

Unraveling the Lie-Knot *Study Guide*

**Finding Freedom From the
Tangles of Discouragement,
Deception, and Depression**



Sheryl Giesbrecht Turner



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Chapter 1: Knotted—How Did I Get Here?

Loosening the Lies

Individual or Group Study Questions and Guided Journal Opportunity

Thank you for taking the time to begin to unravel the “lie-knot.” You might be thinking “I’ve believed so many lies, I can’t decide which one to focus on first.” Don’t worry, God will help you. Together, with God’s help, we can begin the process of “unraveling the lie-knot.” Let’s take the next step, based upon knowing the truth is found only in God’s Word and trusting God to heal us. It’s difficult to begin, but it happens by facing our failures, stepping forward by faith, and embracing our future. Jointly, we can allow the Holy Spirit to show us the end and where to begin to unravel the “lie-knot.” Let me pray for you.

Dear Heavenly Father,

Thank You for my dear reader, who is coming to You for help. Lord, would You help her? Could You enable her to experience a deeper relationship with You? Help her to trust You to sever herself free from the lies she is used to believing. Liberate her to see herself as a woman who is healed, emotionally whole, and able to reach the full potential You have designed for her. Give her the abundant life she desires. I commit her to You. In Jesus’ name. Amen.

Now it is your turn. Would you take just a moment to pray a prayer of commitment to the process?



Dear Heavenly Father,

Thank You for this opportunity to allow You to reveal areas of my past. The memories of my hurts and hang ups are exceedingly difficult to face, yet with Your help, we can begin. I commit to being open, honest, and vulnerable with You. I declare my dependence upon You. I choose to believe Your Word as truth. Dear Lord, show me if there is any way or anywhere, I am being deceived. Thank You for reminding me of Your faithfulness in the past, and Your presence with me now gives me peace. I ask for Your guidance and protection as I commit to do Your will. Thank You for giving me strength. In Jesus' name. Amen.

First, let's look to our acrostic using the word TRUTH.

T - Take time to pray through the acrostic. Give yourself permission to slow down, stop, and face the things you have been running from. It's time.

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders, and the sin that so easily entangles. And let us run with perseverance the race marked out for us (Hebrews 12:1).

Dear Heavenly Father,

Would You show me the lies that have ensnared me?

R - Remember the facts – Determine to get to the root of what or who caused the first snag.

I remember my affliction and my wandering, the bitterness and the gall (Lamentations 3:19).

Dear Heavenly Father,

Would You reveal the root of the lie? Please show me who or what caused the first snag.



U - Uncover your fear, “unravel the lie-knot” – Behind every fear is a lie that is believed.

If we claim to have fellowship with him and yet walk in the darkness, we lie and do not live out the truth (1 John 1:6).

Dear Heavenly Father,

Would You show me the fear behind the lies I have believed?

T - Tell yourself the truth. Scripture spoken aloud ushers in healing and brings wholeness. This is how renewal takes place.

He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners (Isaiah 61:1).

Dear Heavenly Father,

I declare: You have shown me - You will bind up my broken heart. You announce freedom for me, the captive, and You release me from darkness. Thank You.

H - Help is available by agreeing with God. Confess your sin, submit to God, declare the truth aloud over yourself. Let Jesus untie your bondage.

Jesus said to them, ‘Loose him, and let him go’ (John 11:44 KJV).

Dear Heavenly Father,

I confess my sin. I have sinned by (fill in the blank with your specific sin.)

I choose to submit to You. Thank You for cleansing me. I speak the truth over myself.

Jesus said to them, ‘Loose (fill in your name) and let her go’ (John 11:44 KJV).



Loosening the Lies

Individual or Group Study Questions and Guided Journal Opportunity

1. Describe the gifts God gave to Adam and Eve that were restored through the sacrifice of God's Son, Jesus Christ.
2. Can you think of ways you've been deceived and the untruths you've believed?



3. What has happened in your past to bring you to the point where you may have questioned “is God is holding out on me?”

4. Have any of these experiences caused you regret? Anguish? Anger? Other emotions?



5. Can you figure out if the areas you listed above might be a snare of entanglement for you? Why or Why Not?

6. If so, please take a moment and pray. Ask God to help you find the beginning of the “lie-knot.” Write it down in the space below.

Dear Heavenly Father,

Please show me the end of the “lie-knot.”



7. Ask God to help you learn how to begin to tell yourself the truth.

Dear Heavenly Father,

Thank You for the truth of Your Word. Help me find a truth tool that will begin to cut me free from the tangles of my “lie-knot.”

8. Search out a Scripture verse or two from this chapter to help you counter lies you’ve believed about God. Write down the verse, reference, or page number here.



9. Ask God to show you how the lies you believed about Him affected your view of His provision, presence, and purposes for your life.

Dear Heavenly Father,

You are Lord of my life. Thank You for this time of reflection on Your goodness. Thank You for reminding me – yes, You can be trusted. I am grateful for Your work in my life. Thank You for restoring my acceptance, security, and significance through the finished work of Jesus Christ. Thank You for doing a new thing in me. In Jesus' name I pray. Amen.

10. Pray a prayer of commitment to the process

Dear Heavenly Father,

Thank You for Your commitment to me. Forgive me for trying to attempt overcoming my hurt and habits on my own. I see now, all along, Your plan was for me to do it in partnership with You. I am re-committing to Your provision, presence, and purposes for my life. Thank You, Lord, I don't have to go through this alone. I am strengthened through Your love, peace, and hope. Thank You for giving me a second chance. I am grateful and relieved. In Jesus' name. Amen.



Truth Tools

For the word of the Lord is right and true, he is faithful in all he does (Psalm 33:4).

God decided in advance to adopt us into his own family by bringing us to himself through Jesus Christ. That is what he wanted to do, and it gave him great pleasure (Ephesians 1:5 NLT).

Let perseverance finish its work so that you may be mature and complete, not lacking anything. If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. That person should not expect to receive anything from the Lord. Such a person is double-minded and unstable in all they do (James 1:4-8).

But when he, the Spirit of truth comes, he will guide you into all truth. He will not speak on his own; he will speak only what he hears and he will tell you what is yet to come (John 16:13).

The wicked have set a snare for me, but I have not strayed from your precepts (Psalm 119:110).

