

## List of common lies

- ☐ Everyone hates me.
- ☐ I am a burden
- ☐ God does not care about me.
- ☐ I am a failure.
- ☐ Everything I do turns out bad.
- ☐ No one understands me.
- ☐ Nobody loves me.
- ☐ I must protect myself (or be hurt).
- ☐ I cannot please anyone.
- ☐ God never does anything for me.
- ☐ I always mess things up.
- ☐ I always mess up.
- ☐ Nothing I have to say is important.
- ☐ I'm just a passive person.
- ☐ I will never accomplish anything.
- ☐ I'll never be man enough.
- ☐ I don't deserve anything.
- ☐ I am a loser.
- ☐ I am not gifted.
- ☐ God does not love me.
- ☐ I am all alone.
- ☐ My opinions never matter.
- ☐ I am forgotten.
- ☐ I am hopeless.
- ☐ I am insignificant.
- ☐ I am never going to get anywhere in life.
- ☐ Everyone is against me.
- ☐ I am not accepted.
- ☐ I am not good enough.
- ☐ God cannot use me.
- ☐ I can't say anything right.
- ☐ I am not important.
- ☐ I can never change.
- ☐ I'll never measure up.
- ☐ I'm a burden to my parents.
- ☐ I am not special.
- ☐ I am not worthy of love.
- ☐ I cannot keep from failing.
- ☐ I am on my own.
- ☐ I am stupid.

- ☐ No one appreciates what I do.
- ☐ I can't speak in public
- ☐ I am ugly.
- ☐ I am weird | different.
- ☐ I am worthless.
- ☐ I can never overcome \_\_\_\_\_.
- ☐ I can't hear from God.
- ☐ No one cares how I feel.
- ☐ I cannot be forgiven.
- ☐ I can't do anything worthwhile.
- ☐ I don't have any real friends.
- ☐ I have nothing to offer someone
- ☐ I cannot speak well.
- ☐ I am boring.
- ☐ I was a mistake.
- ☐ I will never be as good as \_\_\_\_\_.
- ☐ God has no purpose for my life.
- ☐ I'll never be free.
- ☐ I'm not adequate.
- ☐ I'm not needed.
- ☐ I am always left out.
- ☐ I am an idiot.
- ☐ If I'm not perfect, I won't be loved.
- ☐ It's always my fault.
- ☐ I am not qualified.
- ☐ Everyone will be better off without me.
- ☐ I cannot please God.
- ☐ I don't fit | belong.
- ☐ My past will always define me.
- ☐ I am not likeable.
- ☐ Nothing I do is ever good enough.
- ☐ I am always wrong.
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## Steps to Identify and break lies

Pray through each of these lies one by one. As you do this, a memory may come to your mind or you might sense there may be more the Lord wants to do, take time and let Him speak to you. You can ask yourself “When have I felt this way before. Lord, show me where this started.” Allow the Lord to speak truth to you in that situation. If you were hurt by someone, bless them and repent of any bitterness you allowed in. Take responsibility for your part while recognizing that you have an enemy (father of lies) who helped bring the wound in the first place. This may not be necessary on every lie, so allow God to lead you.

One by one, ask:

*“Lord Jesus forgive me for making this agreement with the enemy and believing the lie that \_\_\_\_\_. Jesus deliver me from my enemy. I am Your child. I will not allow this lie to determine my life. In the Name and through Your blood Jesus, I break this lie and the agreement I made. Jesus take back the ground that I gave to the enemy. I give that ground to You. Lord replace this lie with the truth of who You say I am. Thank you Father for reviling this lie to me and breaking it’s hold over my life.”*

Now you must begin to replace the lies with truth! Search scripture for the truth of who God says you are and write it down. Read it daily until you began to believe it and live it!

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### **Practical Steps Once You Identify a Lie**

1. Share a lie you have been believing.
2. Identify and share the earliest memory.
3. Acknowledge the true pain or hurt.
4. Find your PR - Personal Responsibility.
5. Forgive, bless, and pray for those who hurt you.
6. Speak what is true and begin to replace the lie with the truth.

## Replacing the Lies with Truth

1 Meanings of my names \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2 Spiritual Gift \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3 Characteristics of my heroes \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

4 Eternal Perspective \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

5 Significant Scriptures \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

6 Lies and Truths \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

7. Fears \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# COMMIT

HE HAS SET  
eternity  
IN MY  
heart

**Identity Statement for \_\_\_\_\_**

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# COMMIT

# The Key to Freedom

**The key to opening the prison door... \_\_\_\_\_ responsibility!**

The sin done against us, often becomes the \_\_\_\_\_ of our own sin.

Many times we become who we hate, because they become the \_\_\_\_\_ of our attention.

