Into the Deep

“The Lies We Believe”

Dr. David M. Oliver

**Power Point Slide 1**

**Session Title: The Lies We Believe**

**Lecture**

My talk is titled “The Lies We Believe.” I trust that you have downloaded and/or printed the notes to follow along.

**Power Point Slide 2—Lies, Lies Everywhere**

**Young woman with lies projected on her**

**Lies are pervasive and universal to the human condition. Every human being deals with lies that he or she has been told or believed about themselves – about their bodies, minds, spirits, education, relationships, finances, and the like. In this case the young woman believes that she is not smart enough, pretty enough, talented enough, good enough, etc. For men it could be similar lies about not being strong enough, not handsome enough, not smart enough, not influential enough, not wealthy enough, and so forth. My point is that we all deal with many types of lies and whether we realize it or not, these lies influence how we view God, ourselves, others, and the world in which we live.**

**Power Point Slide 3**

**What if…?**

***Lecturer: This is the Hook of the talk to capture people’s attention and imagination:***

**What difference would it make if you really knew and trusted the truth about who you are? What if you could experience lasting freedom from those things that have kept you from being fully yourself?**

In John 8:32 Jesus said, “…the truth will make you free.” Let’s find out how.

Many people would say they want freedom. Some would say that truth is a core value or priority for their lives. Jesus said that we need to know the truth to experience freedom. What is this truth to which he points? In this talk, we will be exploring the truth about ourselves, about others, about God, and about the world. We will examine how truth gets distorted and how God has addressed these distortions so that the freedom God intends for us can become our reality.

**Power Point Slide 4**

**Theological Foundation:**

In the book of Romans, 3:23-25, St. Paul writes, “for all have sinned and fall short of the glory of God, and all are justified freely by his grace through the redemption that came by Christ Jesus. God presented Christ as a sacrifice of atonement, through the shedding of his blood—to be received by faith.”

This talk addresses four significant ways in which every human being has been beset by sin in the form of strategic lies. God has addressed each of these lies through the perfect and powerful work of his Son Jesus Christ and our faith in him.

**Prayer for Protection**

Lies are often connected to demonic elements so I would like to start with a prayer of protection. “I invite you to take a posture of openness and receptivity the Lord. Let us pray. **Come Holy Spirit. Awaken all our senses to receive what you wish to impart to us today. As we inhale, we breathe in the peace, presence, and power of the living God. As we exhale, we release to you any tension, discomfort, or distraction we may be experiencing. Come with joyous freedom, with fresh grace, liberating peace and lasting healing. Meet us where we are as we wait before you…open, yielded and still.”**

**“In the name of the Lord Jesus Christ of Nazareth who came in the flesh, I command all demons seeking to work within us or around us to be immediately placed in total paralysis with their eyes, ears, and mouth sealed shut. I also command that all ties and communications between all demonic spirits within individuals and this body of believers and those outside of individuals and this body of believers be cut off for as long as the Lord Jesus Christ would allow. Should any demons choose to defy these commands, let them be consumed instantly by the fire of Almighty God.”**

**“I create, cleanse and fortify a holy canopy over, under and around each person here, the extended families they represent and the people to whom the minister.**

**“Thank you that even now, the living presence and healing power of Christ is filling the canopy making it toxic for the enemy to remain. Fatigue is lifted. Distractions are removed. Supernatural energy from the Holy Spirit is now enlivening each of us. Grace, comfort, freedom, and well-being is flowing and welcome. Healing of relationships as well as healing of the body, soul and spirit is occurring. Lord, we bless you! We praise you. We are open to you. Come and fill. Come and heal. Come and deliver. We pray these things in your powerful and precious name, Lord Jesus. Amen.”**

Having centered ourselves in Christ and having prayed for God’s covering and protection, let’s begin with a quote from Simon Tugwell cited by Brent Curtis and John Eldridge in *The Sacred Romance.* Itreflects many of our stories as Christians, “God is the One pursuing us: so long as we imagine that it is we who have to look for God, we must often lose heart. But it is the other way about, (God) is looking for us. And so, we can afford to recognize that very often we are not looking for God; far from it, we are in full flight from him, in high rebellion against (God). And He knows that and has taken it into account. (God) has followed us into our own darkness. There, where we thought finally to escape (the Lord), we run straight into (God’s) arms. So we do not have to erect a false piety for ourselves, to give us the hope of salvation. Our hope is in (God’s) determination to save us and he will not give in.”*[[1]](#footnote-1)*

This quote reminds me of Romans 5:8 which says, “God proves his love for us in that while we still were sinners, Christ died for us.” The beauty of the Christian faith is that despite all our sins, lies, wounds, fears, and unbelief, you and I are **greatly loved by God**. The apostle Paul declares in Romans 8:39, “Nothing shall be able to separate us from the love of God in Christ Jesus our Lord.”

