



*Fighting the Lies
of the Enemy:*

**12 SCRIPTURAL TRUTHS TO DECLARE
OVER YOUR DISAPPOINTMENTS**

by Lysa TerKeurst

Hi friend,

Do you ever feel like you've slipped through the cracks of God's good plans?

It's the subtle lie that slips in when life isn't turning out the way we thought it would. One hard thing seems to give way to another hard thing, and then more hard things. And there just seems to be too many days like this.

We try to pretend we're fine, but we're not. We're disillusioned, devastated, let down, driven to the brink of utter frustration ... disappointed.

And in those quiet, unexpressed, unwrestled-through disappointments, Satan is handcrafting his most damning weapons against us and those we love. It's his subtle seduction to get us alone with our thoughts so he can slip in whispers that will develop our disappointments into destructive choices.

If the enemy can isolate us, he can influence us.

And his favorite entry point of all is through our disappointments. The enemy comes in as a whisper, lingers like a gentle breeze, and builds like a storm you don't even see coming. But eventually his insatiable appetite to destroy will unleash the tornado of destruction he planned all along. He doesn't whisper to our disappointed places to coddle us. He wants to crush us.

But I want to be the friend who declares to you today that while the enemy may be vicious, we don't have to let him be victorious in our lives!

When our hearts hurt and life gets really hard, we need reminders of God's goodness. And I've found that declaring the Word of God increases my trust in God.

That's why I pulled together this resource. You will find six different sections in this guide. Each section is based on one of the main areas the enemy loves to try to gain a foothold over in our lives coupled with questions for reflection, Scripture-based declarations, and room for you to write out some of your own enemy-quieting declarations.

Satan is the author of the deception that imprisons us, but our God is the author of the Truth that empowers us. Let's declare His goodness and His faithfulness today. Because when we express God's truth, we depress the enemy's lies.

Blessings,



Affection – MY HEART, WHAT I LOVE

REFLECT AND RESPOND: Are there any disappointing circumstances in your life causing you to doubt God's love for you? Has that doubt been leading you to pull away from the Lord or to seek love and affirmation from people or things instead of Him?

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TRUTH:

"Because he loves me," says the LORD, "I will rescue him;

I will protect him, for he acknowledges my name.

He will call on me, and I will answer him;

I will be with him in trouble,

I will deliver him and honor him."

(Psalm 91:14–15)

DECLARATION:

I love the Lord and I know He loves me. I'm declaring today over my situation that He will rescue me; He will protect me because I acknowledge His name. I can rest assured that when I call on Him, He will answer me. When Satan tries to isolate me, I will remember that with the Lord, I'm never alone. He promises He will be with me, deliver me and honor me in the midst of my most troubled seasons. So I'm holding tight to these promises right now and believing them for my life.

TRUTH:

They will have no fear of bad news;

their hearts are steadfast, trusting in the LORD.

(Psalm 112:7)

DECLARATION:

I declare right now that I will not fear bad news or hard things that I may face. They do not have any control over my heart or my relationship with Jesus. Instead, I will cling to God's Truth, which never changes with the news I receive. Truth is what I will build the foundation of my life upon! Yes, my heart belongs to the Lord and I fully trust in Him, even when my feelings beg me to doubt His goodness. Feelings don't have the final say; Truth absolutely does.

Write Your Own: Jeremiah 24:7; Jeremiah 29:13; Psalm 18:1-3

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Adoration - MY MOUTH, WHAT I WORSHIP

REFLECT AND RESPOND: Luke 6:45 tells us “the mouth speaks what the heart is full of.” What have your words been revealing about your heart? Surrender to God or suspicion of God? A heart that says “Thy will be done” or one demanding “my will be done”?

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TRUTH:

May these words of my mouth and this meditation of my heart be pleasing in your sight,

LORD, my Rock and my Redeemer.

