



# Lie/Truth/Declaration

## Identifying the Lies You Believe

In the first exercise, you took an inventory of your thoughts and made an audit of how you tend to think on a regular basis. In this exercise, we're going to dive deeper and get more specific.

These questions are important to connect with this exercise:

- What lie is holding you hostage?
- What mistruth keeps you from taking a step of faith?
- What wrong thought pattern robs you of living a life of freedom and joy?

Know this: You cannot defeat what you cannot define. You have to identify the lie that has become a stronghold for you. You must realize the negative impact it's had on you and others. Use these questions to trigger your thoughts; it's now time to define the lies you've been believing, identify the strongholds in your life, and face their negative impact.

Freeing yourself from all distractions, focus on identifying the specific lies you believe. Make your statements personal and straightforward, as in, "I believe I am not good enough." Get them out. Write them down.

**MY LIES:**

## LIVE NO LIES: Declaring Truth

Look back and use the lies you wrote for this session. The goal is to take what God is revealing to you and build helpful tools to use in your life.

In this exercise, I want to give you the place and space to work out your lies, truths, and declarations. For truth to truly change your life, you will have to put in the personal work. The last thing you or I want is for your life to look the same after you finish this exercise process.

Dig in, go deep, and allow God to show you his truth in his Word. You will need to find truths in the Bible you can use as your own, personal truths to replace the lies you are believing. A final encouragement: anything you change in your life can affect future generations and alter the course of your family line for Christ.

**LIE:**

**TRUTH:**

**DECLARATION:**

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**LIE:**

**TRUTH:**

**DECLARATION:**