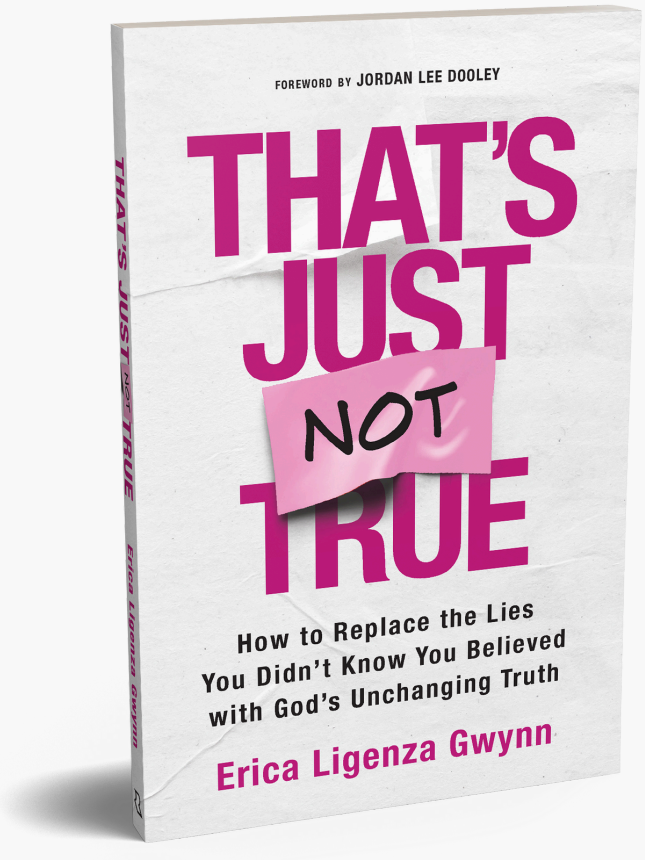
THAT'S JUST NOT TRUE

THE DISCUSSION GUIDE

By: Erica Ligenza Gwynn



A NOTE *from Erica...*

Friend,

First, thank you for picking up a copy of **THAT'S JUST NOT TRUE**. I pray it deeply blesses and encourages you in your own journey.

Beyond that, I pray this accompanying discussion guide serves as an invaluable resource, tool, and catalyst to conversation that may otherwise never have happened - but leaves you better for it.

The enemy wants you living quietly, isolated in shame.
He wants the lies to continue on loop without challenge or conviction - but darkness doesn't stand a chance when held up to the light.

There is no condemnation for those who belong to Christ Jesus (*Romans 8:1*). Let's shine light on the lies together.

BEFORE *we begin...*

Each chapter's discussion begins with the same two questions:

1.) What is your first reaction to this lie?
And 2.) Is it one you've believed (or even said or spread) before?

This is intentional. Some of these lies may stir up discomfort, especially if you're feeling disappointed or even disillusioned.

This is expected, and *this is okay.*

If your first reaction is defensiveness, or even shame, know that He already knows that...and He already knows the Truth about who you are.

Come into conversation openly and honestly, and give grace generously.



1.) Have you ever had deep conversions with anyone previously about beliefs - yours, theirs, or in general?

What were those discussions like?

Do you consider beliefs too personal to share, or is it better to discuss honestly with the intentions of wisdom, connection and growth?

2.) Do you routinely ponder what you believe and why, along with your beliefs' impact, or is your belief system unexplored territory up until this point?

3.)) Are you consciously aware of your beliefs and how they influence your life, or do you think some part of your belief system has remained subconsciously held and needs to be examined in the light with honesty and clarity?

4.) If someone told you that you were believing a lie...what's the first thing that comes to mind?

5.) Is there something you believe on the surface but deep down, you question its validity? If so, have you explored this doubt or do you tend to push it down?

6.) Does questioning or reconsidering any of your beliefs feel threatening or empowering?

