

Sample Truth & Lie List

John 8:32

Then you will know the truth,
and the truth will set you free!

LIE	TRUTH	SCRIPTURE
I am a loser.	I am a conqueror.	Romans 8:37
I am ugly.	I am beautiful.	Song of Solomon 4:7
I'm a mistake.	I am wonderfully made.	Psalms 139:14
I can't be forgiven.	I am forgiven.	Romans 8:1
I'm not good enough.	I am God's child and because of Jesus I am deeply loved, completely forgiven and fully accepted by God. I am enough simply because He is enough in me.	1 Corinthians 6:11
I can't do anything.	I can do all things with the strength of God.	Philippians 4:13
I'm not safe.	God will protect me. I can run to Him as my loving Father.	Proverbs 18:10
I can't trust God.	I can trust God with my whole heart.	Proverbs 3:5-6
I have to be tough.	My weakness is what makes God's power real in me.	2 Corinthians 12:9
I have to be perfect.	God is the only perfect one, he is perfecting His ways in me and I just need Jesus.	Mark 10:18
I am ashamed.	Because of my faith I will not be put to shame.	Romans 10:11
I'm unlovable.	God loves me enough to send his son Jesus for me. I am fully loved.	John 3:16
I'm insignificant.	I do matter and I have great significance as God's child.	1 John 3:1
I'm such a failure.	I am a child of God who sometimes fails.	1 Corinthians 15:57

Create a Truth and Lie list. After praying them through, renew your mind every day for 21 days. Reject the lie and proclaim the truth out loud. You are allowing the truth of God’s Word to re-wire what the enemy has used to hold you in bondage. Pray and ask God to renew your mind. Do it during your quiet time with God in the morning. Take a picture on your phone and when the lies come in during the day, pull out your truth list and speak it over yourself.

“I reject the lie that says _____, I replace it with the truth that God says _____!”

Lie

Truth

Scripture

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