As we explore the reality and power of the lies which have long held us captive, let us also remember that **God’s love, God’s truth, and God’s power can set us free from all our lies. Our past does not have to determine our future. In God, we can choose differently.** We can learn to live in such a way that we are free from the power of lies. My goal in this talk is to show you how to do this.

A few weeks ago, Bryan spoke about the fact that every person experiences trauma and wounds in life. Traumais defined as a situation that exceeds our capacity and/or maturity skills. *An inherent part of this definition for trauma is* ***not having the necessary resources***. If people who are going through a painful experience have safe adults who are with us, hearing us, understanding us, validating us, relationally connected to us, and caring for us, *we will almost never be traumatized*. Therefore, most traumatic memories will include the *absence* of attunement – the *absence* of others who are with us, who are relationally connected to us, and who hear us, understand us, acknowledge our pain, validate the difficulty of the situation we are in, and care for us.[[2]](#footnote-2) This reveals the importance of a truly mature, loving community of faith which learns how to support one another so that healing becomes a reality.

Trauma results in many things. The Into the Deep talks each week have been designed to explore the most common consequences of trauma including core longing deficits, dysfunctional behaviors, grief, disturbing emotions, lies and deep wounds.

When we face pain and trauma as infants and children, **the relative emotional health, maturity, and support of our parents, and especially our mothers, is the number one factor in how effectively we process trauma and pain as adults**. Whatever emotions our parents use to motivate us, whether fear or love or a combination of the two, these become our internal motivation during life. They lead to healthy or unhealthy processing of pain. If these early bonds form from love and closeness, they serve us well. However, if our early bonds form from fear and the avoidance of pain our motivational system stays immature. The one piece of good news in all this is that **God has structured our brain so that we can continue to learn and grow and process these stressful experiences with the support of emotionally mature people**.

My goal in this talk is to **help us recognize the presence and power of lies in our lives and, with God’s help, move toward our true self rather than living from the false self which arises from inadequately processed trauma.**

**Simply stated, every human being experiences lies—lies which they have believed about themselves, about God, about others, and the world.** Some lies originate in the past and others in the present. The earlier these lies were believed in life, the more powerful they are in terms of shaping our perspective. Lies are a primary weapon of the demonic realm. They seek to distort and mar the image of God in us and our image of God and others. They impact every level of our life—our self-esteem, our view of the world, our relationships, and so on.

**Power Point Slide 5: Key Biblical Example**

Let’s examine a biblical story found in the Gospel of John chapter five which illustrates the power false beliefs can have.

I will be reading from John 5:2-9:

 2 Now in Jerusalem by the Sheep Gate there is a pool, called in Hebrew Beth-zatha, which has five porticoes. 3 In these lay many invalids—blind, lame, and paralyzed waiting for the moving of the water; 4 for an angel went down at a certain time into the pool and stirred up the water; then whoever stepped in first, after the stirring of the water, was made well of whatever disease he had. 5 One man was there who had been ill for thirty-eight years. 6 When Jesus saw him lying there and knew that he had been there a long time, he said to him, "Do you want to be made well?" 7 The sick man answered him, "Sir, I have no one to put me into the pool when the water is stirred up; and while I am making my way, someone else steps down ahead of me." 8 Jesus said to him, "Stand up, take your mat and walk." 9 At once the man was made well, and he took up his mat and began to walk.

The lame man who encountered Jesus had a great lie controlling his life. **The lie was that his illness was his identity**. He thought of himself primarily as an invalid, as in-valid. His disease dictated his life.

Jesus asked him, “Do you want to be made well?” What a question! It seems ridiculous or almost cruel. After all, he had been paralyzed 38 years.

The man doesn’t answer the question right away. Instead, he tells Jesus why he hasn’t been made well. His response reveals that he has taken on the role of a victim

**Whenever we think like victims, we are paralyzed. This man was paralyzed in his body. More importantly, he was paralyzed in his mind. His thinking was controlled by lies.**

I want to suggest some of the many lies which controlled him:

1. God must hate me for giving me such a painful and miserable life.
2. I must be a terrible person and come from a very sinful family to have to go through this misery.
3. I am helpless.
4. I can’t depend on anyone else to help me.
5. Everybody is selfish.
6. Nobody will ever look out for me or care for me.
7. Healing is only available on special occasions.
8. Healing is only available to those who can help themselves.
9. My healing is dependent on an unseen angel.
10. The time of the angel’s visitation is completely arbitrary, and I will probably never get healed.
11. The lame man might also have believed a lie that Jesus was judging him when he asked, “Do you want to be healed?”