7.) Where do your beliefs come from? Do you feel there is one primary source or are your beliefs from varied sources?



8.) What role has social media played in all of this for you?
Has it had a more positive or negative impact?

9.) Have you beliefs been primarily been built slowly over time, or do you form beliefs quickly? What makes a belief stick?

10.) Do you allow for changes in your belief system?
If so, what convinces you to reconsider your beliefs?
It not, what holds you back from looking at different ways of thinking?

11.) Do you think there is a certain age at which our beliefs are locked in and can or should not change?
At what age do you think your beliefs begin to really take hold?

12.) How do we best support building solid foundations for our youth, not based on fads, trends, popularity, etc?

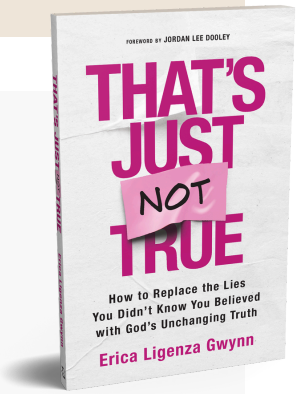
13.) Do you consider changing your beliefs a sign of weakness in any way, or a sign of growth and strength?

14.) Do you think our current social climate encourages or stifles people in building, adapting, and rebuilding their belief systems?

15.) Do you know anyone personally that has made major changes in any of their beliefs? Has it had positive or negative impact on their lives?

CHAPTER 1:

"GOD WON'T EVER GIVE ME MORE THAN I CAN HANDLE"



1.) What's your first reaction to this lie?

2.) Is it one you've believed (or even said or spread) before?

3.) Where do you think your "handling it" ends and God's begins?

4.) Have you experienced other people handling for or with you what you couldn't do yourself?

What did that look like? Feel like? Where did you see the face of God in them?

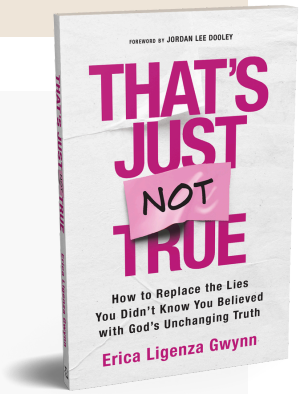
5.) Have you ever doubted that even GOD was handling it in the face of a waiting season?

6.) What is currently separating you from the sort of wild, fully surrendered faith of Moses at the foot of the Red Sea?

NOTES:

CHAPTER 2:

"I CAN DO ANYTHING"



1.) What's your first reaction to this lie?

2.) Is it one you've believed (or even said or spread) before?

3.) Would you rather be limitless, or come face-to-face with your limitations?

4.) How do you determine if something is a God-given limit to be accepted, or a man-made limit to be tested? What's the difference?

5.) Do you view your limits, even if God-given, as a weakness?

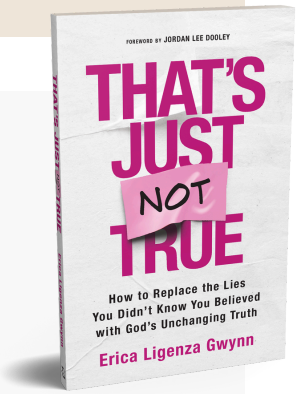
6.) If you have resistance to "I can do anything" being a lie - is it because you genuinely believe you can do anything? Does it have a root somewhere (*or from someone*) looking to disprove an accusation? And if so, is there pride in the mix?

7.) How do you discern if you CAN do something, versus if you SHOULD do something?

NOTES:

CHAPTER 3:

"MY FEELINGS ARE MY TRUTH"



1.) What's your first reaction to this lie?

2.) Is it one you've believed (or even said or spread) before?

3.) Have you ever let your emotions or feelings dictate what you believed to be true about a situation or person? In doing so, did you test those feelings against facts, or against other possibilities?

4.) Can you think of a time when your feelings told you something that wasn't actually true? How did it affect your choices or perspective?