I am the (wo)man who has seen affliction by the rod of the Lord's wrath. I remember my affliction and my wandering, the bitterness and the gall. I well remember them, and my soul is downcast within me. Yet this I call to mind and therefore I have hope: because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness. I say to myself, 'The Lord is my portion; therefore, I will wait for him.' The Lord is good to those whose hope is in him, to the one who seeks him (Lamentations 3:1, 19-25).



Freed by Faith

A prayer of adoration and devotion.

Dear Heavenly Father,

Thank You for Your goodness and faithfulness to show me any way or anywhere I have been deceived. Thank You for loving me enough to send Your Son, Jesus Christ, so I can know You in an intimate way. Thank You for my relationship with Jesus Christ, whose blood has covered all my sin. Thanks for Your gift of grace, which has enabled me to face my hurt and has helped be to trust You to find the end of the “lie-knot.” Father, I am grateful for the increased opportunity to trust You. As You know, it’s kind of scary, but I declare, “You are faithful in all You do” (Psalm 33:4). In Jesus’ name. Amen.





Chapter 2: Tangled – Where Are You God?

Loosening the Lies

Individual or Group Study Questions and Guided Journal Opportunity

Thank you for continuing the “unraveling lie-knot” discussion with me. In this chapter, *Tangled – Where Are You God*, we discussed the times when we feel like God is distant or uninterested. Thankfully, He is not the one who moves away, usually it is our choice to attempt to do things on our own that pushes Him out. Another possibility could be that our view of Him is clouded by our tragic circumstances or our unwillingness to agree with Him and let Him do things His way. Getting to the end of the snag of our “lie-knot” may take time. I know, wouldn’t it be great if we could have quick relief? Yes, I agree, it would be wonderful. But usually it is not that quick or simple. Remember, we did not get into the place we are overnight. For some of us, myself included, we endured several decades without relief, which only caused us to become increasingly enmeshed. The process of “unraveling the lie-knot” may take time. And that is okay. Today, let me pray a prayer of commitment for you.

Dear Heavenly Father,

I pray for you, dear reader, from Ephesians 1:18, 19 “I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, and his incomparably great power for us who believe.” Thank You for the power and presence we find together by praying Your Word. In Jesus’ name. Amen.

Now it’s your turn. Here is your prayer of dedication to the process. Let’s pray.



Dear Heavenly Father,

Thank You for the opportunity to ask, “Where are You, God?” Thank You for the gentle whisper of Your Holy Spirit, reminding me that even when I don’t see it, You are working. Thank You for continuing to give me insight and revelation according to what Your plan is next. In Jesus’ name. Amen.

Let’s look to our acrostic using the word TRUTH. T - Take time.

Let’s pray through the acrostic using the T.R.U.T.H. statement. Give yourself space, time, permission to slow down, and let God show you His present involvement. Let Him reveal to you something new about His presence and your identity in Christ.

I’ve looked up two scriptures for you.

His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness (2 Peter 1:3).

Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the Dear Heavenly realms with every spiritual blessing in Christ (Ephesians 1:3).

Dear Heavenly Father,

Thank You for showing me something new about myself and my identity in Christ. In Jesus’ name. Amen.

Please speak aloud these two scriptures – 2 Peter 1:3 and Ephesians 1:3.

R - Remember the facts.

Do you remember what happened? Look back, recount, and review the course of your life events. It’s time to replace the lies with truth. This is the process of how we cut free from the knots of deception. Holding close to truth is how we learn to take God at His Word.

You have renewed your pledge to devote yourself to search out and find truth. It is a choice to be dedicated to learning what God thinks about us. When we do this, the impact of the opinions and accusations of others will



be diminished. It helps to take control of our thoughts and say His Word out loud. The truth in Romans 8:1 breaks through guilt, shame, blame, and unworthiness,

Therefore, there is now no condemnation for those who are in Christ Jesus (Romans 8:1). Let God defend you and free you through the power of His Word.

Dear Heavenly Father,

Thank You for giving me strength to remember the facts. In Jesus' name. Amen.

Declare aloud the truth of Romans 8:1.

U - Uncover your fear, unravel the "lie-knot."

Do you know why are you afraid? I know it is intimidating to face the truth, but that is where the healing begins. So, if you are able, please name the fear and replace it with truth. By doing so, you submit to God your decision to walk forward in faith. When we feel guilty, it is difficult to move forward. We don't have to be victimized by our past, held captive to our thoughts, or imprisoned by how others perceive us. Trusting God moves us ahead unhindered. Our progress becomes secure as we apply God's word to our circumstances and allow Him to move us from deception to truth.

Dear Heavenly Father,

Would You reveal to me my fears? Thank You, in Jesus' name, Amen.

T - Tell yourself the truth.

Scripture spoken and meditation is the way renewal takes place. It's a personal choice to claim the promises of God and allow them to become real. We can be "made new in our mind." Spiritual revitalization is available to each of us when we choose to allow God's Word to transform our minds by reading it, praying it, saying it, memorizing it, listening to it, and keeping it at hand.



Dear Heavenly Father,

*Thank You for renewing my mind. Thank You for replacing lies with Your truth.
In Jesus' name, Amen.*

Declare this Scripture over yourself.

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will” (Romans 12:1,2).

H – Help is available by agreeing with God.

As we turn to God for help, that is where we find the answer for how to tell ourselves the truth.

You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness (Ephesians 4:22-24).

Trusting God moves us ahead unhindered. Our progress becomes secure as we apply God's Word to our circumstances and allow Him to move us from deception to truth.

Dear Heavenly Father,

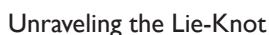
I come to You for help. I agree with You about my condition. Thank You for Your grace, mercy, and compassion. Thank You for Your support and presence. In Jesus' name, Amen.



Individual or Group Study Questions and Guided Journal Opportunity

I. Describe a time when you have felt distant from God or have questioned His goodness.

2. Explain your heart condition at that time and how it may have affected your choices.



3. If you have not already done so, please take a few moments to list several nicknames you were called as a child. (By the way, I am so sorry to ask you to go here, thank you.)
4. Are you aware of the lies behind the nicknames? (God is with you.)



5. As you remember, behind every fear is a lie you have believed. Can you determine the fear (“lie-knot”) you believed?
6. Do you agree with this statement or not? “Who you are in Christ is a fact because of the finished work of Jesus Christ.” Why or Why Not?



