

Anxiety Is a Liar and a Thief

Catching the lies, closing the door and taking back your peace

TAMMY LODGE

Regulated Woman

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Jesus came to give you
a rich and satisfying life

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Welcome

The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life.
John 10:10

Anxiety is a liar and a thief.

It lies to you about who you are, what is going to happen and who God is. It whispers "What if...?" and paints the worst picture. It tells you that you're not safe, that you can't cope and that you're on your own.

And while it's lying, it's stealing. It steals your peace, your sleep, your joy and your presence. It steals precious moments with the people you love. It steals opportunities, because it keeps you small and afraid.

But Jesus came to give you a rich and satisfying life. And you don't have to keep listening to the liar, or letting the thief into your house.

But when I am afraid, I will put my trust in you.
Psalm 56:3

This booklet will help you catch the lies, close the door on the thief, look at what may be underneath, and take back what has been stolen.

HOW TO USE THIS BOOKLET

- Read a section at a time.
- Say the truths and declarations out loud.
- Use the "Catch the Thief" steps whenever anxiety knocks.
- Write in the journal pages, and pray the prayers.

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The Lies Anxiety Tells

And the truth that sets you free

Anxiety speaks in “what ifs”, “always” and “never”. It sounds convincing, but it’s not the truth.

> *He has always hated the truth, because there is no truth in him. When he lies, it is consistent with his character; for he is a liar and the father of lies.*
> *John 8:44*

ANXIETY SAYS…	GOD’S TRUTH SAYS…
What if the worst happens?	God is with me, whatever happens.
You’re not safe.	The Lord is my refuge and my fortress.
You can’t cope.	I can do everything through Christ, who gives me strength.
You’re on your own.	He will never fail me or abandon me.
Something bad is coming.	His plans for me are good, to give me a future and a hope.
You have to control everything.	I can give all my worries and cares to God.
You’ll get it wrong.	God’s grace is enough for me.
You’ll miss out.	My times are in His hands.
Everyone is judging you.	I am accepted and loved by God.
It will never get better.	God is doing a new thing.

MY LIES

The lies anxiety tells me most:

The truth I will speak instead:

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What Anxiety Steals

And what God restores

The Lord says, "I will give you back what you lost to the swarming locusts."
Joel 2:25

ANXIETY STEALS MY…	GOD RESTORES MY…
Peace	Peace that guards my heart and mind
Sleep	Sweet, restful sleep
Joy	Joy that is my strength
Presence	Ability to be here, now, fully alive
Time	Days lived well, not wasted on worry
Relationships	Closeness, trust and connection
Confidence	Courage to step out
Opportunities	Open doors and fresh starts
Faith	Trust that He is good and in control

What has anxiety stolen from me?

What am I asking God to restore?

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Catch the Thief

Five steps when anxiety knocks

1. Notice. "I'm feeling anxious. My thoughts are racing and my body is tense."

2. Name it. Say out loud: "That's anxiety lying to me. I see you, thief. You're not welcome here."

3. Capture the thought. Don't follow it down the rabbit hole. Hand it to Jesus.

> *We capture their rebellious thoughts and teach them to obey Christ.*
> *2 Corinthians 10:5*

4. Replace it with truth. Speak a scripture or truth out loud.

> *Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand.*
> *Philippians 4:6–7*

5. Be still and breathe. Breathe in slowly and say, "Be still…" Breathe out slowly and say, "…and know that I am God." Repeat until you feel calmer.

Then take one small step based on truth, not fear.

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What Is Underneath?

Asking God to show me the root

Anxiety often points to something underneath. It may be an old fear, a hurt that was never healed, an unmet need, something buried or unaddressed, or a pace of life we were never made for. When we let God deal with the root, the fruit starts to change.

Search me, O God, and know my heart; test me and know my anxious thoughts.
Psalm 139:23

GENTLY ASK YOURSELF

- When did I first feel like this?
- What is this feeling trying to protect me from?
- Is there something old, buried or unaddressed here?
- Am I carrying something that isn't mine to carry?
- Am I living at a pace, or with too much or too little, that unsettles me?
- What do I really need right now?