5.) Why do you think our culture puts so much emphasis on "living your truth" or "following your heart"? How does that align (or conflict) with God's truth?

6.) What's the difference between acknowledging your feelings as real versus letting them define reality?

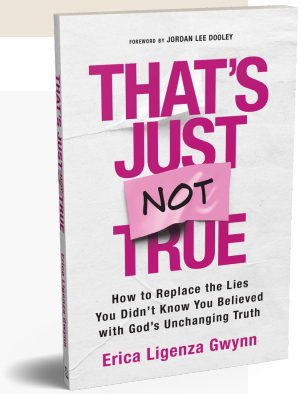
7.) When you don't feel God's presence, love, or forgiveness, what helps you anchor yourself back in the truth?

8.) How can we learn to treat feelings as a gauge (helpful information) rather than a guide (ultimate authority)?

NOTES:

CHAPTER 4:

"I'M JUST _____"



1.) What's your first reaction to this lie?

2.) Is it one you've believed (or even said or spread) before?

3.) When you say or think, "I'm just ____," what tends to fill that blank for you? (Ex: "I'm just a stay-at-home mom," "It's just my hobby," "I'm just a volunteer.")

4.) How does finishing that sentence limit the way you see yourself or the way you believe God can use you?

5.) If you replace this "just" lie with truth, looking at your own "just" as an intricate, intentional piece of God's plan for your story's plot...how might that rewrite your own narrative?

6.) Why do you think we're so quick to diminish ourselves with "I'm just..." statements? Where do those messages usually come from?

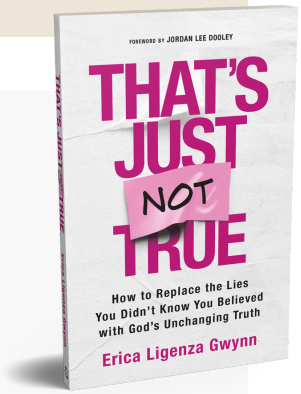
7.) What difference does it make when we replace "I'm just..." with "I am..." followed by what God says is true about us?

8.) How could embracing God's truth about who you are change the way you show up in your family, work, or community?

NOTES:

CHAPTER 5:

"IF I'M NOT HUSTLING, I'M LAZY"



1.) What's your first reaction to this lie?

2.) Is it one you've believed (or even said or spread) before?

3.) Where do you think the pressure to constantly "hustle" comes from — culture, upbringing, personal expectations, or something else?

4.) Can you think of a time when rest or stillness felt "lazy" to you? Looking back...was that true?

5.) What do you think healthy ambition looks like in action, as opposed to an unhealthy sense of striving?

6.) How does believing "If I'm not hustling, I'm lazy" affect your sense of worth or identity?

Is there a part of you that has previously gotten a sense of worth FROM your work?

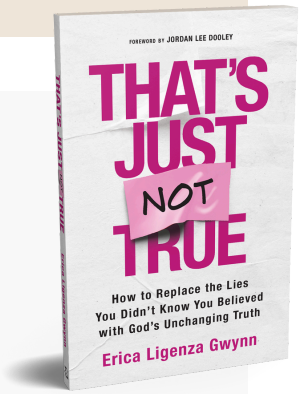
7.) What does healthy, God-honoring rest look like for you — and how is it different from laziness?

8.) How might your life change if you saw rest as an act of trust in God, and as an act of obedience in alignment with His design, rather than a sign of weakness?

NOTES:

CHAPTER 6:

"I MISSED MY SHOT"



1.) What's your first reaction to this lie?

2.) Is it one you've believed (or even said or spread) before?

3.) When you think about the phrase "I missed my shot," what moment or opportunity in your life comes to mind?

How does it make you feel today?

4.) Why do you think we often equate our "shot" with career, achievement, or status instead of with God's ongoing work in our hearts?

5.) How does viewing "it" as a heart posture instead of a career posture change the way you think about purpose and calling?

