

Write from the Deep
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Going Deeper Workshop: Overcoming Damaging Self-Talk
Segment 4: Dealing with Lies: Action Steps

Action Step 1: Identify lies and replace them with truth.

Look at the criteria for truth and for lies, then look at your list of damaging self-talk:

1. Which of those statements can you recognize as lies? Take a red pen and write LIE in big letters right over the top of it.
2. Find a specific truth from God's word to replace that lie with. Recognizing the lie won't help unless you replace it with truth, because another lie will fill the void.
 - a. For example, if the lie is "God isn't leading me," then you could use truth from Psalm 23:1-3 to replace that lie: "The Lord is my Shepherd, I shall not be in want. He makes me lie down in green pastures, He leads me beside quiet waters, He restores my soul. He guides me in paths of righteousness for His name's sake."
 - b. To help you find truth, use a concordance, ask friends, Google it, etc.
 - c. Find several options. They might be truths about your value in God's sight, or about His character, His faithfulness, His sovereignty, etc. Be open to God's leading.
3. When you find the truth you feel speaks the most to that lie, write that truth down on the lines marked "Truths" (in the space below the damaging self-talk). Feel free to write more than one truth if you like. In future segments, you'll also learn other ways to find truths to list.
4. Cross out that lie with your red pen.

Be willing to go deep to get to the bottom of your lies.

- For example, maybe you want to go to a writer's conference, or you have to pay to join a writers' group, or buy a craft book, etc., and your self-talk is "You're wasting your family's money when you spend it on writing."
 - You have to get to the bottom of that. Is it really about wasting money? Why is money the issue? Whose money is it?
 - The specific lie that's really affecting you might be that you believe your money is yours and not God's. You could combat that lie with 1 Chronicles 29:14. King David says to God, "But who am I, and who are my people that we could give anything to you? Everything we have has come from you, and we give you only what you have already given to us."

- Or the specific lie might be that you can't trust God's provision for your resources. You could combat that with "And my God will supply all your needs according to His riches in glory in Christ Jesus." Philippians 4:19
- But don't be afraid to personalize Scripture: "My God will supply all MY needs according to His riches in glory in Christ Jesus."

Action Step 2: Memorize the truths you've written down.

- Memorizing these truths may take a while. That's okay. It's worth it! You want specific truth constantly accessible in your heart and mind.
- Memorize truths one at a time so you're not overwhelmed. These strategies can help:
 - Write the verse on your bathroom mirror in soap or tape a notecard to your fridge.
 - Put a notecard on your nightstand. Make the verse the last thing you look at before you go to bed and the first thing you look at in the morning.
 - Text it to yourself; work with a friend and text it to them.
 - Say it out loud.
 - Record a voice memo and listen to it back.
 - Pray the verse.
 - Make it a family project, or something you do with friends. Give prizes!
- Make memorizing Scripture a lifestyle, not an overwhelming project or another thing on your to-do list.
- Feed on truth, not lies. Lies are toxic. Memorized truth is easy to feed on.
- Actively filling your mind with God's Word—hearing it, seeing it, speaking it, praying it—is the way you feed on truth, which nourishes you from the inside out.

This segment focused on dealing with lies as a principle to overcome damaging self-talk. Don't worry if you still have damaging self-talk on your list that you didn't cross off or replace. We'll give you more strategies in the segments ahead for dealing with lies and everything else on your list!