



WEBINAR NOTES

THE 4 LIES

that Make Women Feel
Crazy and Powerless in
Destructive Relationships

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Leslie Vernick, MSW

"One can choose to go back toward safety or forward toward growth. Growth must be chosen again and again; fear must be overcome again and again."

— ABRAHAM MASLOW

Why is it important for you to learn how to discern truth from lies?

For your children?

What you're going to experience in today's webinar:

1. Why 4 common teachings from the Bible often keep you feeling confused and powerless, and what to do about it
2. Three specific ways to discern truth from half-truths & false interpretations in the Bible.
3. The single most important thing you can do to break free from these lies so that you can begin to grow and flourish.

THE FOUR LIES THAT MAKE WOMEN FEEL CRAZY AND POWERLESS:

- 1 God calls me to die to myself and keep TRYING HARDER to make this marriage work.
- 2 God wants me to suffer and sacrifice. Those are Christian virtues I must follow even if I'm being abused.
- 3 God hates all divorce.
- 4 There is NOTHING I can do.

The Lord knows the hopes of the helpless. Surely you will hear their cries and comfort them.

PSALM 10:17-18

THE FOUR LIES

"Not everything that is faced can be changed, but nothing can be changed until it is faced."

— JAMES BALDWIN

Research shows 1 in 4 Christian women report are in a destructive marriage.

Does God see and care about what's going on at home?

Jesus says, "If your eye is healthy, your whole body will be full of light." —MATTHEW 6:22

How you see things affects everything.

"You shall know the truth and the truth will set you free" —JOHN 8:32

WHAT IS THE TRUTH ABOUT LIE #1?

LIE #1: God calls me to die to myself and keep trying harder to make this marriage work.

- **FALSE PROMISE:** If I die to myself and try harder, my marriage will get better and I will honor God and be a great example to my kids.
- **WHAT'S ACTUALLY TRUE:** Trying harder feeds the selfish monster. Biblical dying to self is not about annihilation but transformation. You don't disappear as a self, you mature as you die to your self-centered self.
- Matthew 10:30, Matthew 22:39, Philippians 2:4, John 12:24
- A woman of strength and dignity.
A woman who can rightly divide the word of God.
A wise woman does not live in the fear of man, but in the love of God.
- Strategies include putting marriage in proper place and understanding your role as a biblical helpmate.

Where do I sense God speaking to me here? _____

THE FOUR LIES

WHAT IS THE TRUTH ABOUT LIE #2?

LIE #2: God wants me to suffer and sacrifice. Those are Christian virtues I must follow even if I'm being abused.

- **FALSE PROMISE:** Suffering is a noble sacrifice and honors God. This is what Jesus wants me to do to save my marriage.
- **WHAT'S ACTUALLY TRUE:** Biblical love does not sacrifice the best of you only to enable the worst in him. God calls you to actively steward your safety and your wellbeing.
- **BIBLICAL EXAMPLES:**
 - Rahab lied to keep the Jewish spies safe. Joshua 2
 - David fled when King Saul was trying to kill him. 1 Samuel 18, 21
 - The angel of the Lord woke Joseph up and told him to flee. Matthew 1:24
 - The Prudent see danger and take refuge. Proverbs 22:3

Where do I sense God speaking to me here? _____

WHAT IS THE TRUTH ABOUT LIE #3?

LIE #3: God hates all divorce.

- **FALSE PROMISE:** God is honored most if I stay married no matter what. Staying together is always best for the children.
- **WHAT'S ACTUALLY TRUE:** God does not hate all divorce. He made provision for some divorce (see Exodus 21:10 for God's care for a female in a patriarchal culture).

What about Malachi 2:16? *Malachi 2:16 was mistranslated in the KJV.*

"The man who hates and divorces his wife says the Lord the God of Israel does violence to the one he should protect says the Lord Almighty. So be on guard and do not be unfaithful." —NIV

- **THREE BIBLICAL STATEMENTS WE KNOW ARE TRUE:**

1. Women are loved and protected by God even when the culture was very patriarchal and male-centered.
2. God values the sanctity of marriage and so a casual divorce is not okay with God.
3. There are times when divorce was permitted and acceptable, even in God's eyes.