6.) Have you ever seen God open a new door or redeem what felt like a missed opportunity?

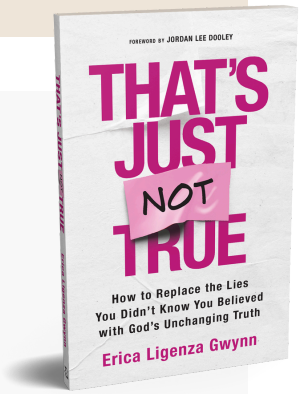
What did you learn about His timing?

7.) What intentional step could you take with God this week to position your heart for His "shot" in your life — even if it looks different than you expected?

NOTES:

CHAPTER 7:

"I CAN MANIFEST MY DREAM LIFE"



1.) What's your first reaction to this lie?

2.) Is it one you've believed (or even said or spread) before?

3.) What do you think makes the idea of "manifesting your dream life" so appealing in our culture today?

4.) Have you ever tried to "manifest" something for yourself?
How did it compare to praying and seeking God's will?

5.) What's the danger in believing we have ultimate control over our future if we just think or speak positively enough?

6.) How does surrendering your desires to God differ from trying to manifest them on your own?

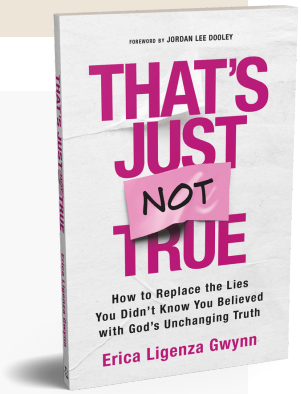
7.) What do you think a healthy partnership with God looks like, dreaming WITH God, setting goals, but ultimately leaving the outcome in His hands?

8.) Can you think of a time when God gave you something better than what you would have "manifested" for yourself?
What did that teach you about His plans?

NOTES:

CHAPTER 8:

"I MESSED IT ALL UP"



1.) What's your first reaction to this lie?

2.) Is it one you've believed (or even said or spread) before?

3.) When you think about a time you've said, "I messed it all up," what situation comes to mind? How do you feel about it now?

4.) Can you recall a time when God brought good out of something you thought you had completely messed up?

What did that teach you about His grace?

5.) Why do you think it's easier to believe we've "ruined" something beyond repair instead of trusting God's ability to redeem it?

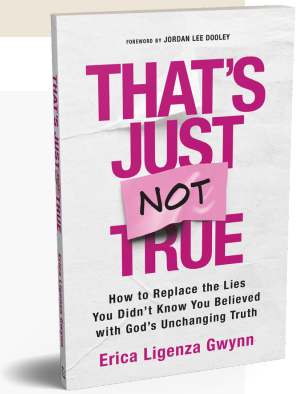
6.) Which scriptural anecdote from this chapter resonates most with you: the story of Judah/Tamar, Saul/Paul, or the Prodigal Son?

7.) How does shame or regret keep us stuck in the lie that our mistakes define us?

NOTES:

CHAPTER 9:

"IF I LET IT BE, IT WILL FIGURE ITSELF OUT"



1.) What's your first reaction to this lie?

2.) Is it one you've believed (or even said or spread) before?

3.) Can you think of a time when you avoided dealing with something, hoping it would resolve on its own? What happened?

4.) Why do you think it feels easier in the moment to "let it be" rather than face a hard conversation, decision, or next step?

5.) What's the difference between waiting on God with trust and avoiding responsibility out of fear or passivity?

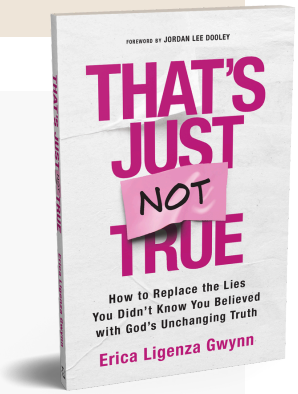
6.) How might partnering with God in intentional action change the way you approach challenges or opportunities?

