

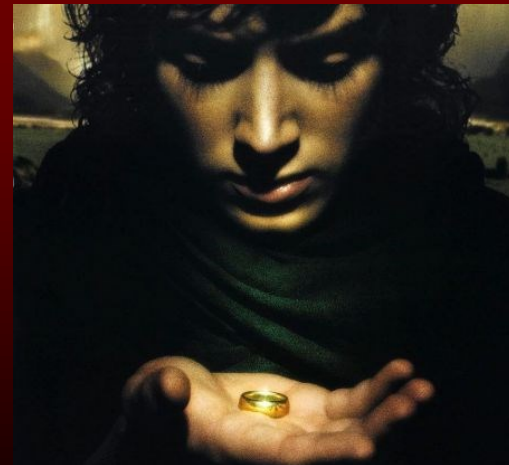


# A Story Is:

Character(s) + Life + goal . . .



Character(s) + Life +goal + **Problem** . . .



# A deeper story is:

Character(s) +  
Life (and Lie) +  
Goal + Problem (and Truth)  
= Growth



Before

After

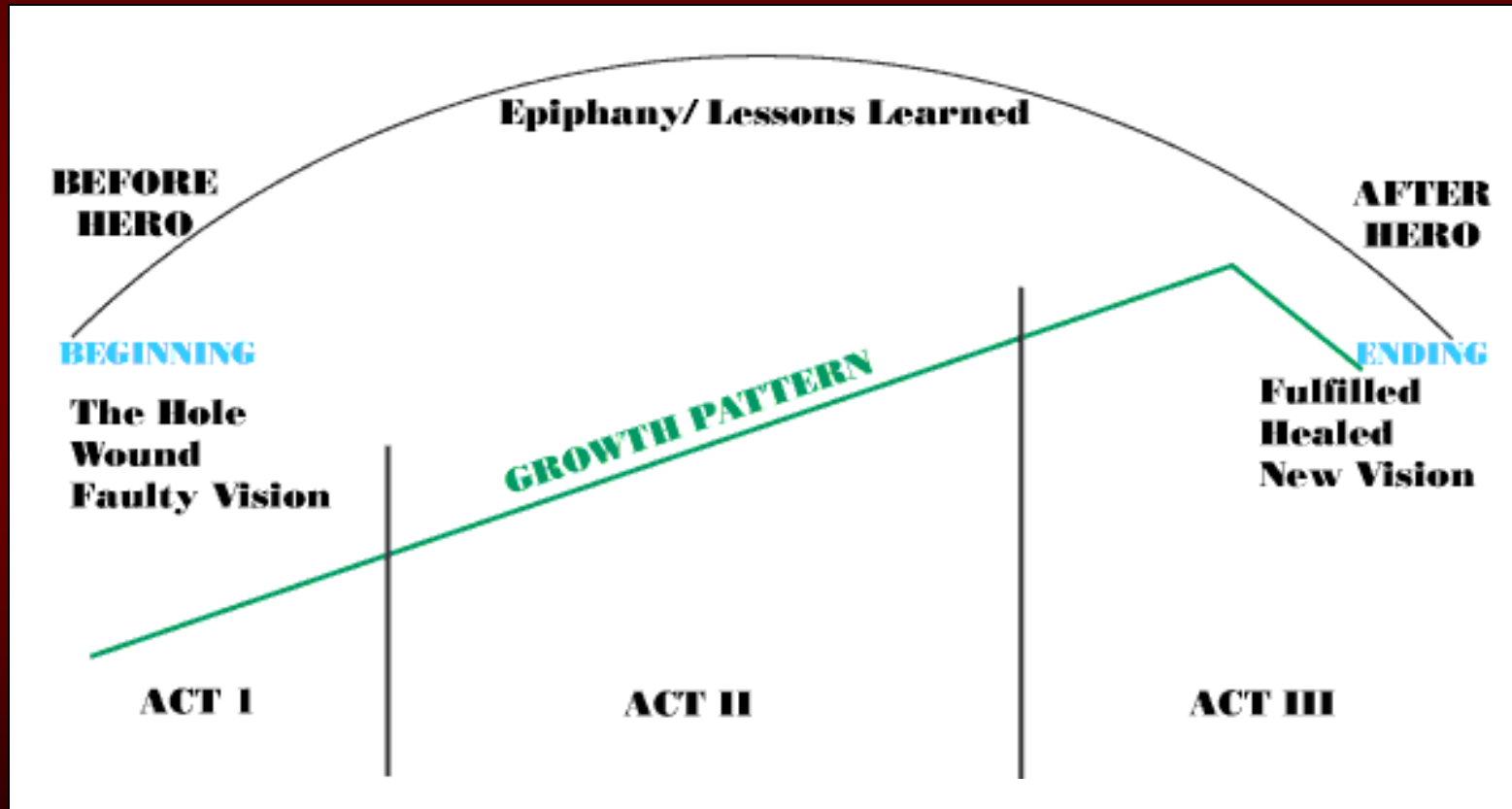


# The lie they believe . . .



# Character Arc

Shows character growth



**This process works  
because it mirrors life.**

# What lies do you tell yourself?

- I'm not good enough.
- I don't matter.
- I'm not likeable.
- Everyone rejects me.
- I don't have what it takes.
- I only have worth if ...
- I don't deserve...
- No one understands.
- I'm ugly.
- I need a better...
- I'll only be happy if...



# Where do these lies come from?

1. I'm not good enough.

2. I'm not likeable.

3. I don't have what it takes.

4. People always leave me.

5. I'm annoying.

6. God doesn't care.

7. I'll only be happy if...

→ Older sibling is perfect.

→ Not invited to party.

→ Missed last shot in game.

→ Uncle moved away...

→ Kid at school said so.

→ A loved one died.

→ Comparing to others.

# My Lies

**Lie #1:  
I don't  
matter.**



**Lie #2:  
No one  
wants to  
hear what I  
have to say.**

# My Major Award

Lie #3  
I only ma  
when I p  
I'm the b





# We are in a battle for our minds



“The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.” John 10:10

“See to it that no one takes you captive through hollow and deceptive philosophy...” Colossians 2:8

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.” Romans 12:2

“Love the Lord your God with all your heart and with all your soul and with all your mind.” Matthew 22:37

“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

“We take captive every thought to make it obedient to Christ.”  
2 Corinthians 10:5

“Set your minds on things above, not on earthly things.” Colossians 3:2

# The biggest lies



I don't have time today.  
I can do it later.



# We are not promised tomorrow



“Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes.”

James 4:14

# It can't wait



“No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.”