Do you get the picture? This man was in complete bondage to lies. These lies infected his body, soul, spirit, relationships, and kept him from experiencing healing. Then Jesus stepped into his life. He saw the man’s helplessness, that he was a victim of powerful lies and terrible circumstances.

When Jesus questioned him, he wanted to know if the man really wanted to be well or if he preferred to hold onto his lies. Seeing that he wanted healing, Jesus freed the man from the power of his lies. At that moment, the man’s paralyzed body was freed and healed on the outside. On the inside, the bondage of his many lies lost their power over him. Life, health, freedom and peace were given. He was empowered to take up his mat and walk away from lies, bondage, shame, and sickness and step into a new life with God. Hallelujah!

This man’s story is our story. We too have been bound or paralyzed by lies in small and large ways. All human beings have believed lies about themselves, others, God and the world. These lies drive emotional turmoil as Vicki taught us. Unchallenged false beliefs sometimes remain hidden within us. They grow in the darkness inside us and affect us physically, mentally, emotionally, spiritually, and relationally.

The demonic realm presents lies to us as truth. These lies often contain some element of truth which has been distorted. Left unexamined and unchallenged, these distortions can become our reality, our way of thinking, and our truth.

It is not enough to merely believe in Jesus. Even Satan believes in Jesus (and trembles). That doesn’t save him, does it? No! True belief is not merely mental acknowledgment. When we think of true belief, what we believe should be visible in our lives. The most basic understanding of the word belief means “By-Life.” When I say, I believe in Jesus, **I must believe what Jesus believes and live what Jesus lived**. I must ask for and expectantly look for Jesus to step into my life, my hurt and my experiences. I must have God’s help to empower me to come into alignment with the One who is the Truth.

Jesus is God’s Truth with a capital “T.” He is Absolute Truth. John 8:32 says, “You shall know the truth and the truth will set you free.” One of the best ways to expose the lies in our lives is to examine the truth about who we are in Christ Jesus. It says in Psalm 139:13, God (the Father, Son and Holy Spirit) was present when you were conceived. He saw you and knew everything about you. He knows the truth about you and is committed to bringing the truth into full expression in your life. He will also expose the lies that have hindered each of us.

To become whole, we must identify the lies which have bound us. Some of them are quite strong and have been with us our entire lives. **The Lord must reveal these lies and it is the Lord who heals these lies.**

Let’s begin to examine our lies by looking at four categories. This is taken from The Search for Significance by Robert McGee.[[3]](#footnote-3) McGee suggests that there are four main false beliefs or lies that handicap our emotional well-being.

The first category of lies says:

 **1. “I must meet certain standards in order to feel good about myself.”**

McGee calls this lie the **drive to achieve** and states that it leads to such things as the **fear of failure**, perfectionism, drivenness, manipulation and avoidance. The core lie is, “I must work to measure up.”

**Power Point Slide 6: The Performance Trap**

A good way of remembering the name of this first strategic lie of the enemy is to call it “the performance trap.”

The second category of lies says:

 **2. “I must be approved (or accepted) by certain people to feel good about myself.”**

This false belief leads to trying to please others at any cost. At the root is the **fear of rejection**, being overly sensitive, defensive and withdrawing from people. Some people categorize these lies as “People Pleasing” and “Co-Dependency.”

**Power Point Slide 7: The Approval Addiction**

McGee refers to this category as “the approval addiction.”

The third category of lies says:

 **3. “Those who fail are unworthy of love and deserve to be punished.”**

This lie causes people to live in **fear of punishment**, blaming others for personal failures, running from God and others, avoiding new opportunities and inflicting self-punishment.

The type of person who struggles with these lies may not know it, but they curse themselves. They communicate to others, “Please punish me.”

**Power Point Slide 8: The Blame Game**

A name for this set of lies is, “**The Blame Game**.”

The fourth category of lies says:

 **4. “I am what I am. I cannot change. I am hopeless.”**

These lies declare, “I don’t just make mistakes, I **am** a mistake. I don’t deserve to be loved or accepted.” It results in poisonous shame. It brings deep feelings of hopelessness, **fear of inferiority**, passivity, loss of creativity, withdrawal from relationships and pretense of many kinds.

**Power Point Slide 9: The Shame Trap**

McGee calls this, “The Shame Trap.”

**McGee says, “The only truth powerful enough to defeat the power of these lies is found in the person of Jesus Christ.”** He identifies specific scriptural teachings that correspond to the four false beliefs. Listen carefully to how God deals with each of the four categories of lies.

