

# OVERCOMING LIES

The messaging that drives our lives is oftentimes not distinguishable by the specific words it speaks. Rather, it displays itself by the way we deal with life. Wrongful messaging writes shame into our hearts - and in turn, shame takes on a life of its own. Shame is what drives disconnection, fear and insecurity. It tells us we aren't good enough, and leaves us with a sense of residue and perpetual contamination. It marks the formation of all forms of breakdowns, and triggers emotional and behavioral strongholds. Think of a cancer forming in the body and overtaking the life and health of someone. In the same manner, shame overtakes our inner life and begins to remove the life-giving resource of grace, hope, love and redemption. It makes us sick inside, and unable to form healthy connections with God, ourselves and each other. If we are just entering into healing, this is a new journey. However, if we've been on this road for some time, this is where a new war will continue to be waged.

## Find the Lie

Most of us don't know what the enemy knows. We have utter power over lies and strongholds. We have everything in us, in Christ, to overcome the battles. This is as much truth as the air we breath. The enemy therefore seeks to minimize who we really are, and defeat us through fear so we can never actually claim and walk in the power Jesus gave us at the cross.

The question is, where do we begin? When we feel unable to spot a message, we oftentimes need to trace the fruit of emotions and behaviors. We can't properly combat in battle without recognizing what is happening within. Remember, we must choose courage over self-protecting to be willing to allow God access our heart. Ask these questions with the willingness to lay bare and open what is really happening:

1. Do you engage in self-defeating and self-sabotaging behaviors? Name each one.
2. Do you have destructive emotions? Name them.
3. If those emotions could speak, what would they say?

Once we see the fruit, we can be certain that hidden underneath, in the area of rootedness, lies the influencing belief and messaging. Let's look at these in detail.

## #1. The lie of unworthiness and shame.

Perhaps the greatest and deepest lie we will ever encounter is the lie that we are untrustworthy or cannot be fully redeemed. This is also the main source of attack in the spiritual realm. So being aware of where we stand personally may open the gateway to allowing God break down this lie.

Unworthiness happens when we believe in a God that would care more about what is wrong with us, then nur-

ture us and heal our hearts into a restorative condition. This defies the mission and character of Jesus. His Word tells us that Jesus did not come to judge the world, but to save it. (John 3:17). Unworthiness is the biggest lie and fabrication of truth that a Christian can be asked to embrace. It frames God has a harsh judge rather than a loving Redeemer. It opposes the very precious transaction of the cross, and minimizes the blood of Jesus.

When we claim unworthiness, we discount Jesus, and place back into our own hands what only God can provide. Most people experiencing unworthiness would declare that there really is something wrong with their personality. In essence, they reject their God-created design, or mistake the brokenness they experience for their true identity.

Unworthiness can be stripped away when we choose to see the significance of the cross more than our sin; grace more than our wrongdoing, forgiveness as God's agenda rather than punishment. However contaminated our self talk and image may be, We must stand against the lie of unworthiness as much as we would defend against an intruder in our home. We must choose to receive the full stature of God's grace.

However, usually worthiness was breathed into our inner fabric in intense ways. From rejection patterns in childhood, to unhealthy relationships in adulthood. There can be many situations that spoke this into us as our reality.

Ask yourself

1. Where did I first feel unworthy?
2. Did anyone impress unworthiness on me?
3. Was there a traumatic event or painful situations that especially emphasized it?

Getting to the heart of unworthiness can take time. Somewhat like peeling an onion, as we take off the surface layers, we can find there is more and more underneath. Sometimes unworthiness will drive such disconnection, that we will fall into rebellious, dark and immoral sins. But typically, at the root, we'll find that shame is the vehicle that drives us down those dark roads.

Finding a lie only marks the beginning. We must strangle, kill and defeat the lie in order to be victorious. How does that happen? All lies are remedied when truth is able to re-frame and re-message that area of our hearts. Like turning on a light switch removes darkness, truth dissolves a lie. While our head may engage with this truth, our heart oftentimes struggles.

**Confess:** I confess that I believed in the lie that I am unworthy. There is nothing I can or can't do to make myself worthy. Rather the blood of Jesus makes me worthy. I therefore

choose to reject and renounce this lie I'm not enough, I'm unworthy, I'm rejected. I open my heart to receive the truth that I am chosen by God, that I am honored, that I am married to Jesus Christ, that I am God's precious child. I choose to wear a coat of acceptance as my rightful inheritance in heaven.

**Application:** Visualize yourself at the cross. Lie at the cross and picture Jesus dying for you. With your heart fully invested in the transaction, open your hands and heart to receive what He did. Once you do that, you gain a spiritual bookmark that you can return to when the lies attack. If you don't believe it still, keep fighting, keep asking, don't let the lie live.