7. Yes, you can do it. Choose to “put off the old self,” disown guilt, shame, and blame. Evict these things. They do not belong in you. Throw out these toxic attitudes by declaring God’s Word over your life and your whole being.

Dear Heavenly Father,

Thank You for showing me how to allow You to cut away guilt, shame, and blame. Help me to claim at least one of the verses in the “Identity in Christ” statements of truth to come against the lie I have believed about myself, You, or my circumstance. Thank You. In Jesus’ name, Amen.

8. Please take a few moments to go back to the “Identity In Christ” statements of truth. Speak them aloud over yourself.



9. Thank you for beginning the process to understand and own up to your identity in Christ. To experience our freedom in Christ and grow in the grace of God requires repentance, which literally means a change of mind. God will enable that process as we submit to Him and resist the devil.

Resist the devil, and he will flee from you (James 4:7).

10. Share one scripture God has used to renew your mind and help you reclaim your identity in Christ. Pray a prayer of commitment to the process.

Dear Heavenly Father,

Thank You for helping me to begin the process of “unraveling the lie-knot” and showing me how to replace the lie with the truth found in Your Word. I am so incredibly grateful for Your goodness. Thank You for giving me renewed hope, peace, and strength in this time of renewal. It seems overwhelming sometimes, I feel like I have so far to go. Thank You for allowing me to take the time I need. In Jesus’ name, Amen.



Truth Tools

The thief comes only to steal and kill and destroy; I have come that they may have life and have it to the full (John 10:10).

This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him (1 John 5:14-15).

Yes, my soul, find rest in God; my hope comes from him (Psalm 62:5).

Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened (Matthew 7:7-8).

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen (Ephesians 3:20-21).

Devote yourselves to prayer, being watchful and thankful (Colossians 4:2).



Freed By Faith

A prayer of devotion and dedication.

Dear Heavenly Father,

Thank You for Your plan for my life. Thank You for helping to uncover my fears and begin to “unravel the lie-knot.” Thank You for all You have done to show me how to accept the gifts of grace by understanding my identity in Christ. Thank You for restoring me into a relationship with You. Thank You for reminding me – I am accepted, I am secure, I am significant. I pray for myself – to remain committed to the process. I choose to remain dedicated to “ask and receive, seek and find out Your truth.” (Matthew 7:7-8) Thank You for revealing it to me. Thank You for the time we spent together today. I love You and thank You for keeping Your Word at the forefront of my mind. In Jesus’ name, Amen.





Chapter 3: Snarled – Why Should I Trust You, God?

Loosening the Lies

Individual or Group Study Questions and Guided Journal Opportunity

I am grateful you've prayed the prayers of recommitment and rededication today. If you haven't done so, now is your opportunity to do that. It only takes just a moment to act on your faith and make the choice to trust God. It may feel a little scary at first, but God will sustain you with His assurance and presence. His peace will come, and your confidence will grow. Here are the prayers:

Please take a moment to pray this prayer of commitment to trust God:

Dear Heavenly Father,

Thank You for the blood of Jesus that covers a multitude of my sins. (1 Peter 4:8) Thank You that You have forgiven me and there is now no condemnation for those who are in Christ Jesus. (Romans 8:1) Thank You for helping me get rid of the knotted areas of my past mistakes, so I can walk forward in freedom and security. Thank You for not holding my past against me. Help me to let go of guilt and shame. I choose to grab onto grace and hope. Thank You for changing my mess into a masterpiece. Thank You for using me for an important work You have planned for me to do. (Ephesians 2:10) I choose to let go of the past so I can walk into the exciting future You have in store for me. In Jesus' name. Amen.

If you've been interrupted by any voices other than those speaking truth, remind them who you are and speak this prayer aloud:



Dear Heavenly Father,

Thank You for the precious shed blood of Jesus, who paid the price for my sins and forgave me. Thank You that in Christ I am made righteous. Thank You for protecting me with Your presence, Lord Jesus, by the power of the Holy Spirit. Thank You for fighting this battle. I claim victory over the power of darkness. Bring the light and let me shine Your truth. Thank You for freedom. In Jesus' name. Amen.

T - Take time to pray through the acrostic using the truth statement.

I love those who love me, and those who seek me find me (Proverbs 8:17).

Dear Heavenly Father,

Would You show me the lies that have held me captive?

R - Remember the facts – Determine to get to the root of what or who caused the first snag.

Then they cried to the Lord in their trouble, he saved them from their distress. He sent forth his word and healed them; he rescued them from the grave (Psalm 107:19, 20).

Thank You, Dear Heavenly Father,

For hearing and responding to my cry and by sending Your Word to heal me.

U - Uncover your fear, unravel the lie-knot – Behind every fear is a lie that is believed.

Yet I am always with you; you hold me by your right hand. You guide me with your counsel (Psalm 73:23, 24).



Dear Heavenly Father,

Would You reveal the root of the lie? Show me the fear that has kept me in bondage. Amen.

T - Tell yourself the truth. Scripture spoken aloud ushers in healing and brings wholeness.

My God whom I praise, do not remain silent. Psalm 109:1

Dear Heavenly Father,

Thank You for the power of praise. Thank You just thanking You and worshipping You brings peace, comfort, and hope into my snarled thoughts. Amen.

H - Help is available by agreeing with God. Confess your sin, submit to God, declare the truth aloud over yourself.

If you remain in me, and my words remain in you, ask whatever you wish, and it will be done for you. This is to my Father's glory, that you bear much fruit; showing yourselves to be my disciples. John 15:7-8

Dear Heavenly Father,

Thank You for the renewal I feel by agreeing with You. I submit to Your will and Your ways. Amen.



Loosening the Lies:

Individual or Group Study Questions and Guided Journal Opportunity

We heard about Alexander the Great's feat of cutting through the famous Gordian knot with one slice of his famous sword. Don't you wish it were that easy? Me too. The title of this book, *Unraveling the Lie-Knot*, incites action. It's an act of faith for us to be part of the process to allow God to do our untangling. God won't unravel our "lie-knots" for us, but He will unravel our "lie-knots" in cooperation with us, His Word, and the Holy Spirit. God holds us responsible to be part of the process by submitting to Him, confessing our sin, and declaring His Word. When we become entangled, snarled, bound up, and unable to move forward, remember what God's Word says.