**Power Point Slide 10: God’s Answer to The Performance Trap: Justification**

**God's answer to the performance trap is justification**. Romans 5:1 says, “Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ.” Every believer is justified by faith in Christ Jesus. A simplified way of thinking about justification is that God looks upon you and me ‘just (as if) we never sinned.’ Our faith in Christ means that the righteousness of Christ’s sinless life, his perfect death and powerful resurrection is viewed by God as belonging to us. God not only forgives you and me of our sins, God also grants us the righteousness of Christ**. Because of justification, you and I receive Christ's righteousness and are, therefore, fully pleasing to the Father…right now; in the midst of our imperfection, lies, brokenness and pain.**

**Power Point Slide 11: God’s Answer to The Approval Addiction: Reconciliation**

**God's answer to approval addiction is reconciliation**. Paul writes in Colossians 1:21-22, “And you who were once estranged and hostile in mind, doing evil deeds, he (that is Jesus Christ) has now reconciled in his fleshly body through death, so as to present you holy and blameless and irreproachable before him…”

Before we accept Jesus Christ as our Lord and Savior, we are hostile toward God and alienated from Him. We live as though we had no hope, no faith, and no eternity awaiting us. God recognizes that we are all in bondage and under the influence of the demonic realm prior to believing in Jesus. Therefore, God has taken the initiative to reunite us with himself. God wants us to experience his healing and hope. Like the youngest son in the story of the prodigal, God convicts us of our sin while we are living in sin and in the pig pens of life. God reveals to our minds that we can come home to him. God eagerly helps us to come to our senses, to turn away from our bondage and turn to God. By God’s grace, we are empowered to identify our lies, turn again to the Truth and experience being welcomed home with great joy.

**God does not wait for us to change, to forgive and reconcile us. The good news is that God comes to us wherever we are, forgives us generously and reconciles us to himself so that we can change.** Our faith in Christ not only justifies us but reconciles us back to our heavenly Father. In him, we are **now forgiven** and have been brought into an intimate relationship with God. As a result, you and I are totally accepted by God. Thanks be to God for his marvelous grace!

**Power Point Slide 12: God’s Answer to The Blame Game**: **Propitiation**

God’s answer to the blame game is propitiation. In the slide, the lamb bound on the altar represents Jesus Christ. Revelation 5:6 gives a picture of the ‘Lamb who was slain.’ Jesus Christ is the perfect Lamb of God who was slain for the sins of the whole world. Hebrews 2:17 speaks of Jesus Christ saying, “He had to become like his brothers and sisters in every respect, so that he might be a merciful and faithful high priest in the service of God, to make propitiation for the sins of the people.”

It is for the salvation of humanity that our Lord came into the world. This salvation could only be brought about by suffering and death. The high priest sacrificed a perfect lamb once a year and sprinkled some of its blood on the Mercy Seat of the Ark of the Covenant in the Holy of Holies for the sins of all Jews. The perfect Son of God allowed himself to be sacrificed as an atonement for our sin. In so doing, he satisfied the blood sacrifice required for the sins of all humanity for all time.

Atonement is the “means” by which reconciliation is affected between God and humanity. The “source” of God’s mercy in reconciling human beings to Himself in the N.T. is, of course, Jesus Christ. Propitiation is the means by which an offender’s guilt can be removed and forgiven.

Romans 3:25, Hebrews 2:17, and 1 John 2:2 and 1 John 4:10 each use the word propitiation of the sacrifice of Christ. Propitiation is the same word as “Mercy Seat” in Hebrew. Thus, the application of the blood in the O.T. on the Mercy Seat (directed toward God) placated (propitiated) an angry God. However, in the New Testament propitiation is directed toward sinners (not God) by removing their guilt-humanity’s guilt. It is still done by blood – but THE MOST powerful blood – of Christ Himself.

This means that Jesus Christ, the Lamb of God, satisfied God’s wrath against sin by dying on the cross. This is evidence of how incredibly much you and I are loved by God.

1 John 4:9-11 says, “God's love was revealed among us in this way: God sent his only Son into the world so that we might live through him. In this is love, not that we loved God but that he loved us and sent his Son to be the atoning sacrifice (the propitiation) for our sins. Beloved, since God loved us so much, we also ought to love one another.

Nearly all religions of the world sacrifice something living to gain access to their god. In Christianity, God dies in Jesus Christ to gain access to humanity. Incredible! That is why we call it good news! Thanks be to God!

**Power Point Slide 13: God’s Answer to The Shame Trap**: **Regeneration**

**God’s answer to the shame trap is regeneration**. This means that you and I are new creatures in Christ through our faith in him.