What I sense God showing me:

A PRAYER FOR THE ROOT

Father God, You know my heart and my anxious thoughts.
Show me what is underneath this anxiety.
If there is an old fear, heal it.
If there is a hurt I have never grieved, comfort me.
If there is something buried or unaddressed, bring it gently into the light.
If I am carrying what isn't mine, help me to lay it down.
Deal with the root, Lord, not just the fruit.
Fill every empty place with Your love and peace.
In Jesus' name,
Amen.

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Standing Guard

Keeping the thief out

Guard your heart above all else, for it determines the course of your life.
Proverbs 4:23

The thief looks for an open door. These daily habits help to keep it shut.

MY DAILY GUARD

- ☐ Start the day with God before my phone.
- ☐ Hand over my worries in prayer each morning.
- ☐ Speak a truth out loud when a lie comes.
- ☐ Limit news, scrolling and anything that feeds fear.
- ☐ Get outside, breathe fresh air and move my body.
- ☐ Notice and thank God for three good things.
- ☐ Keep my pace steady, and rest before I'm empty.
- ☐ End the day by releasing everything to God.

THE WORRY HAND-OVER

Write down what you're worried about, then pray over each one and hand it to God.

MY WORRY	I HAND IT TO GOD	HIS TRUTH

Give all your worries and cares to God, for he cares about you.
1 Peter 5:7

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Prayers

A PRAYER TO EVICT THE THIEF

In the name of Jesus, I take back my peace.
Anxiety, you are a liar and a thief, and you are not welcome in my life.
I close every door I have opened to you through fear, worry and agreement with your lies.
I break every agreement I have made with fear.

Father, fill my mind with Your truth, my heart with Your peace and my body with Your calm.
Restore everything anxiety has stolen: my peace, my sleep, my joy and my presence.
Guard my heart and mind in Christ Jesus.
In Jesus' name,
Amen.

A MORNING PRAYER

Lord, before this day begins, I give it to You.
I hand You every worry about what might happen.
You are already in my day, and You go ahead of me.
Let me live today from peace, not fear.
In Jesus' name,
Amen.

A PRAYER WHEN ANXIETY STRIKES

Jesus, I'm anxious right now.
I don't know what will happen, but I know You.
Calm the storm in me, as You calmed the wind and the waves.
Speak to my racing thoughts: "Silence! Be still!"
I put my trust in You.

In Jesus' name,
Amen.

A NIGHT-TIME PRAYER

Father, I lay down everything I carried today.
I release every worry, every "what if" and every replayed conversation.
Watch over me while I sleep.
Give me sweet, restful sleep, and wake me refreshed.
In Jesus' name,
Amen.

When doubts filled my mind, your comfort gave me renewed hope and cheer.
Psalm 94:19

DECLARATIONS

Anxiety is a liar, and I will not believe its lies.
Anxiety is a thief, and I take back what it has stolen.
God has not given me a spirit of fear, but of power, love and a sound mind.
I give all my worries and cares to God, because He cares for me.
His peace guards my heart and my mind.
I am safe in Him.
I live a rich and satisfying life.

If anxiety feels constant or overwhelming, please don't carry it alone. Talk to someone you trust, your church family, or your GP.

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My Truth Journal

Catching the lies and writing the truth

DATE	THE LIE	GOD'S TRUTH	WHAT I DID

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A Closing Blessing

May you see anxiety for what it is: a liar and a thief.
May you shut the door on fear,
and open your heart wide to the peace of Christ.
May God give you back everything that was stolen,
and more besides.
May you sleep sweetly, live fully and trust deeply.
And may His peace, which is greater than anything we can understand,
guard your heart and your mind, today and always.
Amen.

Anxiety is a liar and a thief. Jesus came to give you life.

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My Notes and Prayers

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Give all your worries and cares to God,
for he cares about you.

1 Peter 5:7

regulated-woman.com

become@regulated-woman.com