

# Replace Lies of the World with the Truth of the Kingdom

## Introduction:

What you believe about yourself will determine your behavior. If you *believe* you are a beloved son/daughter of God, you'll live your life from a place of rest full of purpose. But, if you *believe* you are an orphan, you'll live your life striving to earn your way in this world.

You don't know what you don't know. Each of us believes some lie about ourselves that we need to uncover and replace with Truth. We need to repent, which simply means to change the way we think. This activity will help you identify lies you believe so that you can replace them with *Truth*.

## Activity:

Let's start by working backward. Because who you *believe* you are determines your behaviors, you need to look at your current behaviors to find out what you believe.

Use these questions as starters to begin processing your behaviors. Add your own too. Use your journal to work through them and add any other details you feel led to include.

1. When you wake up in the morning, what are some of the thoughts you have about your day, how you look, and the other people you are around?
2. When you encounter a difficult circumstance, where do you seek comfort? People, food, binge-Netflix, work, social media, achievement?
3. When someone offends you do you stay focused on the offense? Do you hold a grudge or are you able to fully forgive?
4. When you accomplish a big project and no one gives you praise, how do you feel?
5. If you aren't busy with activities, tasks, work, etc., what do you do? Do you do everything you can to stay busy?

Here are some examples of lies you might be holding on to that correlate with the questions above:

Behavior	Lie Discovered
1. Negative thoughts about self	I am unworthy of love. I am not loved.
2. Comfort sought in the world, food, others, social media, etc.	I am on my own. I have no one. I must strive to be independent.
3. Offended often, unable to forgive	I am not forgiven for my past.
4. When efforts go unnoticed	I am insignificant. I have no purpose. I am unseen.
5. Constant busyness	I am insignificant and need to be in control.

Do any of these resonate with what you journaled? Which ones? Now let's replace these lies we discovered with Truth.

<b>Lie You Believe</b>	<b>Truth to Replace it With</b>
I am unworthy of love. I am not loved.	<b>I am loved and wanted by God.</b> John 3:16-17
I am on my own. I have no one. I must strive and be independent.	<b>God is always with me; He'll never leave me.</b> Hebrews 13-5, Deuteronomy 31:8
I am not forgiven for my past.	<b>I am forgiven for yesterday, today, and tomorrow- I need to choose to receive the grace of Jesus.</b> John 19:30, 2 Corinthians 5:21
I am insignificant. I have no purpose. I am unseen.	<b>Jesus came so that can live an abundant life of purpose.</b> Genesis 1:28, James 13-17, John 10:10
I am insignificant and need to be in control.	<b>God is my provider. I submit and surrender to Him.</b> James 4:7, Psalm 37:4, Matthew 6:33, Proverbs 3:5-6

**Suggested Application:**

Take these truths and declare them over your life every day for the next thirty days. Allow the seeds of truth to be planted in your heart as you grow in your relationship with Jesus (Colossians 2:6-7).

Write them down on sticky notes and put them in prominent places you will see, like your bathroom mirror, your car dashboard, or your fridge.

Pray. Invite God into your life right now and ask for Him to help you continue replacing any lie you believe with what He says.