7.) What's one small, intentional step you could take this week toward something you've been tempted to ignore?

NOTES:

CHAPTER 10:

"IT'S HAPPENING FOR EVERYONE BUT ME"



1.) What's your first reaction to this lie?

2.) Is it one you've believed (or even said or spread) before?

3.) When have you caught yourself comparing your timeline to someone else's and thinking, "It's happening for everyone but me"?

How did it affect your heart?

4.) What emotions usually rise up when you scroll social media or hear someone else's good news — joy, jealousy, discouragement, hope, something else?

5.) How does believing this lie shape the way you see God — His goodness, timing, or care for you personally?

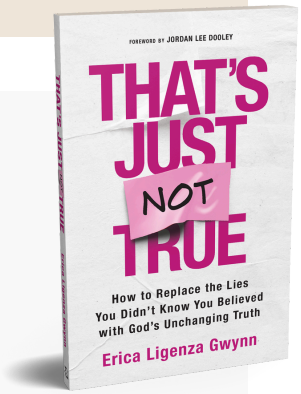
6.) How can celebrating someone else's blessings actually strengthen your faith instead of weakening it?

7.) If success now isn't *that thing*...how might you redefine it?

NOTES:

CHAPTER 11:

"REJECTION IS FAILURE"



1.) What's your first reaction to this lie?

2.) Is it one you've believed (or even said or spread) before?

3.) When you hear the word rejection, what past experience comes to mind?

How did it shape the way you see yourself?

4.) Can you think of a time when a rejection (job, relationship, opportunity) actually protected you or led to something better?

5.) How does tying our identity to outcomes or other people's approval make rejection feel more crushing than it needs to?

6.) How might you discern between rejections - what's a "not now" versus "no," when to keep pursuing windows versus finding a new house altogether, etc.

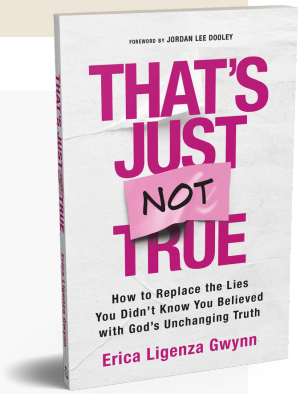
7.) How might reframing rejection as redirection or God's protection change the way you approach risks and opportunities moving forward?

8.) What does Scripture teach us about where our worth and value come from, regardless of human approval?

NOTES:

CHAPTER 12:

"I AM ENOUGH"



1.) What's your first reaction to this lie?

2.) Is it one you've believed (or even said or spread) before?

3.) Does saying "I am enough" feel comforting to you, or does something about it not totally land and stick?

Why do you think that is?

4.) Can you recall a time when you felt like you had to prove you were "enough"?

What pressure did that put on you?

5.) How does the truth that we were called worthy of Christ's sacrifice differ from the idea that we are enough on our own?

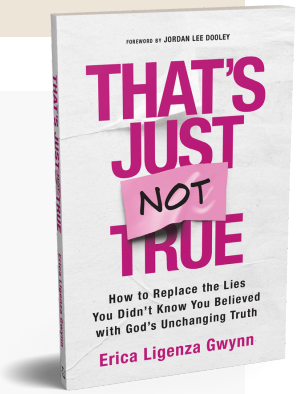
6.) How does recognizing that we'll never be "enough" on our own free us to rest in Jesus' finished work?

7.) How might embracing God's sufficiency instead of our own shift the way we parent, work, or pursue dreams?

NOTES:

CHAPTER 13:

"MY KIDS ARE MY LIFE NOW"



1.) What's your first reaction to this lie?

2.) Is it one you've believed (or even said or spread) before?

3.) Why is it tempting to let motherhood become the whole of our identity?
What messages (cultural, family, social media) feed into that?