Freeing Ourselves by Releasing Jugements - (watch video at [WITMinistries.com](http://WITMinistries.com))

## ***Bitterness...***

**RE-WRITES** your past,

***CURSES* your future.**

~ Jennifer Thomas

*“Truly, I say to you, whatever you bind on earth shall be bound in heaven, and whatever you loose on earth shall be loosed in heaven.” Matt. 18:18*

Definition of judgment: To condemn, final condemnation

Definition of discernment: Perception in the **absence** of judgment with a view to obtaining spiritual direction and understanding

Judgments cause us to:

- \_\_\_\_\_ interpret someone's words or actions
- Pull away, close down, react
- Not have

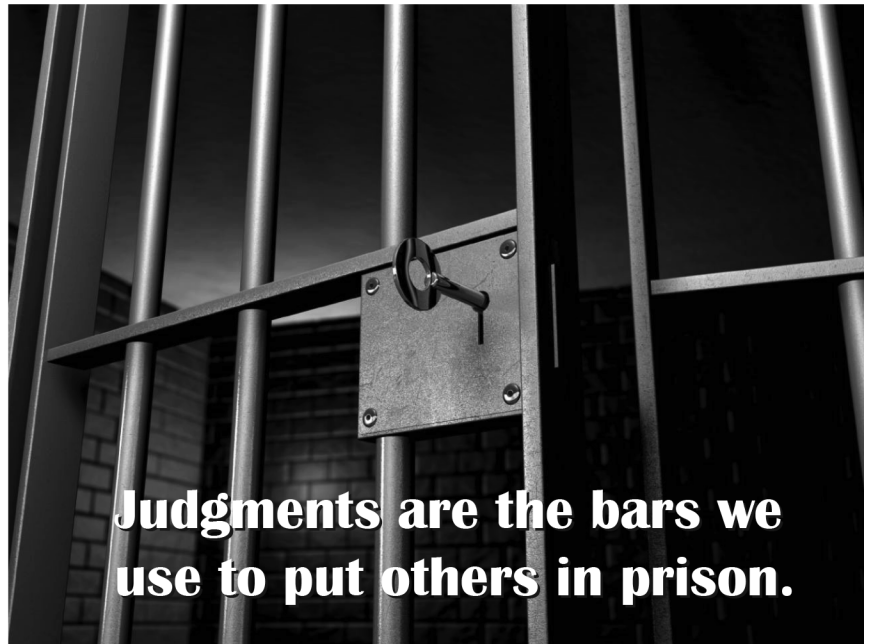
Judgments come when we believe a “\_\_\_\_\_” about someone’s character.

A judgment will often have a historical reference point.

*“Judge not, that you be not judged. For with what judgment you judge, you will be judged; and with the measure you use, it will be measured back to you. Matthew 7:1-2*

**Often we bring the unresolved emotions of the past  
into the pain of the present. ~ Jenny Speed**

*“Do not judge, and you will not be judged; and do not condemn, and you will not be condemned; pardon, and you will be pardoned. Give, and it will be given to you. They will pour into your lap a good measure—pressed down, shaken together, and running over. For by your standard of measure it will be measured to you in return.” Matthew 6:37-38*



**Judgements I have against others:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Negative vows I have made (solemn promise):** ex. “I will never marry a man like my father.”  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Replacing the Lies with Truth

### EXAMPLES:

**Jenny** - I am Jenny Lynne Speed a beautiful, passionate women of God, who loves God and desires to please Him. I have been called and annointed to exhort others to walk in freedom from sin and pursue righteousness. I speak with wisdom upon my tongue and kindness upon my lips. My trust is in the Lord my God, my Savior, and my deliverer. He protects me, pursues me, and provides for all my needs. I am not alone! He has chosen me because He loves me...and as a result, I am enamored by His love!

**Lisa** - Christ in me is a tender warrior, a polished stone. Deeply loyal, meeting the needs of others with personal concern. I offer myself willingly to be under God's control, forcefully advancing His Kingdom through meekness. God gains great glory as I allow Him to be strong in my failures, never giving up hope, I let God have His way in and through me for my hope is in the Lord. Many signs and wonders follow me, bringing multitudes to the Lord. Faithful as a friend.

**Bethany** – I am an abiding place for my God. He delights in dwelling with me. I am a light that He has set upon a hill to shine into all the world. I am compassionate to those who are hurting. I love the ones that are unloved. God has given me a heart of compassion for all people. Christ has made me a tender warrior, deeply loyal, meeting the needs of others with personal concern. God is going to use me to do great things, for He loves me and walks with me daily.

**Sherise** - I, Sherise Ann Dawes, am a precious cherished daughter of the King. I have been graciously chosen by my Heavenly Father. I call Him "Abba, Daddy" and I know that I am the apple of His eye. He loves me with an everlasting love and I rest in the comfort of His arms knowing that He will never leave me nor forsake me. As His daughter, I desire to glorify Him by being a cheerful giver who gives not only of myself but of the resources that He has abundantly blessed me with.

**Keisha** - I am Keisha Wright, a kind, patient woman of God. God has personally selected me to live the impossible dream. He has called and chosen me by name to live my life according to His plan. I will choose forgiveness because I to have been forgiven. I will be the hands and feet of Jesus to all who come in contact with me. May my tears always wash His feet, so that one day I will see His face.

**Shanna** - I am Shanna Danielle Thompson. A gracious gift of God created to proclaim His compassionate love to a hurting world. I have beautiful scars that testify to the redeeming grace of my Savior and I have been sent to share His story in me to those who are alone and hurting. I have been given a heart of passionate worship filled with songs of praise and joy which are a sweet fragrance to my Father Jesus. He loves me, leads me, cares for and comforts me. I take refuge in the heart of my Lord and am filled with His peace and joy.