Women: The Lies Narcissists Tell vs. The Truth of God



Discover how God's Word rewrites the false narratives narcissists tell women, affirming identity, worth, and purpose in Christ.





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Introduction

Women face many challenges that can impact their sense of identity and worth. Among these are the harmful lies often told by narcissists—words meant to manipulate, control, and diminish one's true value. These lies can cause doubt, fear, and confusion. Yet, *God's Word brings light and truth* that can break through these deceptive voices and restore confidence, peace, and purpose.

This study is designed to examine some of the common lies narcissists use and contrast them with the empowering and life-giving truths found in Scripture. Throughout these seven days, you will encounter God's promises about who you are as a woman in His eyes—beloved, chosen, resilient, and deeply treasured.

This plan will gently guide you toward rewriting the story you tell yourself by anchoring your reality in God's unchanging truth. Each day includes a primary Scripture passage, supporting verses, devotional content, reflective questions, journaling prompts, and a prayer to help you internalize God's Word. As you engage, may you find freedom, healing, and renewed identity rooted not in lies but in the steadfast love of your Creator.

Remember, the truth of God's Word is a fortress against deception. Embrace it wholeheartedly and watch how it transforms your mind, heart, and life. ��















Your Verse

John 8:32 - "Then you will know the truth, and the truth will set you free."

Supporting Scriptures

- Psalm 34:18 "The LORD is close to the brokenhearted and saves those who are crushed in spirit."
- 2 Corinthians 10:5 "We demolish arguments and every pretension that sets itself up against the knowledge of God..."







Devotional: Freedom Begins When You Know the Truth

The first step to overcoming lies is recognizing them. Narcissists often tell women they are not enough—too weak, unattractive, or incapable. These lies attempt to rob us of confidence and identity. Yet, Jesus teaches us that truth brings freedom. *Knowing who God says you are frees you from the chains of deception.*

Psalm 34 reminds us God is near to those brokenhearted by such lies. When we feel crushed, He is present, ready to heal and restore. Our minds, targeted by lies, can be renewed by focusing on God's truth, as 2 Corinthians 10 encourages us to demolish arguments against God's knowledge.

Today, open your heart to God's truth, and let it reshape your view of yourself. Embrace freedom by clinging to His words, trusting that He sees your true, priceless value.







Reflect and Apply

1.	What lies have you believed about yourself that this Scripture challenges?
2.	How does Jesus' promise of freedom give you hope against deception?
3.	In what areas do you feel God is close to you during times of brokenness?







Journaling Prompts

1.	Write down the lies you are aware of that have affected your self-worth.
2.	Reflect on what 'freedom' means to you in the context of God's truth.
3.	List God's qualities or promises you want to meditate on this week.







Prayer for Today

Lord, help me see beyond the lies that seek to define me. Teach me to embrace Your truth as my foundation and bring healing to my heart where deception has taken root. Let Your Word set me free and remind me daily of Your steadfast love and purpose for me. Strengthen me to resist falsehood and stand firm in Your promises. *Thank You for Your unfailing presence, even in my brokenness.*









Day 2: Created in God's Image: Worth Beyond Comparison









Day 2: We Created in God's Image: Worth Beyond Comparison

Your Verse

Genesis 1:27 – "So God created mankind in his own image, in the image of God he created them; male and female he created them."

Supporting Scriptures

- Psalm 139:14 "I praise you because I am fearfully and wonderfully made; your works are wonderful..."
- Ephesians 2:10 "For we are God's handiwork, created in Christ Jesus to do good works..."







Day 2: We Created in God's Image: Worth Beyond Comparison

Devotional: Your Inherent Worth Comes from God Alone

Narcissists may tell women that their worth depends on external approval, appearances, or accomplishments. **But the truth is your worth is intrinsic and God-given.** Genesis 1:27 affirms that you are made in the very image of God—a sacred reflection of His nature.

Psalm 139 expresses awe at God's wonderful craftsmanship in you, declaring your creation as intentional and beautiful. Ephesians 2 highlights that you are His handiwork, purposefully created to carry out good works. Your value does not fluctuate based on others' opinions but rests securely in who God made you to be.

Let this truth sink deep: You are valuable and loved because God chose to breathe life into you. Your identity is not a project or prize for others to claim but a masterpiece of divine design.







Day 2: W Created in God's Image: Worth Beyond Comparison

Reflect and Apply

	How does knowing you are made in God's image affect your self-perception?
2.	In what ways have you tried to find worth outside of God's design?
3.	How can embracing your God-given identity protect you from lies?







Day 2: W Created in God's Image: Worth Beyond Comparison

Journaling Prompts

1.	Describe what being made in God's image means to you personally.
2.	Write about moments when you felt truly valued by God's creation.
	Identify areas where you still seek external validation and pray for healing.