4.) How might elevating our kids to the center of our lives unintentionally place a burden on them that they were never meant to carry?

5.) Have you ever caught yourself thinking of your kids as burdensome or a bother?
If so, what were the circumstances around that moment?

6.) What's the difference between loving your kids deeply and making them your ultimate source of purpose or worth?

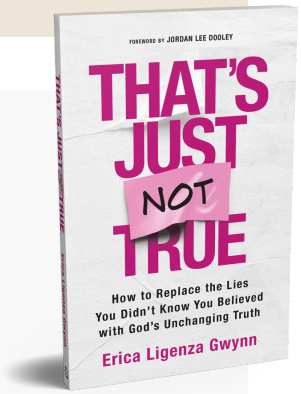
7.) What other God-given roles, callings, or passions might be waiting to flourish if your identity isn't wrapped up only in motherhood?

8.) How does remembering that your life is ultimately secured with Christ (Colossians 3:3) free you to love your children in a healthier, more balanced way?

NOTES:

CHAPTER 14:

"I JUST NEED A LITTLE BREAK, THEN I'LL BE FINE"



1.) What's your first reaction to this lie?

2.) Is it one you've believed (or even said or spread) before?

3.) Why do you think we tend to treat rest as a quick fix instead of a rhythm God designed for our wholeness?

4.) When you say, "I just need a little break," what are you usually trying to escape — exhaustion, emotion, responsibility, or something deeper?

5.) Why might we go for "a break" before a harder look and bigger change of pace or scenery?

6.) Can you think of a time when a temporary "break" didn't actually restore you?

What might that reveal about what your soul really needed?

7.) How does God's version of rest (soul rest, abiding in Him) differ from the world's version (distraction, escape, numbing)?

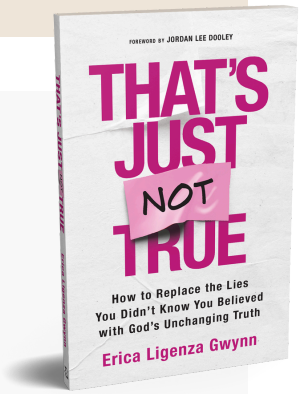
8.) What might it look like to pursue restoration instead of just relief in your current season?

9.) How can you build rhythms of real rest into your life before you hit the point of burnout?

NOTES:

CHAPTER 15:

"LOVE SHOULD BE ENOUGH"



1.) What's your first reaction to this lie?

2.) Is it one you've believed (or even said or spread) before?

3.) Why do you think we so often believe that love alone can sustain a relationship, friendship, or family dynamic?

Do you think we truly believe that, or is it more of an oft-romanticized ideal?

4.) What happens when we confuse emotional love with Christlike love — the kind rooted in truth, sacrifice, and obedience?

5.) How do you discern between a good "hard" and a not-so-good "hard"?

6.) Can you think of a situation where love was present, but boundaries, respect, or repentance were missing? What was the result?

7.) How does Scripture show that love is essential but not isolated — that it's intertwined with truth, wisdom, and accountability?

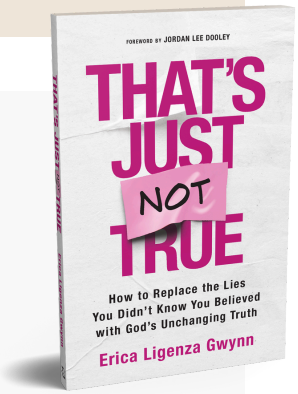
8.) Why might it feel uncomfortable to admit that love doesn't "fix" everything — and what freedom comes from acknowledging that?

9.) What would it look like to love someone well without excusing sin, enabling dysfunction, or losing yourself in the process?

NOTES:

CHAPTER 16:

"I'M STUCK"



1.) What's your first reaction to this lie?

2.) Is it one you've believed (or even said or spread) before?

3.) When you've felt "stuck" in the past, what did that actually look like — a lack of direction, clarity, perceived capability, or courage?