In all this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. These have come so that the genuineness of your faith - of greater worth than gold, which perishes even though refined by fire - may result in praise, glory and honor when Jesus Christ is revealed (1 Peter 1:6-7).

1. Do you agree that suffering may be part of the process of "unraveling the lie-knot?" Why or Why Not?



2. Describe situations when you have encountered suffering, or you have watched others suffer.
3. Have you thought you cannot trust God with your life or the lives of your loved ones?



4. Did you change any of your views on this subject by reading the chapter?

5. Can you relate to Mary and Martha's reaction to Jesus coming after Lazarus died?

6. Do you know anyone who is experiencing the symptoms of depression, discouragement, or despair?
7. Share a new concept you have learned about how to help someone experiencing depression, discouragement, or despair.



8. Can you think of a phrase or Scripture from this chapter that you might share with them to encourage them?

9. Has Jesus helped you “find the end” of your bandage to begin your “unwrapping”?

10. Write out an encouraging quote from this chapter.



Truth Tools

The fear of the Lord is the beginning of wisdom, and knowledge of the Holy One is understanding. For through wisdom your days will be many and years will be added to your life (Proverbs 9:10).

Draw near to God and he will draw near to you. Wash your hands, you sinners; and purify your hearts, you double-minded (James 4:8).

In the way of righteousness there is life, along that path is immortality (Proverbs 12:28).

For the eyes of the Lord range throughout the earth, to strengthen those whose hearts are fully committed to him (2 Chronicles 16:9).

Let us not become weary in doing good, for at the proper time we will reap if we do not give up (Galatians 6:9).

And my God will meet all your needs according to the riches of his glory in Christ Jesus (Philippians 4:19).



Freed by Faith

A prayer of adoration and devotion.

Dear Heavenly Father,

Thank You for revealing something new to me about Your compassion for me and my family. This concept has redefined my faith and strengthened my ability to trust You. Thank You for the opportunity to have confidence in You to care for them. I am choosing to draw near to You, I desire to commit them to You by prayer, and trust You because You know what is best. Thank You for keeping our needs in mind, keep our hearts loyal to You, You are so strong. Thank You for “supplying all of our needs.” Thank You for Your power and purpose in all we do. In Jesus’ name. Amen.





Chapter 4: Twisted—Why Didn't You Come Through?

Loosening the Lies

Individual or Group Study Questions and Guided Journal Opportunity

Maybe you don't think the occult is a big deal. You've never intentionally played an innocent game of Ouija Board, paid for a palm reading, or attended an entertainment event with a hypnotist. However, in today's culture, the occult is a big deal. Satan is disguised as an angel of light. In 2 Corinthians 11:3-4, the apostle Paul gives words of caution to Corinthian church,

But I am afraid that just as Eve was deceived by the serpent's cunning, your minds may somehow be led astray from your sincere and pure devotion to Christ. For if someone comes to you and preaches a Jesus other than the Jesus we preached, or if you receive a different spirit from the Spirit you received, or a different gospel from the one you accepted, you put up with it easily enough (2 Corinthians 11:1-4).

Did you get that? The opposite of the Holy Spirit is a different spirit. The contrast of the Gospel of Jesus Christ is a different gospel. Watch out, counterfeits are awaiting to ensnare and entrap you and your family.

In the next section, 2 Corinthians 11:12-15, Paul describes how spiritual warfare works.

And I will keep on doing what I am doing in order to cut the ground from under those who want an opportunity to be considered equal with us in the things they boast about. For such people are false apostles, deceitful workers, masquerading as apostles of Christ. And no wonder, for Satan himself masquerades as an angel of light. It is not surprising, then, if his servants also masquerade as servants of



righteousness. Their end will be what their actions deserve.”

In this portion, please prayerfully consider whether you have been exposed to any occult or occultic activity.

Dear Heavenly Father,

Please show me any areas I’ve been involved either knowingly or unknowingly in activities of the darkness. Reveal to me, by the light of Your Word, circumstances, or alliances I have made that need to be confessed, renounced, and declared to be cut off. Thank You, in Jesus’ name. Amen.

Let’s process using the TRUTH acrostic.

T - Take time to pray through the acrostic using the T.R.U.T.H. statement.

I will set my face against anyone who turns to mediums and spiritists to prostitute themselves by following them, and I will cut them off from their people (Leviticus 20:6).

Dear Heavenly Father,

Thank You for revealing to me areas I’ve been involved in activities of the evil one.

R - Remember the facts – Determine to get to the root of what or who caused the first snag.

I am writing these things to you about those who are trying to lead you astray. As for you, the anointing you received from him remains in you, and you do not need anyone to teach you. But as his anointing teaches you about all things and as that anointing is real, not counterfeit—just as it has taught you, remain in him (1 John 2:26, 27).

Dear Heavenly Father,

Thank You for showing me the truth behind the counterfeits I have used to cope with the stress and struggles in my life. I renounce each one of them. I choose to accept Your Holy Spirit as the only spirit who is worthy of trusting



with my life.

U - Uncover your fear, unravel the lie-knot – Behind every fear is a lie that is believed.

But you have an anointing from the Holy One, and all of you know the truth. I do not write to you because you do not know the truth, but because you do know it and because no lie comes from the truth. Who is the liar? It is whoever denies that Jesus is the Christ. Such a person is the antichrist—denying the Father and the Son (1 John 2:20-22).

Dear Heavenly Father,

Show me the fears behind the lies I've believed.

T - Tell yourself the truth. Scripture spoken aloud ushers in healing and brings wholeness.

Then you will know the truth, and the truth will set you free (John 8:32).

Dear Heavenly Father,

Thank You for the truth. Thank You for replacing the counterfeits with the truth.

H - Help is available by agreeing with God. Confess your sin, submit to God, declare the truth aloud over yourself.

Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the LORD." And you forgave the guilt of my sin (Psalm 32:5).



Loosening the Lies

Individual or Group Study Questions and Guided Journal Opportunity

1. Why are women drawn to the occult?

Now fear the LORD and serve him with all faithfulness. Throw away the gods your ancestors worshiped beyond the Euphrates River and in Egypt and serve the LORD. But if serving the LORD seems undesirable to you, then choose for yourselves this day whom you will serve, whether the gods your ancestors served beyond the Euphrates, or the gods of the Amorites, in whose land you are living. But as for me and my household, we will serve the LORD (Joshua 24:14, 15).