Day 2: Worth Beyond Comparison

Prayer for Today

Heavenly Father, thank You for making me in Your image. Help me to accept and love the woman You created—unique, valuable, and wonderfully made. When lies try to tell me otherwise, remind me of Your truth and root my identity in You alone. Empower me to walk confidently as Your handiwork and reflect Your glory. May I always cherish the gift of being Your daughter.

















Your Verse

Isaiah 41:10 – "So do not fear, for I am with you; do not be dismayed, for I am your God…"

Supporting Scriptures

- Romans 8:38–39 "Nothing in all creation will be able to separate us from the love of God..."
- Hebrews 4:15 "For we do not have a high priest who is unable to empathize with our weaknesses..."







Devotional: God's Presence Overcomes Fear and Isolation

Narcissistic manipulation often isolates women, making them feel abandoned or insignificant. **Isaiah 41:10 provides a powerful reminder: God is with you, fighting your battles and giving you strength.** Fear loses its hold when you know you are never alone.

Romans 8 reassures that no force can separate you from God's unfailing love. This perfect love casts out fear and brings peace. Additionally, Hebrews reveals Jesus as a compassionate High Priest who understands your struggles intimately and intercedes on your behalf.

When lies whisper that you are isolated or powerless, lean into God's promise of His presence and unwavering support. You are deeply loved and held in the hands of One who conquered every challenge for you.







Reflect and Apply

1.	How do feelings of loneliness affect your ability to resist lies?
	What does God's promise to never leave you mean for your current struggles?
3.	In what ways can Jesus' empathy encourage you in pain or weakness?







Journaling Prompts

1.	Write about a time you felt God's presence during difficult moments.
2.	List fears or doubts you want to release into God's hands today.
3.	Pray for deeper awareness of Jesus' care and understanding in trials.







Prayer for Today

Lord, thank You for being with me in every situation. When lies try to isolate or discourage me, remind me that Your love surrounds me constantly. Help me to find courage in Your presence and peace in knowing Jesus understands my weaknesses. May Your Spirit comfort and strengthen me to stand firm against fear and lies. I trust Your promises and hold onto Your unfailing love.

















Your Verse

Philippians 4:13 - "I can do all this through him who gives me strength."

Supporting Scriptures

- Ephesians 3:16 "I pray that out of his glorious riches he may strengthen you with power through his Spirit..."
- 2 Timothy 1:7 "God gave us a spirit not of fear but of power and love and self-control."







Devotional: God's Strength Empowers You to Overcome

Narcissists often try to convince women they are weak, incapable, or dependent. **God wants you to know you are empowered by His Spirit to overcome every challenge.** Philippians 4:13 is a bold declaration that through Christ's strength, nothing is impossible.

Ephesians 3 reminds us that this power comes from God's glorious riches, providing inner strength and resilience. 2 Timothy assures that God's Spirit is not one of fear but of power, love, and self-control. Through the Holy Spirit, you receive confidence and courage to resist manipulation, stand up for yourself, and heal.

Embrace this empowering truth. When you feel weak, remember that God equips you mightily from within. Your strength is not your own; it is a divine gift to walk victoriously.







Reflect and Apply

1.	When have you felt weak but experienced God's strength?
2.	How can embracing the Spirit's power change your response to lies?
3.	What areas of your life need more of God's love and self-control?







Journaling Prompts

1.	Reflect on times God gave you strength beyond your own abilities.
2.	Write a prayer inviting the Holy Spirit to fill you with power today.
3.	Identify specific fears or control issues you want God to replace.







Prayer for Today

Father, thank You for the strength You provide through Your Spirit. When I feel weak or overwhelmed by lies, fill me with power, love, and self-control. Help me to rely on Your strength rather than my own and walk boldly in the freedom You give. Teach me to resist fear and embrace the mighty Spirit within me. *May I be a testament to Your empowering grace.*









Day 5: Flans Are for Good









Day 5: 6 Hope Restored: God's Plans Are for Good

Your Verse

Jeremiah 29:11 – "For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future."

Supporting Scriptures

- Romans 15:13 "May the God of hope fill you with all joy and peace as you trust in him..."
- Lamentations 3:22–23 "Because of the LORD's great love we are not consumed, for his compassions never fail..."







Day 5: Are for Good Plans Are for Good

Devotional: Holding Fast to Hope in God's Good Plans

Narcissists often distort reality to make women doubt their future or worthiness of happiness. Jeremiah 29:11 counters with a glorious promise: God's plans for you are good, filled with hope. This assurance invites you to trust beyond present pain and see the bright future God envisions.

Romans adds that God fills His followers with joy and peace as they trust Him, providing the resilience needed to persevere. Lamentations offers comfort in reminding us that God's compassion never fails, even when circumstances feel bleak.