4.) When you've felt "stuck" in the past, what other lies came alongside that feeling? That it's happening for everyone but you? That you're missing your shot? That you should've been there by now, or that you messed it up, or that if you're not moving forward it's because you weren't hustling or working hard enough?

5.) How can believing you're "stuck" become a self-fulfilling cycle that keeps you from taking even small, faithful steps forward?

6.) What does it look like to trust that God is still moving even when you aren't?

7.) Think of a time when what felt like a "stuck" season was actually a setup for something God was preparing in you. What shifted your perspective?

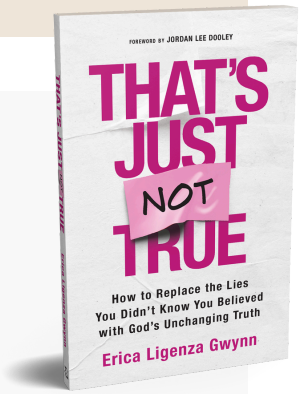
    Did you have a moment of clarity where you understood God's intentionality in keeping you still? Or was it moreso recognized in retrospect?

8.) What's one small act of obedience or surrender you could take this week to partner with God's movement — even if you don't see the full picture yet?

NOTES:

CHAPTER 17:

"I'LL BE HAPPY WHEN _____"



1.) What's your first reaction to this lie?

2.) Is it one you've believed (or even said or spread) before?

3.) When you've caught yourself saying, "I'll be happy when...," what usually fills in that blank?

What does that reveal about what your heart is hoping for?

4.) Why do you think we so easily tie our happiness to circumstances, milestones, or achievements?

5.) Have you ever reached something you thought would finally make you happy – only to feel unfulfilled once you got there?

What did that experience teach you?

6.) How does God's definition of joy differ from the world's definition of happiness?

7.) What might it look like to choose contentment before the breakthrough or blessing you're waiting for?

8.) How can gratitude, trust, and presence help you live with joy right where you are – instead of constantly chasing the next "when"?

NOTES:

WHAT COMES NEXT?

I created 3 exclusive pieces to keep the conversation going - because sometimes, the best way to share a message is to wear it!

In gratitude for preordering THAT'S JUST NOT TRUE and for being a part of this important moment together, please use code **TRUTH10** at checkout to enjoy 10% off your order, and free shipping over $100+.

Again, friend, THANK YOU.

Here's to continuing to fight the lies, together.

Introducing...

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THE TRANSFORMED SWEATSHIRT

Inspired by Romans 12:2 and the heartbeat of this book.

*"Do not conform to the pattern of this world, but **be transformed** by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."*





Featuring a Comfort Colors, garment-dyed, unisex-fit sweatshirt for a softer, lived-in feel and a vintage, washed-out look. 80% ring-spun cotton, 20% polyester, 100% comfortable.

GET YOURS HERE!

THE EVERY THOUGHT CAPTIVE HAT

Inspired by 2 Corinthians 10:5 with an important daily reminder.

*"We demolish every arguments and every pretension that sets itself up against the knowledge of God, and we take **every thought captive** to make it obedient to Christ."*





Featuring white embroidered text on a pigment-dyed denim hat for a softer, lived-in feel and a more vintage look. Adjustable strap in the back for optimum comfort.
100% cotton, 100% comfortable.

GET YOURS HERE!

THE CUTIE FRUITIES OF THE SPIRIT MUG

Inspired by Galatians 2:22-23 and the book's conclusion.