We read in John 3:3-6. “3 Jesus answered (Nicodemus), "Truly, truly, I say to you, unless one is born anew, he cannot see the kingdom of God." 4 Nicodemus said to him, "How can a man be born when he is old? Can he enter a second time into his mother's womb and be born?" 5 Jesus answered, "Truly, truly, I say to you, unless one is born of water and the Spirit, he cannot enter the kingdom of God. 6 That which is born of the flesh is flesh, and that which is born of the Spirit is spirit.”

Paul declares a similar message. “So if anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new” (2 Corinthians 5:17)!

The glorified Lord in Revelation 21:5 says, “Behold, I make all things **new**.”

The truth is that if we are in Christ, we are no longer bound by past sins, mistakes or failures. The Holy Spirit restores the divine nature in us which God originally placed there before sin entered the world. According to 2 Peter 1:4, “We become partakers of this divine nature.” Jesus Christ our King dwells in us and we are new in him. No longer can anyone or anything, other than him, rule and reign over us. Thanks be to God!

**Please listen now to something very important. It is not enough just to teach you about the four false beliefs. We must think about how we are personally impacted by lies. The truth is that if you are alive, you have lies impacting you. Let’s focus now on how to overcome these lies and replace the lies with the truth. I will talk about three steps.**

**Power Point Slide 14: Three Steps to Overcoming Lies: 1. Identify Specific Lies**

**First: You must identify the specific lie(s) that are binding you and have compromised your personal well-being.**

Think for a moment about which categories of lies you struggle with the most. What lies have been particularly powerful in your life—The Performance Trap, The Approval Addiction, The Blame Game or The Shame Trap? Some of you have one major area of bondage. Others have several of them.

Beyond identifying which of the four categories of lies you have wrestled with, take a few minutes to write down some the specific, powerful lies that have hindered you. I will read off some examples of lies which people have shared with me. As you hear these lies, think about lies with which you have wrestled and write them down.

**Examples of Lies:**

* Nobody loves me.
* Everyone hates me.
* I am unlovable.
* I am worthless.
* I am ugly, too fat, too skinny, not pretty.
* I am a failure and will never succeed.
* I am stupid.
* I am no good.
* Jesus doesn’t really love me.
* God is disappointed with me.
* God’s love is for everyone but me.
* I am not good enough and will never measure up.
* Everyone will abandon me
* No one understands or accepts me.
* I’ll never be successful. I will fail.
* I am a bad mother, father, wife, husband, sibling, friend, Christian.
* I will die before my time.
* I might as well give up.
* I will never amount to anything.
* I will never fulfill my destiny, my calling, my purpose.
* I will be left alone; I will always be lonely.
* I will always be poor or never have enough money to feel secure.
* I have nothing of value to say and people won’t listen to me.
* I am afraid or hopeless.
* Girls are not as important as boys.
* It is wrong to be angry.
* Others are more important than I am.
* I am damaged goods.
* Boys should not express emotions.
* It is not safe to be alone.
* I cannot trust.
* I am not allowed to cry.
* It’s too late for me to change.
* I am responsible for how you feel.
* I will never change.
* I will always be sick.
* This is as good as it gets for me.

Some of these may sound familiar to you. **What lies, distortions, and discouragements you have heard over and over throughout your life--about yourself, others, God and the world?** Take a minute and write them down now**. [Pause one minute.]**

No matter what lies you have struggled with, their ultimate source is the demonic. Demons use lies to try to disconnect you from the truth. They want you to believe the lies to keep you from resting in the power of God’s love for you and God’s wonderful work in your life through Christ Jesus.

**Testimony about Lies**

**I would like to share part of my testimony about the power of lies.**  For sixty years, I dealt with a deep root of rejection. The main lie which the enemy used against me was that I was not wanted. My parents had been married two years when they conceived me, but I was an unplanned child. Early on, I was told the story by my parents about my unexpected conception. It was shared in a way that was meant to be a celebration. However, the demonic twisted my thinking as a child. I started to believe that my being unplanned meant that I was unloved, unacceptable and unwanted. As I grew up, I felt like could rarely please my parents. As a result, approval addiction grew very strong.

I also received from both of my parents and passed on to our daughter the lie of “The Performance Trap.” I always felt like I had to measure up to be accepted.

These lies led to very angry feelings. As a young boy, I was not kind to his siblings. I hated himself. Inside, I was like a pot of boiling water. I turned to drugs and alcohol to try to silence my internal pain. They didn’t work. I just felt more anger, isolation, loneliness and depression.

