

Gaslighting: Recognizing the Lies, Living in God's Truth

Introduction

Gaslighting is a form of manipulation that causes you to doubt your perception, memory, or sanity. This guide will help you recognize gaslighting, understand its impact, and walk in truth and freedom through faith.

Key Scripture:

John 8:32 – “Then you will know the truth, and the truth will set you free.”

Reflection Prompt:

- Have you ever doubted your own perception because someone else denied reality?
- Journal: Write down a time when you questioned your feelings or memory.

1. Understanding Gaslighting

Definition: Deliberate manipulation to make someone question their reality.

Everyday Examples:

- A spouse denies saying something hurtful.
- A friend tells you you're “too sensitive.”
- A boss rewrites events to make you doubt your memory.

Scripture:

Proverbs 12:22 – “The Lord detests lying lips, but he delights in people who are trustworthy.”

Journal Prompt:

- Reflect: In what areas of your life have you experienced denial or distortion of the truth?
- How did it make you feel emotionally and spiritually?

2. Why Gaslighting Hurts

Impact:

- Erodes confidence
- Creates self-doubt
- Attacks emotional and spiritual well-being

Scripture:

1 Corinthians 14:33 – “For God is not the author of confusion, but of peace.”

John 10:10 – “The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.”

Journal Prompt:

- How has gaslighting affected your confidence or sense of self?
- Write a prayer asking God to restore clarity and peace in areas of doubt.

3. Recognizing the Signs of Gaslighting

Sign #1: Constant Denial of Facts

- They deny events you remember.
Scripture: Isaiah 30:21 – “Your ears will hear a voice behind you, saying, This is the way; walk in it.”

Sign #2: Shifting Blame

- They make everything your fault.
Scripture: Romans 14:12 – “Each of us will give an account of ourselves to God.”

Sign #3: Minimizing Your Feelings

- They call you “too sensitive” or “overreacting.”
Scripture: Psalm 34:18 – “The Lord is close to the brokenhearted.”

Sign #4: Withholding Information

- They refuse to engage or answer.
Scripture: James 1:5 – “If any of you lacks wisdom, ask God, who gives generously.”

Sign #5: Twisting What You Value Most

- Using your faith, love, or values against you.
Scripture: Galatians 5:1 – “It is for freedom that Christ has set us free. Stand firm.”

Journal Prompt:

- Which of these signs have you experienced?
- How did it make you feel?
- Write a prayer asking God for wisdom to recognize truth and avoid manipulation.

4. Protecting Yourself from Gaslighting

1. Stand Firm in Truth

- Keep notes, journal experiences, and trust your memory.
Scripture: Ephesians 6:14 – “Stand firm with the belt of truth buckled around your waist.”

2. Guard Your Heart

- Avoid absorbing lies or internalizing manipulation.
Scripture: Proverbs 4:23 – “Above all else, guard your heart, for everything you do flows from it.”

3. Seek Wise Counsel

- Trusted friends, mentors, or counselors provide perspective.
Scripture: Ecclesiastes 4:9–10 – “Two are better than one, because they have a good reward for their toil.”

4. Set Boundaries

- Protect your time and emotional space.
Scripture: Matthew 5:37 – “Let your Yes be yes, and your No be no.”

5. Lean on Scripture and Prayer

- Daily affirmations and God’s Word anchor your mind.

Journal Prompt:

- Which of these strategies can you start implementing today?
- Write an action step for each one that feels realistic.

5. Inspirational Anchor

Affirmations:

- “I am chosen.” (1 Peter 2:9)
- “I am not forgotten.” (Isaiah 49:15–16)
- “I am strong and courageous.” (Joshua 1:9)
- “I am loved.” (Romans 8:38–39)

Reflection Prompt:

- Repeat these affirmations aloud. Write how each one makes you feel.

- Pray: Ask God to fill your heart with His truth and silence the lies you've believed.

6. Closing Encouragement

- Gaslighting may dim the lights temporarily, but God is your everlasting light.
Isaiah 60:19 – “The Lord will be your everlasting light, and your God will be your glory.”

Journal Prompt:

- Write a prayer surrendering all manipulation, lies, or doubt to God.
- Declare one area where you will walk in clarity and truth this week.



Optional: Use this weekly guide as a reflection tool. Revisit the scriptures, journal prompts, and affirmations to reinforce freedom, clarity, and confidence in God's truth.