## #2. The Lie We Are Orphaned.

Many of us carry deep injuries of the past. We may have had parents who hurt us, and specifically fathers who couldn't show us love or affection. We carried within us a brokenness and loneliness that we were unwanted, forgotten and sometimes perhaps even physically abandoned. At the very least some of us emotionally abandoned.

When we enter Christianity, we bring with us an understanding of who God our Father is. We may not even be aware of the filter that covers us. It speaks through our own messaging and begins to frame God in the same manner he was framed through our earthly experience. Thus, we may see God as an unloving, unavailable Dad.

The Bible tells us that we are adopted, made children of God, and given the same access to the throne as Jesus Christ Himself. We are bought and redeemed by love. We may not feel loved, but it's because we don't know God's character and heart and have misjudged Him. The reasons for this can be dramatically different, and for us to pursue and face our own interpretation of His character is vital. !. How do I view my Father in Heaven? 2. How do I think my Father views me?

**Application:** Picture God in heaven, and picture yourself sitting next to Him. Can you connect with Him as a Dad? How does He look? What would His face tell you? Is it safe? Is it awkward? Are you able to feel love? Are you afraid? Knowing this honest understanding will help you begin to ask God break through and show You His own heart. Stay in His presence and wait for Him to come. Invite Him to parent you, to love you and prepare your heart to receive Him.

**Word Study:** Study scripture with the Word "Abba" - and write it out. Frame it on the wall or mirror. Remind yourself of the God you have and who you belong to.

## #3. The Lie Our Future Is Not Secure.

The enemy will show us pictures of what could happen, might happen or what has happened in the past that caused trauma. He will use memories to torment us and speak painful curses onto our future. When we succumb to this, we will unknowingly learn to hide, to protect, to run, to check out. That's what fear does.

You may act out with anger or rage. You may act out through trying to please people. You may use a drug to cope. The enemy creates his own destiny for your future. And if you begin to come into agreement with that, you are certain to fall into despair, depression and many other stressful conditions.

In reality, it is God who houses a future for each of us. He is passionately moving into redemptive solutions in our life, poisoning us

for growth and fruit production. Seeing and interpreting God's agenda amidst circumstances and people that seemingly align with the enemy's perspective can be difficult.

God will enter into our storms, not remove them. Storms are the Divine atmosphere where God can perform the supernatural in our lives. In the storm, He calls us out of the boat, much like Peter, to walk into the impossible. He wants us brave, powerful and able to walk in confidence that He is enough. The enemy on the other hand wants to shake us. He wants to frame us as weak failures and losers so that our potential isn't activated (seeds in soil that have not yet broken). He taunts and teases us, until we discover that his plan cannot succeed without our permission.

Have you had enough? Focus on what drives your insecurity and fear. What aspect to God's character do you struggle to understand? And then, are you willing to abolish the lie that God's involvement in your life is not adequate to protect and claim your future as something hopeful, positive and redemptive. Get out of the boat - hold God's hand and let Him to do the miraculous.

**Claim:** I reject the lie that my future is fearful, that my well being is not secure and that there is doom. I trust that all things you are working together for my good and your glory. Love has been deposited into me, and the faithfulness of God is my security. Your perfect love casts out fear. As the sun must rise and set, so my God must meet my needs according to His riches in glory.

**Application:** Practice bringing you needs to Jesus. Enter into conversation with Him. Visualize Him as Your actual Father. Present what your need and ready your heart to receive. Ask Him to purify your heart so that your heart aligns with His. Then, whatever you ask in His name you will receive.

## Lie #4. The Lie Our Identity is Wrongful.

God's designs are good. His purposes are pure and right. But this world is broken. And thus we break with it. The enemy wants to interpret our identity for us. He wants to handcraft an idea of the basic essence of our being through the people, the circumstances and the broken sin realities that have come under our influence. Like looking into a broken mirror, we begin to reflect an image that is marred, skewed and stained. We see ourselves as the mirror suggests, but the mirror is a lie. It is failure-drive and shame laden. God wants to snatch our mirror away and expose to us the way He designed us to be. Each of us has been given a unique purposes and calling. Each of us has a beautiful God-made future that has been planted inside us. Each of us are purified by the blood of Jesus (as long as we asked Jesus inside). We will need to come alongside God's idea of us. We will need to accept the "real us" and ask God to take away the self rejection and lies that have forced into self destructive behaviors.

**Confess.** I invite my authentic identity to become everything you made me to be. I reject the lies of the enemy that have sabotaged the "real me." Give me vision, purpose and a design so I can myself as you do. Read the book of Galatians.

**Application:** What does the mirror say about you? How do you view yourself? How does God's mirror differ? Can you look in the mirror and declare: I am loved, honored, precious and beautiful in the sight of my Father. I have a future and a hope in Him.