Fortunately, these lies did not have the last word, or I would not be alive today. God broke into my life and changed me. **The path to freedom has been challenging and difficult at times, but the struggle to overcome these lies was completely worth it. I now know and am walking in the truth of who I am in Christ.** I am living a freedom in Christ that is empowered by God and am helping others to do so as well! My parents and our daughter are now walking in freedom as well! Thanks be to God!

**To reiterate, the first step to true and lasting freedom is to identify the specific lie or lies that are binding us and have compromised our personal well-being.**

The second step to freedom is the experience the power of the truth.

**Power Point Slide 15: Three Steps to Overcoming Lies: 2. Experience the Transforming Power of the Truth**

**Second: It is not enough to simply be told the truth. Every person needs to experience the transforming power of the truth of the Lord Jesus Christ.**

**People can tell us the truth a thousand times. If we don’t have an emotional connection with that truth, it won’t go deep enough inside to transform us.**

My parents told me many, many times that they loved me. I heard what they said. But inside, in my heart, I believed the demonic lie that I was unloved and that I was a disappointment to God and to them.

I lived that lie until its power was broken. The same is the case for each of us. The power of these old lies must be overcome with a **more powerful encounter with the truth which Jesus Christ places deep inside us**.

Please listen carefully. **Sometimes getting rid of the old lies is painful. We have lived in the tattered cloth of lies so long that we don’t know any different.** Just like the paralyzed man at the pool of Beth-zatha**, we start to behave in the same manner as we think**. If we think we can never change, in all likelihood we will not change. To be truly free, we need to renounce and repent of the lies and ask God’s help to align with the truth about who we are in Christ Jesus.

**As we start battling with lies sometimes things get worse before they get better.** This doesn’t mean that you and I are on the wrong path. It means that you have any enemy who is very afraid that you are getting ahold of the truth about who you are, and he wants to keep you in bondage to lies.

We must resist the devil by claiming the reality, the reliable truth, that the Lord Jesus declares about us. We must be saturated with his living Word which can bring healing, comfort, restoration and peace. We must have some supportive Christians who can pray with us and remind us of the truth of who we are in Christ Jesus when we ourselves forget.

In a few minutes, we will do an exercise to help you with this. Before we do, let’s look at the third step of overcoming lies.

**Power Point Slide 16: Three Steps to Overcoming Lies: 3. Renounce All Levels of Demonization**

**Third: We must renounce all levels of demonization and spiritual warfare that is connected to these lies. To deal with this, I have given you a prayer which calls upon the authority and blood of the Lord Jesus Christ to break the power of all lies. You will use this prayer in your groups to support one another as you break the power of the lies in your life.**

**Wherever you discover a lie, the demonic is at work**. The enemy does not want you and me to be released from the lies that have bound us. Spiritual warfare is connected to every lie you and I have ever believed.

The purpose of the demonic is to bring people into bondage and to keep us in bondage…leading to the death of our faith, hope, love and, if possible, our life itself.

Fortunately, the power of evil is very small when compared to Jesus Christ who has **all authority in heaven and on earth**. We need to renounce the lies we have believed and ask for God’s power to align ourselves with God’s truth.

Lies are favorite tools the demonic uses against people. Our enemy, the Devil, is the liar and the father of lies according to John 8:44. Therefore, we must take back and cleanse what the enemy has used against us.

**Keep this in mind as you do the exercise: Whenever you discover a lie, the opposite is true.**

Ask the Lord what the opposite of your lie is, then renounce the lies you have believed and ask for God’s power to align ourselves with God’s truth.

I will include in the Spiritual Formation Exercise posted online this week a document titled, “What is True of Christ is True of You.” It is a tool I adapted from the work of Dr. Neil Anderson to help individuals and groups become more grounded in what the Word of God.

In addition, I have listed some suggested resources at the end of your handout if you wish to learn more about tonight’s talk.

You may have noticed that I have included in your handout a Prayer to Renounce Demonization Connected to Lies. It will be used at the end of the group time. You are encouraged to pray this prayer of renunciation out loud whenever you use it.

**Experiential Time**

**Power Point Slide 17: Candle**

We turn now to our Experiential time. During the next few minutes, you will ask the Lord to speak to you regarding two lies: one you have believed about God and one that you have believed about yourself. Most of us have more than two lies we could deal with but ask the Lord which two He invites you to deal with this evening.

Opening Prayer

Lord Jesus Christ, thank you for your holy and powerful presence with us now. We welcome you to lead, guide, and direct us as we explore two significant lies in our lives. Jesus, you know us. You know the ways in which we have struggled with you and within ourselves. We are tired of these old patterns of lies which have been costly to our sense of trust, well-being, wholeness, and holiness. Help us as we come now before you.