Dear Heavenly Father,

Show me why women are drawn to the occult.

2. Do you agree with the “need to belong theory?” Why or Why Not?



3. List opportunities society presents us to connect with the supposed knowledge the occult offers.

4. Describe any unusual supernatural experiences you have had. Please list them here.

Dear Heavenly Father,

Bring to my mind any unusual supernatural experiences.



5. Do you know if you have experienced any connection with the occult?
Please list those here.

Dear Heavenly Father,

Bring to my mind any connection with the occult.

6. Please take a moment to pray.

Dear Heavenly Father,

I confess I have attempted to depend on counterfeits such as (fill in the blank). I renounce them here. I ask for You to cancel any ground the enemy has gained in my life. Thank You I can declare the truth of Your Word. Your Word says, "The Spirit himself testifies with our spirit that we are God's children" (Romans 8:16). As God's child, I will walk in the light. In Jesus' name. Amen.



7. What roles are you playing to cover up your true self?

Dear Heavenly Father,

Bring to my mind any way I am being deceived.

8. How do you plan to begin to tell yourself the truth?

Dear Heavenly Father,

Show me what Scriptures to use to tell myself the truth.



9. Describe how you feel better equipped to deal with uncovering counterfeits.

10. Pray a prayer of commitment to the process.

Dear Heavenly Father,

Thank You for Your commitment to me. Thank You for truth. Thank You for showing me that I can't be partly light and partly dark. Thank You for shining Your light of truth over every area of darkness I've opened myself up to. Thank You for helping me close each door. Thank You for cancelling the ground that was gained by the enemy. Thank You for the victory You have won. Lord, "Never take your word of truth from my mouth, for I have put my hope in your laws" (Psalm 119:43). Thank You for helping me to see in Christ, I have the authority to win any battle I must face. I give You all the praise and glory. In Jesus' name. Amen.



Truth Tools

You shall have no other gods before me (Exodus 20:3).

Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy (Proverbs 28:13).

I prayed to the LORD my God and confessed: 'Lord, the great and awesome God, who keeps his covenant of love with those who love him and keep his commandments.' (Daniel 9:4)

Nevertheless, God's solid foundation stands firm, sealed with this inscription: 'The Lord knows those who are his,' and, 'Everyone who confesses the name of the Lord must turn away from wickedness.' (2 Timothy 2:19)

At that time many will turn away from the faith and will betray and hate each other, and many false prophets will appear and deceive many people. Because of the increase of wickedness, the love of most will grow cold (Matthew 24:10-12).

The LORD is near to all who call on him, to all who call on him in truth (Psalm 145:18).



Freed by Faith

A prayer of adoration and devotion.

Dear Heavenly Father,

Thank You for turning on the light in the areas I've tried to hide from You. Thank You for not allowing me to go any further into the occult or be deceived by the liar. Thank You for showing me the areas I needed to confess, renounce, and resolve to declare truth. Thank You for the power You have given me to use the Truth Tools here and many other resources I have available. Thank You for reminding me You are Truth. I love this from John 1:17, "For the law was given through Moses; grace and truth came through Jesus Christ." I choose to remain in Your truth. In Jesus' name. Amen.





Chapter 5: Snagged—Does My Life Matter?

Loosening the Lies

Individual or Group Study Questions and Guided Journal Opportunity

Satan's aim in tempting us is to destroy our will power. Jesus' temptation in the wilderness was the enemy's first attempt to destroy Him. (Matthew 4:1-11). Remember, this test happened immediately after Jesus' baptism. Satan attempted to entangle Jesus with three carefully planned temptations, each meant to entrap Jesus' dedication and resolve, preventing Him from fulfilling His Father's will. Jesus showed us how to discern the truth, by cutting through the enemy's lies. We can meet Satan head-on. As we reaffirm our commitment to rely on God's power, we will receive the victory. Let's see how it works.

T - Take time to pray through the acrostic using the truth statement.

Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour (1 Peter 5:8).

Dear Heavenly Father,

Give me a new revelation of Your truth.

R - Remember the facts – Determine to get to the root of what or who caused the first snag.

The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth (John 1:14).



Dear Heavenly Father,

Would You show me any way I am being deceived?

U - Uncover your fear, unravel the lie-knot – Behind every fear is a lie that is believed. For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline (2 Timothy 1:7).

Dear Heavenly Father,

Help me to face my fears, reveal to me the lies I've believed.

T - Tell yourself the truth. Scripture spoken aloud ushers in healing and brings wholeness.

And you also were included in Christ when you heard the message of truth, the gospel of your salvation. When you believed, you were marked in him with a seal, the promised Holy Spirit... (Ephesians 1:13).

Dear Heavenly Father,

As Your Word says, I am "In Christ." Thank You for reminding me – I am included. I am sealed by the Holy Spirit. Your Word is truth.

H - Help is available by agreeing with God. Confess your sin, submit to God, declare the truth aloud over yourself.

Rather, we have renounced secret and shameful ways; we do not use deception, nor do we distort the word of God. On the contrary, by setting forth the truth plainly we commend ourselves to everyone's conscience in the sight of God (2 Corinthians 4:2).

Dear Heavenly Father,

I renounce my secret sins of (fill in the blank).



I renounce my shameful ways (fill in the blank).

I declare these are cancelled by the shed blood of Jesus Christ. I commit to renewing my mind by “setting forth the truth” found in Your Word.

Thank You for the opportunity to allow You to cut through the lies of deception and set me free to live by truth. In Jesus’ name. Amen.



Loosening the Lies:

Individual or Group Study Questions and Guided Journal Opportunity

1. Describe a new concept you learned from the sacred “tug of war” discussion.
2. Do you agree with this statement? “Our Christian walk is lived by faith in God’s Word and according to what God says is true. The biblical response to truth is faith. We cannot rely on whether or not we feel it’s true.” Why or Why Not?



3. Explain times you may have responded to someone or a certain situation because of strong feelings you had about it.

Dear Heavenly Father,

Please bring to my mind circumstances when I reacted from feelings instead of facts.

4. How did that work out for you?



5. Can you relate to the Apostle Paul's lament in Romans 7:15-18?

"I do not understand what I do. For what I want to do I do not do, but what I hate I do. And if I do what I do not want to do, I agree that the law is good. As it is, it is no longer I, myself who do it, but it is sin living in me. For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out" (Romans 7:15-18).

