



# Finding Freedom from Enemy Lies

I'll be straight with you. This content is not new. I've had the blessing to sit under amazing teaching and read fantastic books about receiving freedom from enemy lies. If you want to check out some of these resources directly, I've included a few below:

- [The Hurt Whisperer](#) Video – Jimmy Evans
- *Truly Free: Breaking the Snares That So Easily Entangle* – Robert Morris
- *Think Differently Live Differently: Key to a Life of Freedom* – Bob Hamp

Falsehoods sneak into our thoughts about our marriages, but also about our identities, our perspective of self, and about our relationships with God. If you're looking for a summary strategy on how to find freedom from enemy lies, here's my game plan.

1. Identify what you believe.
2. Question if that belief is truth or a lie.
3. If you're not sure, ask God.
  - a. Does it line up with what you know about his character or what you read in the Bible?
  - b. Does this belief leave you convicted (comes from God) or condemned (comes from the enemy)?
  - c. Is this what a good Father would want for you?
4. If you're pretty sure—or very sure—that the belief is a lie:
  - a. Ask God what event in your past became the source of that lie. This could be a specific memory or several different circumstances that reinforced the thought.
  - b. Ask God to show you the truth.
5. Repent for believing the lie.
6. Claim the truth and ask God to help you receive that fully as truth for you and to replace that lie with the truth in your life. Use "I am" statements.
7. If the lie creeps up again, refuse to give it space in your brain. Refute it with the truth, out loud if you can.

Could you use an example of how this works in real life? I got 'ya covered.

1. Identify what you believe.	<i>If I want something done right, I need to do it myself.</i>
2. Question if that belief is truth or a lie.	<i>Sometimes that feels true based on past experiences, but it also feels heavy to carry every task myself.</i>
3. If you're not sure, ask God.	<i>God, is this belief true? Am I really supposed to carry everything by myself?</i>
a. Does it line up with what you know about God's character or what you read in the Bible?	<i>No. God likes to include other people in what he is doing. He shares plans and calls for their involvement. He also tells us to carry one another's burdens.</i>
b. Does this belief leave you convicted (comes from God) or condemned (comes from the enemy)?	<i>Neither. It's more about my perspective of others. I feel like I need to rely on myself.</i>
c. Is this what a good Father would want for you?	<i>No. It limits my ability to trust and rely on others. I also can feel burdened and burnt out because I hesitate to ask for help.</i>

4. If you're pretty sure—or very sure—that belief is a lie:	<i>Yeah, pretty sure.</i>
a. Ask God what event in your past became the source of that lie. This could be a specific memory or several different circumstances that reinforced the thought.	<i>Group projects in school often left me scrambling at the last minute to finish the whole project by myself because other team members didn't follow through with designated tasks. I've seen this play out in adulthood as well.</i>
b. Ask God to show you the truth.	<i>Some people will fail to follow through. Others will prove faithful. I cannot discount everyone for the sake of the few. It discredits trustworthy people in my life. I am not made to carry every responsibility by myself, and I overestimate my abilities. God wants us to form community, to help and strengthen one another.</i>
5. Repent for believing the lie.	<i>God, I repent for believing this lie about my own self-sufficiency. I've elevated my own perspective of my abilities, and disqualified others from</i>

	<i>helping me. This has burdened me, and put limits on my relationships.</i>
6. Claim the truth and ask God to help you receive that fully as truth for you and to replace that lie with the truth in your life. Use "I am" statements.	<i>I am made for community. Not everyone will prove worthy of my trust, but some will. I am capable of trust and of finding trustworthy people to partner with.</i>
7. If the lie creeps up again, refuse to give it space in your brain. Refute it with the truth, out loud if you can.	<i>God did not create me to live in isolation or carry every responsibility myself. Just because some people have failed to follow through in the past, does not disqualify all people in my life.</i>

Now your turn. 😊



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