I invite you to get quiet within by doing some ‘spiritual breathing.’ As you inhale, take in the peace and presence of the Lord Jesus Christ. As you exhale, release any distractions, negative feelings, etc. to the Lord Jesus Christ. If further quieting is needed to relax, you can do so by tightening for a few seconds and then relaxing various muscles groups in your body. Starting with your toes and feet, then calf muscles, thighs, hips, stomach, upper chest, arms and hands, neck, facial muscles, and eyes.

I ask the Lord Jesus Christ of Nazareth who came in the flesh to sanctify and purify our senses, feelings, memories, minds, and imaginations.

I invite you now to ask the Lord’s help in remembering a time when you felt connected with and loved by God: Father, Son or Holy Spirit. If you have no memories like this, then recall a positive memory from a relationship that was safe and secure or rekindle a memory of a beautiful scene in nature. Enter the remembrance enough so that you begin to feel again all the good feelings you had in connection with that memory.

Invite Jesus to come into your memory. Be aware of what it is like to be in the Lord’s presence who knows you, loves you and cares about your journey of faith and healing.

**Ask the Lord to help you identify a lie you have believed God. Pay attention to the thoughts and memories that flow to your mind now.**

Where did this lie originate in your life?

What is the story connected to this lie?

How has this lie made you feel?

What impact has this lie had on your body?

What has believing this lies cost me?

How has this lie impacted your view of God, yourself, others, and the world?

If you were to draw, create or find a symbol which represents the lie you have believed about God, what would it be?

Ask the Lord: What is the powerful truth you want me embrace in overcoming this lie? Remember, the truth is the opposite of the lie.

Thank the Lord for being with you and helping you. Know that you can return to this place, this memory and connect with the Lord again to do more work on the lies that have impacted you.

Closing Prayer

Lord Jesus Christ of Nazareth who came in the flesh, we thank you for the power of your presence which exposes lies and empowers us to come into alignment with your truth. Send the power of your Holy Spirit to connect our spirits with your presence who is the Wonderful Counselor, the Holy Comforter, and the Spirit of Truth. We thank you, Lord, for beginning a new and good work in us which leads to freedom and joy. In your holy name we pray. Amen.

**We will now go to our groups. Thank you.**

**Group Processing**

1. The mentor prays and invites the Lord to be present in the exercise.
2. Each person takes a turn to work through the entire process below. Rotate to the next person until all members of the group have had opportunity to share.
	1. Please describe what you experienced while identifying the lies and their impact on your life. (Use the questions that were asked if that is helpful.) Always be attentive to feelings connected to believing lies and the memories/stories surrounding the experiences related to these lies.
	2. The participant shares whatever symbol represents each lie. How do these symbols represent the lies you have believed about God and yourself?
	3. Where was each lie was birthed in your life?
	4. The participant may need to briefly tell a story that illustrates the lie at work or how it was reinforced in his or her life.
	5. The participant is asked to describe what cost believing these lies has exacted upon his or her life, body, relationships, etc.
	6. When the person is done sharing, the other members of the group will affirm the participant for sharing.
	7. Typically, both lies can be addressed with an individual in 15 minutes.
	8. At the conclusion of the group sharing, the mentor leads everyone in a unison prayer using the “Prayer to Renounce Demonization Connected to Lies.”
	9. Remind people to go online to get the Spiritual Formation Exercise this week and to continue to use it to process these and other lies with the truth of God’s Word.

**Prayer to Renounce Demonization Connected to Lies (to be said out loud in unison):**

**“I believe that:**

* **The Lord Jesus Christ is the one and only Son of the living God,/**
* **His blood was spilled on the cross/ to remove my sins/ and to lead me into freedom;/ into all the truth./**
* **He died and was buried./**
* **God raised Him from the dead on the third day/ and he is now seated at God’s right hand, praying for us.”**

**“Let every spirit serving the powers of darkness/ operating inside, or outside of my body,/ be submitted immediately/ to the authority of the Lord Jesus Christ of Nazareth who came in the flesh.”**

**“Thank you, Jesus, that You are my Savior and Lord,/ and that You have forgiven my sins./ I receive Your forgiveness,/ I forgive myself,/ and I commit my life completely to You.”/**

 **“I choose to forgive those who have offended and hurt me,/ and I pray your blessing upon them.”/ (Pause -- name them quietly to the Lord.)”**

**“In the name of the Lord Jesus Christ of Nazareth who came in the flesh,/ I renounce, forsake, sever, remove and destroy/ all levels of demonization connected to the lies I have believed. (Name these lies to the Lord that you have believed) \_\_\_\_\_\_\_\_\_\_\_\_\_\_.”**

