



Week 2 - Moving From Lies to Truth

I. Introduction

The devil is **the enemy of God. He hates God and He hates God's creation.** In John 8:44, Jesus called the devil **"the father of lies."** He has been a deceiver from the very beginning, using lies to distort the truth, create doubt, and lead people away from God. His tactics have not changed—he deceived Eve in the Garden of Eden by twisting God's words, and he continues to whisper lies into the hearts of believers today.

Lies come in many forms: feelings of unworthiness, doubts about God's love, and temptations disguised as harmless choices. His goal is simple—to make us question God's truth, doubt our identity in Christ, and keep us from walking in the freedom and power God has given us. Jesus said in John 10:10 *The Message*, "The thief is only there to steal and kill and destroy. I came so they can have real and eternal life, more and better life than they ever dreamed of." Jesus made a promise that he will always keep. You must believe what He says and trust Him.

II. Identifying the Lies We Believe

The devil's main strategy in the battle of the mind is deception. He plants lies that distort our perception of God, ourselves, and our circumstances. These lies often manifest as negative self-talk, limiting beliefs, and false assumptions.

John 8:44b NLT – "He [the devil] was a murderer from the beginning. He has always hated the truth because there is not truth in him. When he lies, it is consistent with his character [he speaks his native language]; for he is a liar and the father of lies.

Common Lies We Believe:

- *"I am not enough."*
- *"God doesn't really care about me."*
- *"I will never change."*
- *"The healing didn't take."*
- *"No one really loves me."*
- *"If people really knew me, they would run the other way."*
- *"I am not worthy."*
- *"I am not smart enough."*
- *"I am not anointed."*
- *"If I could be like _____ I would really succeed."*

- “I just can’t do it.”
- “I just need a little more...”
- “I don’t need anybody. I can do it myself.”
- I am not pretty/handsome.”

III. Lies and Strongholds

The lies we believe and base our lives upon create strongholds. The word stronghold is translated from the Greek word *ochuroma*, which means “to fortify.” In ancient times, a stronghold was a building built at the highest peak in the city. It was surrounded by a reinforced wall up to twenty feet thick. In times of war, if the city was attacked, the stronghold was often seen as unapproachable and impenetrable. Political leaders were hidden there so they would not be capture or killed.

Paul compares the lies we believe to those fortresses. Like the walls of the strongholds, our lies have been reinforced over and over to become bigger and stronger. We have believed them for so long, they have become a part of us. We believe our walls protect us. We think they are impenetrable. And yet they often keep the truth unapproachable to us.

A. How Thoughts Become Strongholds

1. The Beginning – The Seed of a Thought

Every stronghold starts as a single **thought**—a passing idea, an experience, or something we've been told. If this thought is entertained repeatedly, it begins to take root in our minds.

- **Example (Positive):** "I can learn from failure."
- **Example (Negative):** "I'm not good enough."

2. Repetition – Reinforcing the Idea

The more a thought is repeated, the stronger it becomes. Like building a stronghold brick by brick, our minds reinforce ideas we focus on.

- Thoughts grow stronger through **habitual thinking**, life experiences, and outside influences (family, culture, media).
- Our **brain creates neural pathways**—the more we think a certain way, the more automatic it becomes.

3. Agreement – Accepting It as Truth

A thought becomes a belief when we **agree with it** and begin to **live as if it is true**.

- We start filtering experiences to **confirm** what we believe, ignoring evidence that contradicts it.
- This is where a simple thought can become a mental **stronghold**, shaping our emotions, actions, and identity.

4. Defense – Protecting the Belief

Once a thought becomes a stronghold, it resists change—just like a fortress.

- We build **mental defenses** to protect it, rejecting information that challenges it.
- This can lead to **closed-mindedness** (negative stronghold) or **deep confidence** (positive stronghold).

5. Action – Living Out the Stronghold

Ultimately, our strongholds dictate how we live:

- If we've built **healthy strongholds** (e.g., "I am capable of overcoming challenges"), we thrive.
- If we've built **limiting strongholds** (e.g., "I'll never succeed"), we hold ourselves back.

B. The Stronghold Must Be Destroyed

To defeat the lie, the stronghold that protects it must be destroyed.

2 Corinthians 10:3-5 NLT - We are human, but we do not wage war as humans do. ⁴ [\[a\]](#)We use God's mighty weapons [divine power], not worldly weapons, to knock down [destroy] the strongholds of human reasoning and to destroy false arguments. ⁵ We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ.

Proverbs 21:22 NLT – The wise conquer the city of the strong and level the fortress in which they trust.

