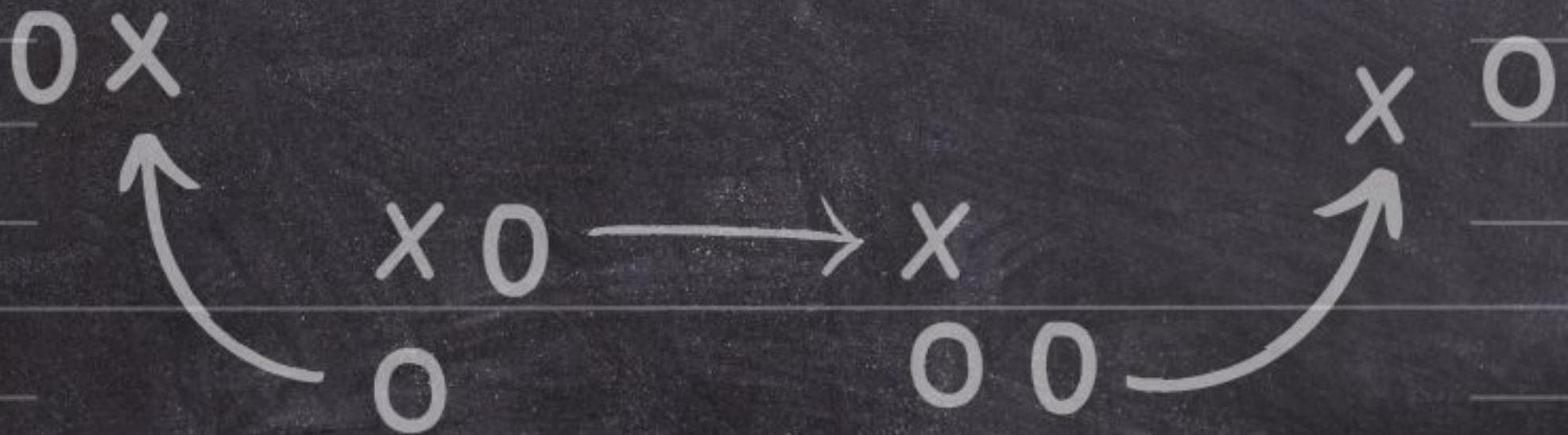


Lies of the Enemy

*Believing the Lies
We Tell Ourselves*



2 Corinthians 10:3-5

For though we live in the flesh, we do not wage war according to the flesh. The weapons of our warfare are not the weapons of the flesh. Instead they have divine power to demolish strongholds. We demolish arguments and every presumption set up against the knowledge of God and we take captive every thought to make it obedient to Christ.

Why do we struggle to not recognize the lies we believe about ourselves?

1. We find value in the lie.

2. We believe the lie will protect us in some way.

1 John 4:19

**We love because He
first loved us.**

- Things happen that help for a narrative in our mind.
- We start to believe the lie because it serves us in some way or protects us.
- The enemy uses it against us.

- Points to our ego.
- Attacks our identity in Christ.
 - Wants us isolated.
 - Doubt God's word.
 - Division and Conflict.
- Points to what we don't have.
 - Tempts us to sin.
- Likes to distort and deceive.
 - He wants us distracted.

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**1. Identify the repeating
thoughts / lies.**

Resource Sample Statements

- Something is wrong with me.
 - I'm not good enough.
 - I must be perfect.
 - Nobody loves me.
 - Unforgiveness protects me.
- People don't want to be with me.
- Other people are irresponsible.
 - I don't belong anywhere.
 - Don't trust others.
 - I can't depend on anyone.

John 15:5

I am the vine; you are
the branches. If you
remain in me and I in
you, you will bear much
fruit; apart from me you
can do nothing.

Proverbs 3:5-6

**Trust in the Lord with
all your heart and
lean not on your own
understanding.**

Just because you believe it,
or maybe it even feels real
to you - that doesn't mean
it's actually true.

Jeremiah 17:9

The heart is deceitful above
all things and desperately
sick; who can understand it.

2. Shine the light of
God's word onto the lies.

John 8:32

Then you will know the
truth and the truth will
set you free.

All our thoughts are
subject to the truth of
God.

I am all alone.
But what does God say?

Deuteronomy 31:8
The Lord Himself goes before
you and will be with you; He
will never leave you nor
forsake you. Do not be afraid;
do not be discouraged.

**3. Write Down the
Truth**

I believe I'm unloved,
but what does God say?

Jeremiah 31:3

I have loved you with an
everlasting love; I have
drawn you in with loving
kindness.

Psalm 103:11

For as high as the
heavens are above
the earth, so great is
his love for you.

4. Fight with Prayer

Take the Thoughts
Captive

Matthew 20:19

And I will give you the keys
of the kingdom of heaven,
and whatever you bind on
earth will be bound in
heaven and whatever you
loose on earth will be
loosed in heaven.

**5. Praise God from
the Place that the Lie
was From.**

1. Identified the repeating thoughts / lies.
2. Shined the light of God's word onto the lies.
3. Wrote down the truth and declared it over the lies.
4. Prayed and took the thoughts captive and submitted them to God.
5. Let our Praise and Rejoicing take the place of the lies.