*"But the fruit of the Spirit is **love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.** Against such things there is no law".*

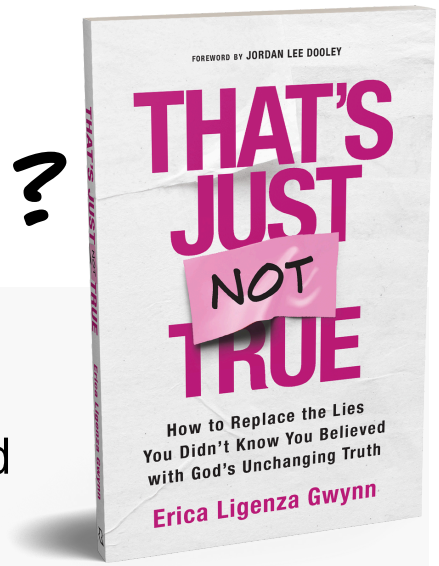


With a rim, interior and handle inspired by the colors of the Holy Spirit, the mug's design is full color and wrap-around for joy as full as your cup! Dishwasher and microwave safe.

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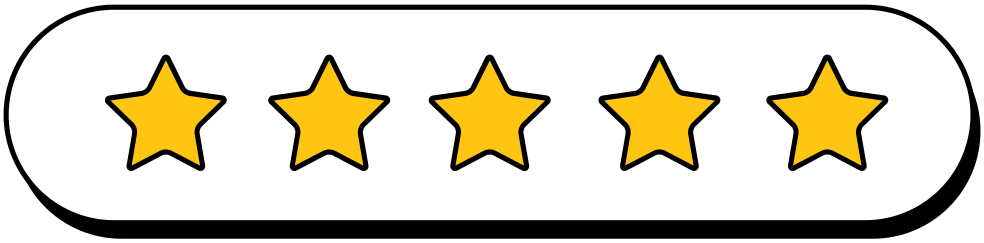
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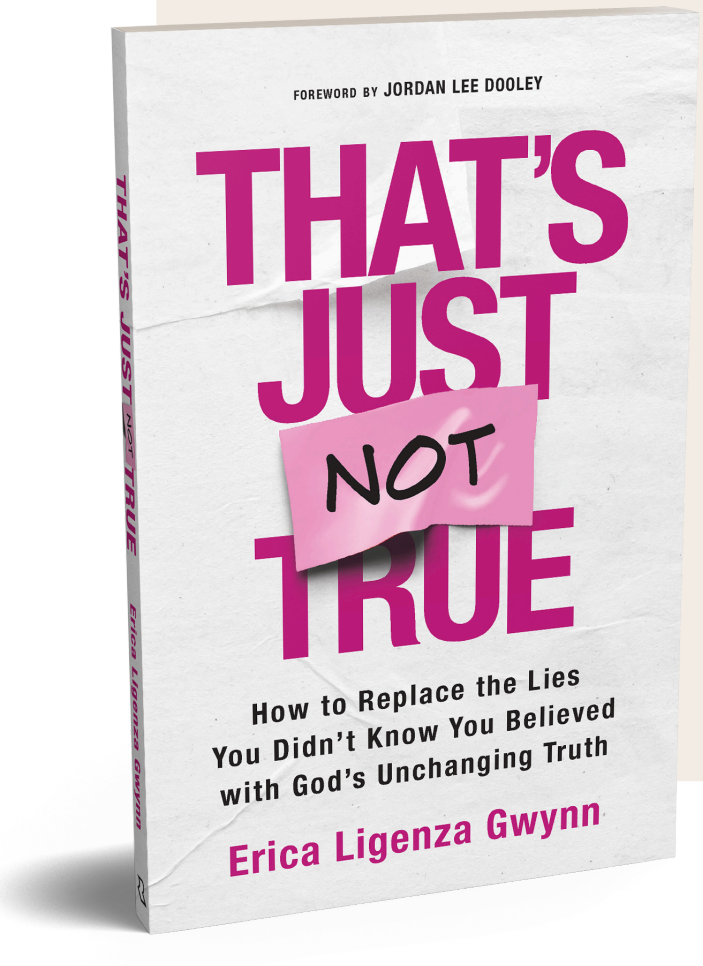
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audible



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"The tongue has the power of life and death." (Proverbs 8:21)



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THANK YOU!

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