Dear Heavenly Father,

Show me how I can say "No" to the flesh. Help me to do what my new "spiritual" nature empowers me to do.

6. Clarify the concept and why it is important to not allow every thought to land.

Dear Heavenly Father,

Help me to take note of those thoughts that are not true. Show me the ways I am being deceived. Help me to find just the right "truth tool" to enable You to renew my mind.



7. Give details on the three ways Satan may lay a snare of temptation for us. Write out the verses, references, or page number here.

8. Clarify aspects of how to recognize temptation.



9. Share your own feelings of blame, shame, guilt, and unworthiness.

Dear Heavenly Father,

You are Lord of my life. Thank You for this time of discussion about the “spiritual tug-of-war.” Thank You for the reminder that You have already won the victory. In Jesus’ name, Amen.

10. Describe ways to avoid becoming ensnared in sin.

Truth Tools

Your will be done (Matthew 26:42).

You were running a good race. Who cut in on you to keep you from obeying the truth? (Galatians 5:7)

Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ (Ephesians 4:15).

Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place... (Ephesians 6:14)

Do your best to present yourself to God as one approved, a worker who does not need to be ashamed and who correctly handles the word of truth (2 Timothy 2:15).

They triumphed over him by the blood of the Lamb and by the word of their testimony; they did not love their lives so much as to shrink from death”(Revelation 12:11).



Freed by Faith

A prayer of adoration and devotion.

Dear Heavenly Father,

Thank You for Your gracious gifts of restoration and renewal. Thank You for showing me ways I have been deceived by the world. Thank You for revealing to me methods I have used to deceive myself. Thank You for exposing techniques I have used to wrongly defend myself. I ask for Your forgiveness. I choose to agree with You by confessing and renouncing these ways of coping or not coping with my hurt, habits, and hang ups. By faith, I turn to You for help. I trust You to defend me. I have confidence in You to protect me. Thank You for renewing my mind and restoring my hope. In Jesus' name. Amen.





Chapter 6: Enmeshed – Are My Sins Forgiven?

Loosening the Lies

Individual or Group Study Questions and Guided Journal Opportunity

In the Old Testament, the people of God lived under the Old Covenant. To be forgiven of sin, the person who sinned had to present a perfect animal sacrifice to God. The sacrifices could be any of these livestock – a turtledove, a lamb, a pigeon, a calf, or a goat. When the sacrifice was brought to the priest, either the person or the priest laid his hands on the animal's head, confessed the sin, and acknowledged his guilt. The animal was viewed as a substitute for the person who sinned. The animal was put to death, the animal's blood was accepted as a sacrifice, so the person's sin would be covered.

When Jesus came to Earth, the Old Covenant sacrificial system was well understood. John the Baptist explained the concept in John 1:29,

Look, the Lamb of God, who takes away the sin of the world!

People understood. Generations had passed when people had sacrificed lambs as substitutes for their sins. Now, because of the finished work of Jesus Christ on the cross, His blood has covered all our sin. He became the sacrifice for our sin.

He did not enter by means of the blood of goats and calves; but he entered the Most Holy Place once for all by his own blood, thus obtaining eternal redemption (Hebrews 9:12).

Now, it's your turn. No matter what you have done, you are forgiven. You don't have to carry any guilt, shame, or blame any longer. Jesus' blood has paid for your sin, completely. You are forgiven. Would you take a moment to pray a prayer of commitment?



Dear Heavenly Father,

Thank You for the sacrifice of Your Son, Jesus. I submit to Your plan and the process of confession. I do this by agreeing with You about my condition. Thank You for Your Word that says in 1 John 1:9, "If we confess our sins, he is faithful and just and will forgive our sins and purify us from all unrighteousness." I ask for your forgiveness. Thank you that You no longer hold my sin against me. In Christ, I am forgiven. In Jesus' name, Amen.

Let's look at our acrostic using the word TRUTH.

T - Take time to pray through the acrostic using the T.R.U.T.H. statement.

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice (Ephesians 4:31).

Ask God to bring to your mind people you need to forgive.

Dear Heavenly Father,

Thank You for forgiving my sins. I confess I have tried unsuccessfully to control others and manage situations by holding onto resentment, misunderstanding, and unforgiveness. I don't have the power to even want to forgive those who have hurt me or my family. Yet, I choose to forgive them because You know what is best. Please bring them to my mind. Thank you, in Jesus' name. Amen.

R-Remember the facts – Determine to get to the root of what or who caused the first snag.

Anyone you forgive, I also forgive. And what I have forgiven - if there was anything to forgive - I have forgiven in the sight of Christ for your sake, in order that Satan might not outwit us. For we are not unaware of his schemes (2 Corinthians 2:10-11).

For each person and circumstance on your list, please pray this prayer,

Dear Heavenly Father,

I choose to forgive (name the person) for (what they did or failed to do), because it made me feel (share the painful feelings, for example, rejected, dirty, worthless or inferior).



After you have forgiven every person for every painful memory, then pray as follows:

Dear Heavenly Father,

I choose not to hold onto my resentment. I relinquish my right to seek revenge and ask You to heal my damaged emotions. Thank You for setting me free from the bondage of my bitterness. I now ask You to bless those who have hurt me. In Jesus' name, I pray. Amen.

U - Uncover your fear, unravel the lie-knot – Behind every fear is a lie that is believed.

Then you will know the truth, and the truth will set you free. So, if the Son sets you free, you will be free indeed (John 8:32, 36).

Ask God to show you anyone you have forgotten. You have felt like you are unable to forgive because of unmet needs, unfulfilled wants, or unrealistic expectations. Go back to the previous step and pray the prayer of forgiveness.

T - Tell yourself the truth. Scripture spoken aloud ushers in healing and brings wholeness.

God made him who had no sin to be sin for us, so that in him we might become the righteousness of God (2 Corinthians 5:21).

Dear Heavenly Father,

Thank You, for sending Your Son to restore me into a relationship with You. Thank You for showing me how to let go of my hurt and hate. I receive the forgiveness You offer me. Would You heal the broken and bruised places in my damaged emotions so I can share with others the same truth? Thank You, In Jesus' name. Amen.

H - Help is available by agreeing with God. Confess your sin, submit to God, declare the truth aloud over yourself.



In whom we have redemption, the forgiveness of sins (Colossians 1:14).

