

**Unraveling the Lie-Knot Syllabus**  
**Book & Bible Study for Women**  
**Freedom In Christ Ministries**  
***United States and Canada Class***  
**Sheryl Giesbrecht Turner – Facilitator**  
**Christianne Debysingh –Co-Facilitator**  
**Fall 2025**

12 Week Program:

Registration Ends: Monday 8/15/2025

Study Starts: Thursday 8/21/2025 at 4:00 pm PST via zoom

Group Freedom Appointment on 10/25/2025 7:00 am – 12:00 pm PST via Zoom

Study Finishes: 11/6/2025 at 4:00 pm PST via Zoom

\$79.00 Cost Includes Required Course materials:

1. 12 weeks of mentoring by the author of the book & Bible Study - *“Unraveling the Lie-Knot: Finding Freedom from the Tangles of Discouragement, Deception, and Depression”*
2. Access to “Unraveling the Lie-Knot” teaching videos on [www.ficm.org](http://www.ficm.org)
3. Workbook – The Steps to Freedom In Christ

**8/21/25 - Week 1.** Ice breaker, introductions of group members, describe class expectations. From the book's introduction, Sheryl will explain how to use the Loosening the Lies section. Each participant is encouraged to be prepared for class every week by reading the chapter to be studied, watching the video that correlates with the chapter, and completing (by filling in your personal answers in the blanks) for the Loosening the Lies section at the end of the chapter to be studied. We will be discussing the topics listed below and the Loosening the Lies section as a large group. We will divide into three Zoom breakout rooms for prayer to end the class time.

**8/28/25 – Week 2.** Chapter 1: Knotted - How Did I Get Here?

What is a “lie-knot” will be defined. Why “lie-knots” hold fast will be discussed.

Loosening the Lies – pgs. 33 – 41

**9/4/25 – Week 3.** Chapter 2: Tangled - Where Are You God?

What is “identity in Christ”? What does it mean to stand in our position in Christ?

Loosening the Lies – pgs. 56 – 65

**9/11/25 – Week 4.** Chapter 3: Snarled - Why Should I Trust You God?

Have you encountered anyone who has depression? Has the concept of “unwrapping” inspired you? Are you ready to allow Jesus to do your “unwrapping”? (John 11:1-44)

Loosening the Lies – pgs. 81 – 90

**9/18/25- Week 5.** Chapter 4: Twisted - Why Didn't You Come Through?

Do you know anyone who has been involved in the occult? Why does worldview matter?

Loosening the Lies – pgs. 107 – 114

**9/25/25 – Week 6.** Chapter 5: Snagged - Does My Life Matter?

Has your view of spiritual warfare been changed or enriched? Is Satan powerless?

Loosening the Lies – pgs. 131 – 139

**10/2/25 – Week 7.** Chapter 6: Enmeshed - Are My Sins Forgiven?

Have you found freedom through forgiveness? If not, what is holding you back?

Loosening the Lies – pgs. 156 – 165

**10/9/25 – Week 8.** Chapter 7: Warped - I Don't Want Anyone to Tell Me What To Do!

Has your view of submission been enriched? In what ways?

Loosening the Lies – pgs. 179 – 187

**10/16/25 – Week 9.** Chapter 8: Twirled - I Don't Need Anyone's Help!

Has your view of dependence been enhanced? In what ways?

Loosening the Lies – pgs. 204 – 212

**10/23/25 – Week 10.** Chapter 9: Loosed - I Can Do This!

Has your view of deliverance been supplemented? In what ways?

Loosening the Lies – pgs. 227 – 236

**10/25/25 – 2<sup>nd</sup> Half of Week 10.** Group Freedom Appointment – Saturday - 7:00 am – 12:00 pm

**10/30/25 – Week 11.** Chapter 10: Freed - Excited for God's Plan for Me!

Is the concept of "resolving the past sins of your ancestors" new to you? If yes, explain. If no, explain why not.

Loosening the Lies – pgs. 250 – 259

**11/6/25 – Week 12. -- Testimonies – What's Next?**

Stronghold Buster Presentation – pgs. 261-274 & Where Do We Go From Here? Pgs. 289-298