

**Write from the Deep**  
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**Going Deeper Workshop: Overcoming Damaging Self-Talk**  
**Segment 3: Dealing with Lies**

Lies are the backbone of damaging self-talk!

**How to recognizing lies:**

- Lies are condemning. We feel bad, inadequate, dismayed, guilty, accused. We feel like failures. We feel doomed before we start.
- Lies are not filled with grace or restoration. There's no upside. We feel hopeless, like we can't fix it or change.
- Lies create bondage and helplessness. We get stuck in that image, in that lie.
- Lies distract us from truth, from the work God has given us.
- Lies can wreak havoc in our emotions.
- Sometimes lies are specific, but they can also be vague.
- Lies often have a kernel of truth, but it's twisted.
- Lies can come from believers, friends, family, etc., because we are broken people.
- Lies are the devil's language.
  - "...[Satan] was a murderer from the beginning, not holding to the truth, for there is no truth in Him. When he lies, he speaks his native language, for he is a liar and the father of lies." John 8:44

**How to recognize truth:**

- Truth is freeing, restorative. Truth breaks bondage and gives hope.
  - Jesus says in John 8:32, "...you will know the truth, and the truth will make you free."
- Truth builds you up instead of tearing you down.
- Truth can be hard, but God gives us grace, so there are footprints of grace in truth.
- Truth glorifies and delights God.
  - "Behold, You delight in truth in the inward being..." Psalm 51:6

- Truth is God's language.
  - Jesus prays for his disciples in John 17:17, "Sanctify them by the truth; your word is truth."

So we've talked about the difference between truth and lies, now what do you do with this information?

- Filter the messages you hear—what people say, what comes into your minds, etc. You MUST decide: Is it the truth or is it a lie?
- When a lie wreaks havoc with your emotions, you'll need to consciously pull back from the emotion the lie creates in order to objectively analyze the statement. Writing it down helps you be objective.
- You may need the help of a trusted friend to analyze what you're hearing or saying. Seek Godly wisdom, seek corroboration.
- Recognizing whether something is true or false is hard to do in the moment. It may take time, prayer, and thought. Again, writing it down—being specific not vague—helps you consider it objectively.
- If it's truth that hurts, truth that's difficult, that's okay. Deal with it as God directs.

If what you're hearing is a lie, if what you're giving ear to or repeating is a lie, then

- 1) stop listening to it, stop repeating it;
- 2) replace that lie with truth!

Unfortunately we don't always have a deep well of truth inside of us to draw from.

- Consciously, proactively, fill your heart and mind with God's truth so you have something to replace the lies with.
- Spend time with God and trust that you can and do know Him and His voice.
  - "My sheep hear my voice and I know them and they follow me." John 10:27
- Here are four truths about you and God to add to your well of God's truth:
  - "The LORD your God is with you, He is mighty to save. He will take great delight in you, He will quiet you with His love, He will rejoice over you with singing." Zephaniah 3:17

- “Why, even the hairs of your head are all numbered. Fear not; you are of more value than many sparrows.” Luke 12:7
- “The LORD is good, a stronghold in the day of trouble; He knows those who take refuge in Him.” Nahum 1:7
- “I will betroth you to Me forever; Yes, I will betroth you to Me, In righteousness and justice, In lovingkindness and mercy; I will betroth you to Me in faithfulness, And you shall know the LORD.” Hosea 2:19-20

The truth is that God knows you intimately, and you can know Him too!