Today, anchor your heart in hope. No matter what lies you have heard or how bleak things may seem, God's loving plans remain firm. Trust Him to rewrite your story with grace and purpose.







Day 5: Are for Good of Plans Are for Good

Reflect and Apply

1.	How have lies or pain caused you to lose hope about your future?
2.	What does trusting God's good plans look like in your daily life?
	In what ways have you experienced God's compassion during hard times?







Day 5: Are for Good of Splans Are for Good

Journaling Prompts

Write about your hopes for the future and surrender them to God.
List joyful and peaceful moments as reminders of God's presence.
Pray for trust to believe God's plans, even when uncertain.







Day 5: 6 Hope Restored: God's Plans Are for Good

Prayer for Today

Lord, thank You for the hope You give me. When the enemy tries to steal my confidence in You, remind me that Your plans are for my good and a hopeful future. Fill me with joy and peace as I trust Your unfolding purposes. May I rest in Your faithful compassion and hold fast to Your promises. *Help me embrace each day as part of Your beautiful story of restoration.*

















Your Verse

1 John 4:18 - "There is no fear in love. But perfect love drives out fear..."

Supporting Scriptures

- John 13:34 "A new command I give you: Love one another. As I have loved you..."
- Galatians 5:22–23 "But the fruit of the Spirit is love, joy, peace, patience..."







Devotional: Living in God's Perfect, Fearless Love

Lies from narcissists often foster fear, shame, and distrust, especially in relationships. **The truth is found in God's perfect love, which casts out all fear.** 1 John 4:18 reassures that God's love is powerful enough to overcome all fear and insecurity.

Jesus commands us to love one another as He loved, showing compassion, patience, and grace even in difficult circumstances. The fruit of the Spirit—love, joy, peace—enables us to demonstrate healing kindness and model God's truth.

Allow God's love to heal wounds inflicted by lies and empower you to love yourself and others authentically. This love restores dignity and builds healthy relationships based on truth and grace.







Reflect and Apply

1.	How has fear influenced your relationships and self-view?
2.	What does perfect love from God feel like to you personally?
3.	In what ways can you show God's love to yourself and others today?







Journaling Prompts

1.	Write about moments when God's love drove out your fears.
2.	Reflect on how you can better love yourself as God loves you.
3.	List ways to extend grace and patience to those around you.







Prayer for Today

Father, thank You for Your perfect love that banishes fear. Help me to rest in Your embrace and allow Your love to heal the wounds caused by deception. Teach me to love as You love—with patience, kindness, and forgiveness. May Your Spirit produce fruit in my life that reflects Your heart and restores my soul. *Fill me with Your peace and empower me to walk in freedom.*









Day 7: XX Walking in Freedom: Living God's Truth Daily









Day 7: 🗱 Walking in Freedom: Living God's Truth Daily

Your Verse

Galatians 5:1 - "It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery."

Supporting Scriptures

- Romans 12:2 "Do not conform to the pattern of this world, but be transformed by the renewing of your mind..."
- Psalm 119:105 "Your word is a lamp to my feet and a light to my path."







Day 7: 🗱 Walking in Freedom: Living God's Truth Daily

Devotional: Choose Freedom by Embracing God's Word

Your journey through lies and truth culminates in a powerful call to live in freedom. Galatians 5:1 exhorts believers to stand firm in the freedom Christ earned and refuse to be burdened by past deceptions or bondage.

Romans reminds us that this freedom comes from a transformed mind, renewed daily by Scripture and the Holy Spirit. God's Word lights every step —as Psalm 119 describes—guiding your path away from lies and into truth.

As you close this study, commit to walking in the liberty God provides. Let the truth you have embraced shape your thoughts, actions, and relationships. Freedom is not just a destination; it is a continuous stance of obedience, trust, and confidence in God's promises.

Stand firm—because you are free indeed.







Day 7: 💥 Walking in Freedom: Living God's Truth Daily

Reflect and Apply

1.	. What does standing firm in God's freedom look like in your life?
2.	. How can you guard your mind against returning to old lies?
3.	. How will you use Scripture daily to guide your steps forward?







Day 7: 💥 Walking in Freedom: Living God's Truth Daily

Journaling Prompts

1.	Write your commitment to living in the freedom Christ gives.
2.	Identify Scripture verses to meditate on each day for strength.
3.	Reflect on ways to practically resist lies in relationships and thoughts.







Day 7: 🗱 Walking in Freedom: Living God's Truth Daily

Prayer for Today

Lord, thank You for the freedom You give through Christ. Help me to stand firm and not be enslaved again by lies or insecurity. Renew my mind daily with Your Word and guide me with Your light. Empower me to live boldly in truth, to love freely, and to walk confidently in the identity You have given me. May I be a witness of Your liberating grace every day. *In Jesus' name, Amen.*









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