For more information, go to Leslie's Podcast on divorce:
<https://www.youtube.com/watch?v=Rrj5xg08FgM>

Where do I sense God speaking to me here? _____

THE FOUR LIES

Three Specific Ways to grow greater Biblical discernment:

1. Know who God is and is not. He doesn't contradict himself. (Hebrews 1:3, Col. 1:5, John 1:1)
2. Understand the culture and context in which the Bible passage you're reading was written. Is it proscriptive or descriptive?
3. Trust the Holy Spirit within your heart to guide you all truth. (John 14:17; 26; John 16:13; 1 John 2:27)

WHAT IS THE TRUTH ABOUT LIE #4?

LIE #4: There is nothing I can do.

- **FALSE PROMISE:** If I am patient and trust God, he will bless me with a better marriage.
- Exodus 6:9. When we are under oppression it's hard to believe or trust God.
- **WHAT'S ACTUALLY TRUE:** The Bible says it pleases Him to make me strong (Psalm 89:17). Diminishing myself to keep up a pretend peace is not God's best for me or for him. I cannot change him but God desires to change and mature me, even in this hard marriage.

How? By developing your inner CORE strength.

Single Most Important Thing you can do RIGHT NOW!

WORK ON BUILDING YOUR OWN CORE STRENGTH.

HOW?

CORE Strength



I will be courageously committed to TRUTH.

- No more pretending. Romans 1:25, Jeremiah 17:9
- Identify the lies you believe so you can live in truth. Proverbs 14:15
 - Lie #1
 - Lie #2
 - Lie #3

Where am I lying and pretending to keep up the appearance of a healthy or happy home?
What might be different if I felt supported to courageously commit to true truth?



I will be open to the Holy Spirit and wise others.

- The Psalmist prayed, "Teach me your way, O Lord and lead me on a level path because of my enemies." Psalm 27:11
- High achievers are not afraid to look at the replay (Todd Herman).
- When you find yourself in a mess, you have to be honest "I am here."
- Invite wise women into your life who can support you.
- James 1:22-25

Who are wise others in my life right now? Do I need more support to grow into a stronger woman? Yes or No

CORE Strength



I will be responsible for myself and respectful towards others, without dishonoring myself.

- You give God no glory, nor do you do your children any favors, if you stay married with a heart full of bitterness, resentment, fear, hatred, or indifference.
- You must take care of yourself and be responsible to nurture the person you are meant to be and become.
- Learning to think in a healthy way rather than unhealthy way will empower you to make significant changes in yourself and your life.
- Serious sin not only affects you, it INFECTS you with its poison.

Where do I need a boundary I don't currently have?

"Above all else, guard your heart." Proverbs 4:23 ...Do I need more help learning how to steward my heart?



I will be EMPATHIC and compassionate towards others without allowing people to continue to abuse or disrespect me.

- "Your kindness will reward you but your cruelty will destroy you." - Proverbs 11:17

"Compassion does not excuse what was harmful. It simply tells the truth without hatred."

—Melody Brock Lovvorn

What would it look like to release resentment without enabling him?

Do I have the support and accountability to do this without slipping back into overfunctioning or enabling?

Why is it important for you to build your own CORE strength?

Why is it important for your children that you build your CORE Strength?

If you don't build and strengthen your CORE Strength, you will always react out of your emotions and circumstances. Is that how you want your life story to read?

NEXT STEPS

JOIN

Walking in CORE Strength™

3-MONTH COACHING GROUP

Our first session is the week of September 14th, 2026.

Find out more at: leslievernick.com/groupcoaching

IMPORTANT SAFETY NOTES:

If you are afraid for your safety, do not confront your abuser.

Also, do not tell someone and then return home.

Domestic Violence Hotline 1 800 799 SAFE

Get support from women who know and understand what your life is like.