)

Lie

25

You have wealth so you're secure.

Truth

¹⁷As for the rich in this present age, charge them not to be haughty, nor to set their hopes on the uncertainty of riches, but on God, who richly provides us with everything to enjoy. ¹⁸ They are to do good, to be rich in good works, to be generous and ready to share, ¹⁹ thus storing up treasure for themselves as a good foundation for the future, so that they may take hold of that which is truly life. (1 Timothy 6:17-19)

Lie

27

If only you had a little more money you would be happy.

Truth

⁵Keep your life free from love of money, and be content with what you have, for he has said, "I will never leave you nor forsake you." ⁶So we can confidently say, "The Lord is my helper; I will not fear; what can man do to me?" (Hebrews 13:5-6)

Lie

28

If you forgive them, no one else will make them pay for how they hurt you.

Truth

¹⁹Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, "Vengeance is mine, I will repay, says the Lord." ²⁰To the contrary, "if your enemy is hungry, feed him; if he is thirsty, give him something to drink; for by so doing you will heap burning coals on his head." ²¹Do not be overcome by evil, but overcome evil with good. (Romans 12:19-21)

Lie

29

You don't need to get involved. It's not your problem.

Truth

¹⁶By this we know love, that he laid down his life for us, and we ought to lay down our lives for the brothers. ¹⁷But if anyone has the world's goods and sees his brother in need, yet closes his heart against him, how does God's love abide in him? ¹⁸Little children, let us not love in word or talk but in deed and in truth. (1 John 3:16-18)

Lie

30

You don't need to share the gospel or disciple them; someone else will.

Truth

¹⁸And Jesus came and said to them, "All authority in heaven and on earth has been given to me. ¹⁹Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age." (Matthew 28:18-20)

Lie

32

It's not really a sin; the Bible doesn't say "don't do this..."

Truth

—Will it enhance your ultimate priority?

³⁰"And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. ³¹The second is this: You shall love your neighbor as yourself. There is no other commandment greater than these." (Mark 12:30-31)

Lie

33

You can control _____. Just try harder.

Truth

⁵Trust in the Lord with all your heart, and do not lean on your own understanding. ⁶In all your ways acknowledge him, and he will make straight your paths. ⁷Be not wise in your own eyes; fear the Lord, and turn away from evil. (Proverbs 3:5-7)

Lie

Lie

Truth

Truth

Lie

Lie

Truth

Truth

Truth

28

³Pay attention to yourselves! If your brother sins, rebuke him, and if he repents, forgive him, ⁴and if he sins against you seven times in the day, and turns to you seven times, saying, "I repent," you must forgive him. (Luke 17:3-4)

Truth

27

⁶Now there is great gain in godliness with contentment, ⁷for we brought nothing into the world, and we cannot take anything out of the world. ⁸But if we have food and clothing, with these we will be content. ⁹But those who desire to be rich fall into temptation, into a snare, into many senseless and harmful desires that plunge people into ruin and destruction. ¹⁰For the love of money is a root of all kinds of evils. It is through this craving that some have wandered away from the faith and pierced themselves with many pangs. (1 Timothy 6:6-10)

Lie

31

You have a right to be angry. You were hurt.

Truth

³¹Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. ³²Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. (Ephesians 4:31-32)

Truth

29

¹Brothers, if anyone is caught in any transgression, you who are spiritual should restore him in a spirit of gentleness. Keep watch on yourself, lest you, too, be tempted. ²Bear one another's burdens, and so fulfill the law of Christ. ³For if anyone thinks he is something, when he is nothing, he deceives himself. (Galatians 6:1-3)

Truth

33

¹³Come now, you who say, "Today or tomorrow we will go into such and such a town and spend a year there and trade and make a profit"— ¹⁴yet you do not know what tomorrow will bring. What is your life? For you are a mist that appears for a little time and then vanishes. ¹⁵Instead you ought to say, "If the Lord wills, we will live and do this or that." ¹⁶As it is, you boast in your arrogance. All such boasting is evil. (James 4:13-16)

Truth

32

—Could it become enslaving?

"All things are lawful for me," but not all things are helpful. "All things are lawful for me," but I will not be enslaved by anything. (1 Corinthians 6:12)

Lie

Truth

Lie

Truth

Lie

Truth

Lie

Truth