1 Corinthians 10:13

# You're not the only one



“There is no one righteous, not even one.” Romans 3:10

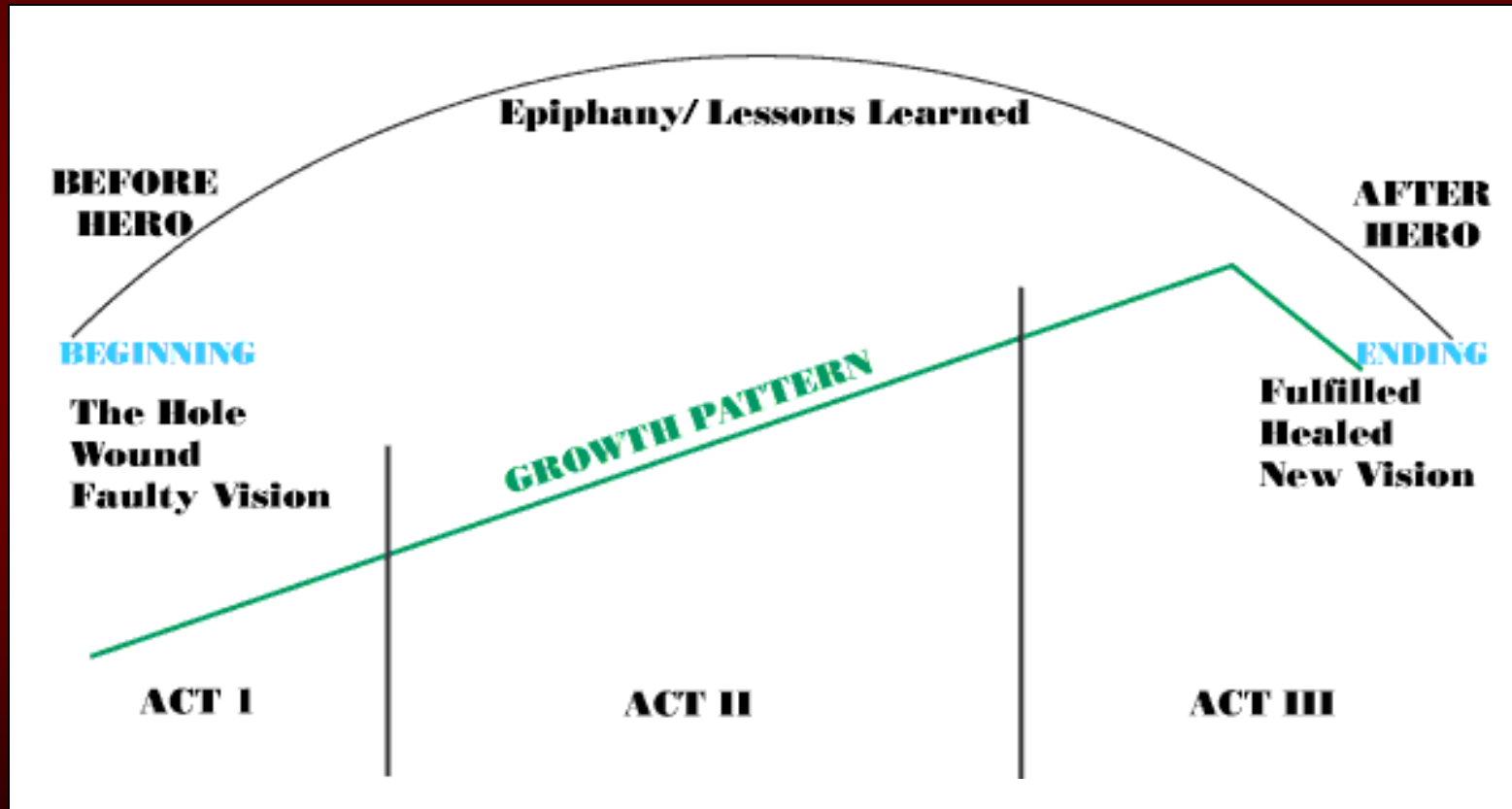


# The Girl in Blue



# Character Arc

Shows character growth





The truth is . . .





# The truth is . . .

We are fearfully and wonderfully made. (Psalm 139:14)

We are forgiven. (1 John 2:12)

We are new creations. (2 Corinthians 5:17)

We are healed. (Isaiah 53:5)

We are whole. (Colossians 2:10)

We are strong. (Psalm 18:32)

We are adopted. We're family with God! (Ephesians 1:5)

We are forever loved. (Romans 8:38-39).

We are NOT alone. (Joshua 1:9)

We are worth it. (John 3:16)

Verses on my website: <https://jillwilliamson.com/helps/>

# My challenge

1. Identify one or more lies you believe.
2. Prayerfully consider the impact.
3. See what the bible has to say.
4. Share it with another person.



Happy  
New  
Beginnings

# Back to Fiction . . .





# The truth is . . .



# A deep story is:

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Goal + Problem (and Truth)  
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Before

After

**ANY  
QUESTIONS?**