(Psalm 19:14)

DECLARATION:

My greatest desire is for the words of my mouth and the meditation of my heart to be pleasing in the sight of the Lord. To represent the things He’s doing in me, for me and through me. I don’t want my words or my thoughts to be in alignment with the enemy. So I surrender every imagined thought and spoken word over to Jesus who can redeem them and be the true center of my adoration. Nothing will ever hold a higher place in my life than the Lord — my Rock and my Redeemer.

TRUTH:

Is anyone among you suffering? Then he must pray. Is anyone cheerful? He is to sing praises.

(James 5:13 NASB)

DECLARATION:

There are many hours, days, months and years that make up my seasons of suffering. Sometimes it feels unbearable. But I’m reminded that God cares so intimately about me that He has placed wisdom in His Word to guide me through these times of disappointment. Truth tells me that I can pray! So I lift up my raw emotions and honest struggles to the One who knows every intimate detail of my situation. And when I’m cheerful, Truth tells me to sing praises! So I lift up my voice to worship my God, in every season, for He has been so good to me.

Write Your Own: Psalm 29:2; Psalm 103:13-14; Psalm 138:1-3, 7

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Attention – MY MIND, WHAT I FOCUS ON

REFLECT AND RESPOND: Satan knows what consumes us, controls us. That's why he wants our minds to be consumed with thoughts of disappointment and unmet expectations. He knows we will be more easily derailed by darkness, dismantled by defeat, and drowned out by doubt. What has been consuming your thoughts lately?

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TRUTH:

Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. (1 Peter 5:8)

DECLARATION:

My enemy, the devil, is prowling and roaring and looking to devour me right now. He is vicious, but he will not be victorious in my life. I am declaring today that I will not be one of his victims, nor will I be afraid. Instead, I will be a woman who is awake and alert. A woman who — with God's help — thinks clearly, chooses wisely and lives according to His ways. By His Word, the Lord is making me wiser than my enemy. And I know my God is keeping me safe today.

TRUTH:

You will keep in perfect peace those whose minds are steadfast, because they trust in you. (Isaiah 26:3)

DECLARATION:

Life may be swirling all around me, threatening to steal my hope, my peace, my joy. But I am declaring right now that I will not be swept up into a storm of fear and wild emotions. The Lord has promised me that He will keep me in perfect peace when I fix my mind on Him. I very much recognize I will steer where I stare. So I must watch what I fixate on. If I keep staring at the wrong things, I'll go in wrong directions. I am choosing to place my attention on the Lord in this very moment. I am choosing to focus on trusting Him and believing His promises. And as I steer my attention more and more toward Him, His peace will come and flood my heart and settle my anxious mind.

Write Your Own: Psalm 5:3; Colossians 3:1; Lamentations 3:19-24

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Attraction – MY EYES, WHAT I DESIRE

REFLECT AND RESPOND: A heart hungry for something to ease the ache of disappointment is especially susceptible to the most dangerous forms of desire. What has your heart been hungering for lately? Sacred things that will lead your heart closer to God or secret things that will end up devouring you on the inside?

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TRUTH:

Let your eyes look directly ahead [toward the path of moral courage]
And let your gaze be fixed straight in front of you [toward the path of integrity].
Consider well and watch carefully the path of your feet,
And all your ways will be steadfast and sure.
Do not turn away to the right nor to the left [where evil may lurk];
Turn your foot from [the path of] evil.
(Proverbs 4:25–27 AMP)

DECLARATION:

The enemy would love to distract, derail and destroy me today. But I am choosing to fix my eyes on the Lord and the path of integrity that He has chosen for me. With the Lord by my side, I am a woman of courage. A woman who considers her choices carefully and thinks before she acts. I will not turn to the left or to the right, blindly following paths that will lead to my destruction. Instead, I will be a woman who stays in step with the Lord, knowing that He will keep my ways steadfast and sure.