Destroy – translated from the word *kathaireo*, which means “destruction requiring massive power,” “to lower with violence,” “to bring something down with brute strength, like destroying with a wrecking ball.”

IV. The Power of God's Truth

Lies are often rooted in past hurts, cultural beliefs, or distorted interpretations of our experiences. Freedom comes from replacing lies with God's truth. His Word exposes deception and renews our minds with life-giving promises.

Ephesians 1:19-20 NLT – I also pray that you will understand the incredible greatness of God's power for us who believe him. This is the same mighty power²⁰ that raised Christ from the dead and seated him in the place of honor at God's right hand in the heavenly realms.

Ephesians 6:17b NLT – ...And take the sword of the Spirit, which is the word of God.

Psalms 119:105 NLT - Your word is a lamp to guide my feet and a light for my path.

2 Timothy 3:16 NLT – All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right.

V. Guide to Destroying Lies/Strongholds with Truth

1. Recognize the Lie

- Pay attention to recurring negative thoughts or beliefs that contradict God's Word.
- Journal your thoughts to identify patterns.

2. Reject the Lie

- Actively refuse to accept lies, even if they feel true based on emotions or circumstances.
- Pray for the Holy Spirit to reveal areas of deception.

3. Replace, Repeat, and Strengthen with Scripture

- Find specific Bible verses that counter the lie.
- Meditate on these verses and declare them daily.
- Just like old thought patterns were built through repetition, new strongholds need consistent reinforcement.

4. Talk with a Counselor/Therapist

- To schedule an appointment, contact Genniveive (Gennie) Brown at (713) 726-2597 or Manager@counselingmail.com.

VI. Questions to Ponder

1. Are my thoughts tearing me down?
2. Are my thoughts negative, toxic, or self-deprecating?
3. Are my unhealthy thoughts keeping me from the life God wants for me?

Homework Assignment

Using the Replacement Principle handout, use God's word to replace the lies with the truth. Write down any changes in your thinking when using God's word.

Presenter: Pastor Suzette T. Caldwell

Reference: *Winning the War in Your Mind: Change Your Thinking, Change Your Life* by Craig Groeschel

The Replacement Principle

Replace the lies with the Truth of God.

THE LIES

1. I am not worthy of love or acceptance.
2. I will never measure up. I am not good enough.
3. I am unforgivable. God could never forgive me for what I have done.
4. I am alone and abandoned. God does not care about my worries.
5. I do not have a purpose in life. I am insignificant.
6. I am helpless and bound to my sinful habits. I will never change.
7. I am alone in my struggles. There is no hope for my situation.
8. I will never succeed. I am not capable of achieving my dreams.
9. I am unforgivable. My past mistakes define me.

THE TRUTH OF GOD

1. God's grace is sufficient for me, for His power is made perfect in my weakness. (2 Corinthians 12:9)
2. God's grace is greater than my sins. In Christ, I am forgiven and made new. I am not condemned because I am in Christ Jesus. (Ephesians 1:7, 2 Corinthians 5:17, Romans 8:1)
3. I am created for a purpose. God has plans for me. I am His workmanship, created for good works." (Jeremiah 29:11, Ephesians 2:10)
4. "The Lord is near to the brokenhearted and saves the crushed in spirit." Lord, thank you for being here for me. (Psalm 34:18)
5. I will cast all my cares (anxiety, fears) on Christ because He cares for me." (1 Peter 5:7)
6. I am created in God's image. I have unique gifts and purposes. I am complete in Christ. (Genesis 1:27, Ephesians 2:10, Colossians 2:10)
7. I can do all things through Christ who strengthens me. (Philippians 4:13).
8. "If anyone is in Christ, he is a new creation." I confess that I am a new creation because I am in Christ. (2 Corinthians 5:17)
9. If I (we) confess our sins, God is faithful and just to forgive me (us) of my (our) sins and to cleanse me (us) from all unrighteousness. (1 John 1:9).
10. "Therefore, there is now no condemnation for those who are in Christ Jesus." (Romans 8:1). I confess that I am not condemned because I am in Christ Jesus.
11. I am fearfully and wonderfully made. I am deeply loved and accepted by God. (Psalm 139:14, Ephesians 1:4-5)
12. God is always with me. He is my refuge and strength. I can cast all my cares (anxieties, fears) on Him because He cares for me. (Deuteronomy 31:6, Psalm 46:1, 1 Peter 5:7)
13. For God did not give me a spirit of fear, but of power, love, and self-control. (2 Timothy 1:7)