Dear Heavenly Father,

Thank You for Your design of submission to You, and confession to You. I am so grateful for the process. I declare the truth of my redemption in You. And the forgiveness of sins. In Jesus' name. Amen.



Individual or Group Study Questions and Guided Journal Opportunity

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3. Do you have any questions about the events that happened in Joseph's life?

4. How does Joseph's story encourage you in your faith?



5. Can you relate to Pastor Paul and Sheryl's dishonorable discharge from the church position?
6. Clarify the concept of holding onto a grudge.



7. Why is it important to let go of bitterness, hate, and anger?

8. Define what forgiveness is. Explain what forgiveness is not.

9. Do you think it is possible to implement the act of forgiveness at the time of the offense?
10. Describe any new opportunities God has given you to trust Him by forgiving others, yourself, and God.



Truth Tools

Therefore, I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours. And when you stand praying, if you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins (Mark 11:24, 25).

As far as the east is from the west, so far has he removed our transgressions from us (Psalm 103:12).

In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace (Ephesians 1:7).

For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, in whom we have redemption, the forgiveness of sins (Colossians 1:13, 14).

Their sins and lawless acts, I will remember no more (Hebrews 10:17).

And where these have been forgiven, sacrifice for sin is no longer necessary (Hebrews 10:18).



Freed by Faith

A prayer of adoration and devotion.

Dear Heavenly Father,

Thank You that Your lovingkindness has led me to repentance. Thank You for revealing people and situations from my past, especially those that caused me distress. Thank You for helping me to apply Your Word, as it has shown me how to find freedom through forgiveness. I choose to forgive them, and I choose not to hold their mistakes against them. Please heal my damaged emotions, replace my hate with Your love. Thank You, In Jesus' name. Amen.





Chapter 7: Warped – I Don’t Want Anyone to Tell Me What To Do!

Loosening the Lies

Individual or Group Study Questions and Guided Journal Opportunity

You have realized by now, there is a lot to “unraveling the lie-knot.” It is a process. Aren’t you glad our Dear Heavenly Father is not only part of the process, but He is involved in it, as an active part of it? Me too. Submission to God is not a sign of weakness, but a sign of willingness to agree with Him and commit to His will. Won’t you take just a moment to pray a prayer of commitment to continue the development of your character?

Dear Heavenly Father,

Thank You for showing me, through Your Son’s example, what submission to Your will looks like. I confess my sin of rebellion. I choose to submit to You. I choose obedience to Your Word. In Jesus’ name. Amen.

T - Take time to pray through the acrostic using the truth statement.

Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, ‘This is the way; walk in it’ (Isaiah 30:21).

Dear Heavenly Father,

Thank You for Your patience. Please reveal to me ways that I have been rebellious.



R - Remember the facts – Determine to get to the root of what or who caused the first snag.

Therefore, let us move beyond the elementary teachings about Christ and be taken forward to maturity, not laying again the foundation of repentance from acts that lead to death, and of faith in God (Hebrews 6:1)

Dear Heavenly Father,

Thank You for Your plans for my abundant life. Thank You that finding freedom in Christ through submission is part of the process. Show me any way I am being deceived.

U - Uncover your fear, unravel the lie-knot – Behind every fear is a lie that is believed.

He will not shout or cry out or raise his voice in the streets. A bruised reed he will not break, and a smoldering wick he will not snuff out. In faithfulness he will bring forth justice; (Isaiah 42: 2, 3)

Dear Heavenly Father,

Help to face my fear of submitting to those I don't agree with or don't trust. Father give me discernment and grace as I stand on Your promise. "In faithfulness You will bring forth justice."

T - Tell yourself the truth. Scripture spoken aloud ushers in healing and brings wholeness.

He has shown you, O mortal, what is good. And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God (Micah 6:8).



Dear Heavenly Father,

Thank You for Your plans. Help me to behave honestly and honorably. Help me to love mercy. Help me to give mercy. I choose to walk humbly with You. In Jesus' name. Amen.

H - Help is available by agreeing with God. Confess your sin, submit to God, declare the truth aloud over yourself. On the last and greatest day of the festival, Jesus stood and said in a loud voice, 'Let anyone who is thirsty come to me and drink. Whoever believes in me, as Scripture has said, rivers of living water will flow from within them' (John 7:37-38).

Dear Heavenly Father,

Thank You for enabling me to understand and apply the principles of Biblical submission to new areas of my life. Help me to be open to allowing You to reveal more so I can walk even closer to You. You are so good. In Jesus' name. Amen.



Loosening the Lies

Individual or Group Study Questions and Guided Journal Opportunity

1. Do you agree with this statement from Nancy DeMoss Wohlgemuth, “The real war is a battle for control?” Why or Why Not?
2. Explain the concept of rebellion versus submission.



3. Share any new insight you have received from this chapter.
4. State the character qualities Daniel exhibited while serving an evil master.



5. The abundant life is what is promised to believers, why do you think so many find that this freedom in Christ eludes them?
6. Describe what it means to you to be “far above” and “battle in the Dear Heavenly places.”

7. Has it helped to remind yourself that the battle takes place in the Dear Heavenly realms?
8. Explain the Latin term “*Capax Dei*.”



9. Would the concept of “making room for more of God” be something you may implement? Why or Why Not? Please share your next steps.

10. After learning God’s truth, do you feel more threatened or more encouraged by the Biblical concept of submission?



Truth Tools

For rebellion is like the sin of divination, and arrogance like the evil of idolatry (I Samuel 15:23).

But Samuel replied: 'Does the LORD delight in burnt offerings and sacrifices as much as in obeying the LORD? To obey is better than sacrifice, and to heed is better than the fat of rams' (I Samuel 15:22).

Let everyone be subject to the governing authorities, for there is no authority except that which God has established. The authorities that exist have been established by God. Consequently, whoever rebels against the authority is rebelling against what God has instituted, and those who do so will bring judgment on themselves. For rulers hold no terror for those who do right, but for those who do wrong. Do you want to be free from fear of the one in authority? Then do what is right and you will be commended. For the one in authority is God's servant for your good. But if you do wrong, be afraid, for rulers do not bear the sword for no reason. They are God's servants, agents of wrath to bring punishment on the wrongdoer (Romans 13:1-4).



Freed by Faith

A prayer of adoration and devotion.