**“Lord Jesus Christ,/ please destroy all levels of access/ which the demonic realm has had to me and my family/ as a result of believing these lies./ Please destroy the demonic power of all other lies I have believed/ and bring these lies to my remembrance/ when you are ready for me to deal with them.”/**

**“Father, I believe that the Lord Jesus Christ came to destroy the works of the devil (1 John 3:8). / Please forever remove from me/ the power, controls and spirits serving the powers of darkness.”**

**“Please cleanse me of all generational sin and curses/ that have come down through my bloodline./ Remove every type of evil curse, spell, vow and tie/ that has held me in bondage to any other person, place or thing./ This includes vows or curses spoken over me/ that relate to lies and false gods,/ which may have kept me in bondage.”/**

**“Please remove all the power of these lies/ and every other grip of the enemy/ on my mind, heart, spirit, relationships, and physical body/ that has tried to destroy me/ and to steal God’s destiny for my life./ Please reverse what the enemy has sought to do to me/ and bring complete wholeness and healing to me.”/**

**“Please remove all evil thoughts and mind controls/ that have been hindering me from seeing You/ and the beauty and truth of Your Word./ Please give me a renewed mind and heart by Your Holy Spirit./ Please unite and heal any part of me that has been divided.”/**

**“Lord Jesus Christ, I pray that you will show me the gifts and call/ that You have placed upon my life,/ and lead me forward by the power of Your Holy Spirit./ Help me to bring glory and honor to You the remainder of my days.”/**

**“Now I ask you to please cleanse, fill, seal, and cover me/ with the holy blood of the Lord Jesus Christ of Nazareth who came in the flesh. Establish the presence and light of the Holy Spirit in me,/ and wrap a shield of faith around me.”/**

**“Lord Jesus Christ, I pray that I will love You/ with all my heart, soul, mind and strength./ Please give me the grace to follow You in joyful obedience/ all the days of my life.”/**

**Those with children and grandchildren can pray: “Father, I thank You that everything I have prayed will also be performed/ for all my children, grandchildren, and great grandchildren right now.”/**

**“Lord Jesus Christ, by faith:/**

* **I BELIEVE that everything I have prayed can be and has begun to be changed/ because of Your loving power and faithfulness/ to perfect that which concerns me./**
* **I RECEIVE what You have done for me and my family today. /**
* **Please establish me in your truth and freedom/ and heal my heart, mind and emotions./**
* **Please help me to know You more intimately from this day forward./**
* **I give you praise and thanks with all of my heart!/ Amen!”/**

**Book Recommendations**

Some of these books are available for purchase through our website. A small portion of the sale price will go to sustain this ministry. Click on this link to go directly to our resources page:[**https://www.intothedeep.website/resources**](https://www.intothedeep.website/resources)

* Neil Anderson. *Victory Over The Darkness: Realizing The Power Of Your Identity in Christ.* Ventura, CA: Regal Books, 1990
* Neil Anderson. *The Bondage Breaker: Overcoming Negative Thoughts, Irrational Feelings, Habitual Sins.* Eugene, OR: Harvest House Publishers, 2000
* Nancy Leigh DeMoss. *Lies Women Believe—And the Truth That Sets Them Free.* Chicago: Moody Press, 2001
* Jonathan Martin. *How to Survive a Shipwreck: Help Is on the Way and Love Is Already Here*. Grand Rapids, MI: Zondervan, 2016.
* Robert McGee. *The Search for Significance: Seeing Your True Worth Through God’s Eyes*. Nashville, TN: Thomas Nelson, Inc., 1998, 2003
* David A. Seamands. *Healing for Damaged Emotions*. Colorado Springs, CO: David C. Cook, 2015
* Stephen Seamands. *Wounds that Heal: Bringing our Hurts to the Cross*. Downers Grove, IL: InterVarsity Press, 2003
1. Brent Curtis and John Eldredge. *The Sacred Romance: Drawing Close to the Heart of Go*d, Nashville: Thomas Nelson, Inc., 1997, 81-82, emphasis added [↑](#footnote-ref-1)
2. Karl D. Lehman, MD. *Brain Science, Psychological Trauma, and the God Who Is with Us, Part III: Traumatic Memories vs Non-Traumatic Memories*, 2007, New 9/25/2007, Revised 2/4/2011, 33 [↑](#footnote-ref-2)
3. Robert McGee. *The Search for Significance: Seeing Your True Worth Through God’s Eyes*. Nashville, TN: Thomas Nelson, Inc., 1998, 2003 [↑](#footnote-ref-3)