TRUTH:

For everything in the world—the lust of the flesh, the lust of the eyes, and the pride of life—comes not from the Father but from the world.
(1 John 2:16)

DECLARATION:

The enemy would love for me to get caught up in the temptations of this world. He would love for me to give in to the devastating pull of my constant cravings for physical pleasure. The insatiable longing for all that I see. The pride that comes with achieving and owning more and more. But I declare that I am onto him and his ways. I know that pursuing pleasures outside the will of God is not what's best for me. These pleasures may feel good now but will eventually hurt me. Wrongly obtained pleasures will lead me to a place of dissatisfaction, depression and destruction. So I'm choosing to turn to Jesus with every longing in my heart. I declare that I am not powerless in the face of great temptation. The Lord is the One who makes me strong. And He is the One who satisfies my soul.

Write Your Own: Psalm 16:7-8; 2 Corinthians 4:17-18; Philippians 3:15-21

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Ambition – MY CALLING, WHAT I SPEND MY TIME SEEKING

REFLECT AND RESPOND: When God designed us, He did so on purpose and with purpose. But we have to choose to let our God-given mission determine our ambition. What would you say drives your life? God's purposes? Insecurities? The need for approval? Worldly gain? Or something else?

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TRUTH:

Therefore, holy brothers and sisters, who share in the heavenly calling, fix your thoughts on Jesus, whom we acknowledge as our apostle and high priest. (Hebrews 3:1)

DECLARATION:

As a woman who shares in the heavenly calling, who recognizes Jesus as my apostle and high priest, I declare I will pursue the purposes for which God created me. I will be most satisfied when I am most settled in my calling. I may not know all the details of the big calling before me, but I will absolutely be on assignment for God today. I will notice others who need the same kind of comfort God has given me for my hurts and disappointments, and I will offer help and hope to them. In fulfilling my assignments for today, I will most certainly discern His purposes for my future. The more I focus on Him, the more I will know His plans. He alone is worthy of my gaze and able to redeem my every thought and my every step from here.

TRUTH:

For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do. (Ephesians 2:10)

DECLARATION:

I am God's masterpiece — His handiwork, created in Christ Jesus to do the good things He prepared for me to do. I declare on this day that I will see the things that come my way as God's perfect plan to develop my character to match my calling. I will walk in His ways for me and give Him praise for the way He made me for the rest of my days.

Write Your Own: Philippians 3:13-14; Psalm 139:13-16; Luke 13:24

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Action – MY CHOICES, HOW I STAND FIRM

REFLECT AND RESPOND: Disappointing circumstances can leave us exhausted and frustrated. And the enemy would love nothing more than to lead us to a place of giving in and giving up. Are there any places in your life where you feel tempted to give up? Have you been standing firm on the promises of God or teetering on the edge of giving in — to poor choices, an attitude of defeat, quitting altogether?

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TRUTH:

So then, brothers and sisters, stand firm and hold fast to the teachings we passed on to you, whether by word of mouth or by letter. May our Lord Jesus Christ himself and God our Father, who loved us and by his grace gave us eternal encouragement and good hope, encourage your hearts and strengthen you in every good deed and word. (2 Thessalonians 2:15–17)

DECLARATION:

I confess that there are many days when I buy into the lie that I am helpless and hopeless. But today I am declaring hope and truth over my life. I have been equipped and blessed with the precious and powerful Word of God. His Word is steady and sure. I can stand firm on it and hold fast to it. I can keep moving forward, today and every day, as God's very breath on the page breathes fresh hope and life into me. Yes, I am loved by God and well-equipped by God. And I am choosing today to fix my eyes on His Word, fill my heart with the hope I have in Him, and let the love and grace of His Son Jesus Christ strengthen and encourage me for all He has called me to do.

TRUTH:

God is not human, that he should lie, not a human being, that he should change his mind. Does he speak and then not act? Does he promise and not fulfill? (Numbers 23:19)

DECLARATION:

Whenever I get lost in what feels too hard and my thoughts start to veer off into an unhealthy place, I will remember God is unchanging, always true, and never fails to follow through on His promises to me. He is never late, never untrustworthy, and loves me more than I could begin to comprehend. He is to be trusted, and I will rest in Him.

Write Your Own: Ephesians 6:13; Philippians 4:1, 6-8; James 4:8

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