

*“For as he thinketh in his heart, so is he...” (Proverbs 23:7)*

## □ Examples in Scripture

- **2 Samuel 9**—Mephibosheth was crippled from a very early age because his nurse believed that David was out to kill the descendants of Saul and Jonathan. He lived in a far away land, crippled and in fear, because he believed King David wanted to do him harm. In truth he was heir to the covenant between David and Jonathan, but was living in a desert because he believed, “I am nothing more than a dead dog.” David mercifully repeated the truth to him: to bless and restore him in the kingdom.

**Just because we stumble and spiral downward time and again,  
only means that God continues to pursue us over and over again.**

- **1 Kings 18–19:18**—A great spiritual showdown had just taken place, with Elijah commanding the people to take a stand between which God they would serve. The prophets of Baal were slain, and the great drought miraculously ended. Jezebel sent a threat to his life, and he ran in fear. He stated his lie twice: “...I, even I only am left.” (1 Kings 19:10,14) God spoke the truth directly to his lie, “I have reserved seven thousand in Israel who have not bowed the knee to Baal...”

## □ Danger of a lie:

- Lies affect your relationships with others as well as with your heavenly Father. (Psalm 51:6)
- Your lies will feed the lies of others. Reactions based on a lie will reinforce the lies being spoken to others.
- Lies are used to excuse character flaws—a cop-out for shortcomings.
- Some traits attributed to “just my personality” are nothing more than a mask for the fruit from deep-seated lies.
- You are created in the image of God; Are these accusations against your character true of the attributes of God? Where in the character of Christ do you see your lie? What are we believing about ourselves that does not line up with God’s character?

## Separate Person from Performance

Do the circumstances of life dictate who you are as a person? You may never “get it together” or be “as smart as” others, but does that change who you are in Christ? If nothing changes in your outward circumstances, are you still loved and accepted in Him?

## □ How do we believe a lie?

1. **Validation**—Whoever you give the power to validate you, you also give the power to destroy you—invalidate you.

- Do NOT look for a spouse to meet your needs, and to fill voids in your life! Many marriages come to each other looking to take what the other person has that you want or are lacking.
  - Disappointment comes by expecting from another what only God can give. Allow God to answer your core questions. (Isaiah 57:15; Micah 6:8)
2. **Hurt/Rejection**—The enemy comes in on the tail end of a wound with a lie
- Many times you are hurt or rejected by the very thing you look to validate you. If that painful experience is not responded to in the grace of God, bitterness will take root. Satan will add incident after incident throughout life to reinforce it.
3. **Bitterness**—Comes when we “sit down” and have a conversation with the Enemy.
- We shake hands with the Enemy and make an agreement
  - If we do not take hold of the grace of God, you become the victim. Victims never get free.
3. **Lie**—Conclusions about your identity based on circumstances or acceptance by others.
- “Because of this circumstance (this person who hurt me), therefore I must be \_\_\_\_\_ (worthless, stupid, on my own, etc.)”

### ☐ Use irritations to identify core lies

Allow God to show you the issues of your heart, one at a time, level by level.

- Ask God what is keeping you from discovering your lie?
  - “Why do I react this way? Why do I have these habits? Why can’t I respond to others and engage emotionally? What is it inside me that leads me to choose to not lay my life down?”
- When we humble ourselves, take our own responsibility and die, God raises us up from the grave to walk in resurrection power.
- You cannot identify your lie and find the truth if you are hiding sin and/or bitterness. When the grace of God is resisted, freedom is bound.
- Certain facets of life, capabilities, abilities, failures, etc, may be true, but what is the deeper lie that pins that to your character? What is the deeper lie from the Accuser of your soul telling you about yourself as a person? i.e.: “I can’t do this or that, therefore I am \_\_\_\_\_” (worthless, a ‘nobody’, etc.)
- Repent—take responsibility for making an agreement with the Enemy and agreeing to these lies, instead of just succumbing to the “fact” (lie) that he doesn’t love you, you’re not worth pursuing, you’re abandoned, etc.
- Cry out for God to show you your true character, of who you are in Christ, Whose image you are created in! Expose the lie you have accepted as truth for so many years, and renounce it in the name of Jesus.

## □ Speaking Truth to Others

*“Your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour.” (1 Peter 5:8) “For God has not given us the spirit of fear, but of power, and of love, and of a sound mind.” (2 Timothy 1:7)*

### Engage - Pursue - Restore to Truth vs. Fear - Run - Abandon

- Satan is the Father of Fear and Lies who seeks to divide and conquer. (John 8:44)
- Lies are woven into the things that you fear.
- Reach into the lives of others when they are reacting. Ask them, “What are you afraid of? Whatever is driving and tormenting you right now is not of God. What is the truth in this situation? What is this saying about His character?”
- When dealing with your children, look for possible lies they are believing which would affect their behavior. They may not always be in rebellion, but are hearing the Enemy’s lies, causing them to withdraw from the rest of the family.
- Just because you identify your lie, does not mean you won’t hear it again. But once you are on guard, you have the weapon of Truth to now recognize it as such, and can speak the Truth to it.

## List of Common Lies:

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  - I don’t have what it takes
  - I’ll never be man enough
  - I’m not adequate for the task
  - If I’m not perfect, I won’t be loved.
  - I’m Stupid
  - I’ll never measure up
  - I don’t fit/belong
  - I’m just passive
  - “He doesn’t love me—if he did, he would \_\_\_\_\_”
  - I am on my own—abandoned to do it myself
  - I am not special, and have nothing to offer.
  - If I do not control, I will be hurt. I must protect myself
  - I don’t need anyone!
  - I’m worthless, not deserving
  - I’m not needed
  - I’m not worth pursuing

## Personal reflection:

- When you begin to spiral out of control, what are you hearing? (I’m an idiot, I’m inadequate, I’m on my own, etc.)
- What is your first memory of hearing this lie? Where was the grace of God resisted?
- When did you enter into a conversation, shake hands with the Enemy, and agree with the lies he fed you about yourself, your spouse, your children, or others?

- Identify Commands of Christ that have been violated
- Take responsibility for having that conversation with the Enemy
- Take your questions to God, and allow Him to answer.
- Cry out to renounce the lie, and speak truth to replace it.  
*(Speak it out loud!!!)*
- Resist bitterness, grab hold of God's grace, and walk in His Truth.