Dear Heavenly Father,

Thank You for Your kindness and goodness to show me the ways I have been rebellious toward You. Thank You for the healing and hope You have brought me through my decision to submit to Your will. I am grateful and thankful for this opportunity to trust You by submission. I am hopelessly devoted to You. In Jesus' name. Amen.





Chapter 8: Twirled – I Don't Need Anyone's Help!

Loosening the Lies

Individual or Group Study Questions and Guided Journal Opportunity

Cast all your anxiety upon him, because he cares for you (1 Peter 5:7). God is looking for women who repent and humble themselves before Him. He wants us to be responsive and receptive to His help. The process begins when we invite Him to care for us.

Why don't you pray this prayer of commitment?

Dear Heavenly Father,

Thank You for Your care for me. I confess, I have often thought my ways were better than Your ways. Forgive me. Help me to discern the areas I've not allowed You to access because of my pride. I didn't think I needed anyone's help. But now I see Your ways are better than any plans I might ever dream up for myself. Thank You for Your forgiveness. In Jesus' name. Amen.

T - Take time to pray through the acrostic using the truth statement.

Pride brings a person low, but the lowly in spirit gain honor (Proverbs 29:23).

Dear Heavenly Father,

I humble myself before You. Reveal to me areas I have been deceived because of pride. Thank You.



R - Remember the facts – Determine to get to the root of what or who caused the first snag.

If I had cherished sin in my heart, the Lord would not have listened; but God has surely listened and has heard my prayer (Psalm 66:18-19).

Dear Heavenly Father,

I confess my sin of pride. I receive Your forgiveness. Thank You for listening to my prayer. In Jesus' name. Amen.

U - Uncover your fear, unravel the lie-knot – Behind every fear is a lie that is believed.

Lord, do not your eyes look for truth? You struck them, but they felt no pain; you crushed them, but they refused correction. They made their faces harder than stone and refused to repent (Jeremiah 5:3).

Dear Heavenly Father,

Thank You for revealing what Your Word says about pride. I continue to seek You and yearn for Your truth. In Jesus' name. Amen.

T - Tell yourself the truth. Scripture spoken aloud ushers in healing and brings wholeness.

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! (2 Corinthians 5:17)

Dear Heavenly Father,

If I could, I would shout this verse from the rooftops. I am grateful I don't have to struggle any longer to put myself first or compare myself to others' looks, accomplishments, or paychecks. I choose to put You first in everything. Thank You for the new me. In Jesus' name. Amen.



H - Help is available by agreeing with God. Confess your sin, submit to God, declare the truth aloud over yourself.

“Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded” (James 4:8).

Dear Heavenly Father,

I have been proud by lifting my needs above others' needs. I have been proud by thinking if I looked better than others, I would exalt myself. There are other areas in which I have been proud. Reveal these areas to me. I desire for You to take away all areas in which I have been proud. Thank You, In Christ I am forgiven. In Jesus' name. Amen.



Loosening the Lies

Individual or Group Study Questions and Guided Journal Opportunity

1. Share ways you may have become ensnared, either knowingly or unknowingly, in the enemy's trap.
2. Explain a new concept you discovered in observing Eve's choice not to ask God for help.



3. Do you think things could have changed for King Uzziah if he would have been grateful to God?
4. Share what ways you imagine there may have been different outcomes.



5. Describe what pride means to you.

6. Give details about how we can express Godlike humility.

9. Have you struggled to be cut free of the “lie-knot” of “I don’t need anyone’s help?”
10. After learning God’s truth about submission, do you feel more threatened or encouraged about this concept?



Truth Tools

What causes fights and quarrels among you? Don't they come from your desires that battle within you? You desire but do not have, so you kill.

You covet but you cannot get what you want, so you quarrel and fight. You do not have because you do not ask God.

When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures.

You adulterous people, don't you know that friendship with the world means enmity against God? Therefore, anyone who chooses to be a friend of the world becomes an enemy of God.

Or do you think Scripture says without reason that he jealously longs for the spirit he has caused to dwell in us?

But he gives us more grace. That is why Scripture says: "God opposes the proud but shows favor to the humble."

Submit yourselves, then, to God. Resist the devil, and he will flee from you (James 4:1-7).



Freed by Faith

A prayer of adoration and devotion.

Dear Heavenly Father,

I adore You for giving me the desire for a heart of repentance, a humble heart toward You. Thank You for Your support, as You teach me Your ways. Thank You for a renewed passion for Your presence. I praise You for the opportunity to abide in Your Word. In Jesus' name. Amen.





Chapter 9: Loosed – I Can Do This!

Loosening the Lies

Individual or Group Study Questions and Guided Journal Opportunity

Wouldn't it be great if you could break free of that irritating habit, distracting addiction, and annoying guilt? I hope you are beginning to realize - you can do this. And with God's help, by accessing His Word, you can "cut away," to be liberated and be the woman He created you to be. Exciting, huh? Let's continue.

T - Take time to pray through the acrostic using the truth statement.

Dear friends, I urge you, as foreigners and exiles, to abstain from sinful desires, which wage war against your soul (1 Peter 2:11).

Dear Heavenly Father,

Show me the ways I am being deceived. Reveal to me how I'm being led to sin by following my sinful desires. Protect and prevent me from becoming entrapped by sin.

R - Remember the facts – Determine to get to the root of what or who caused the first snag.

"Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour (1 Peter 5:8).

Dear Heavenly Father,

Reveal the end of my "lie-knot" regarding bondage versus freedom.



U - Uncover your fear, unravel the lie-knot – Behind every fear is a lie that is believed.

No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it (I Corinthians 10:13).

Dear Heavenly Father,

Thank You for Your faithfulness. Show me the areas of temptation so I may avoid them. Thank You for giving me a way of escape.

T - Tell yourself the truth. Scripture spoken aloud ushers in healing and brings wholeness.

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness (I John 1:9).

Dear Heavenly Father,

I confess my sin of being drawn away into bingeing, by caving into my desires to eat unhealthy food. I submit my meal plans, taste buds, and desire for comfort from food to You.

H - Help is available by agreeing with God. Confess your sin, submit to God, declare the truth aloud over yourself.

Therefore, do not let sin reign in your mortal body so that you obey its evil desires. 13 Do not offer any part of yourself to sin as an instrument of wickedness, but rather offer yourselves to God as those who have been brought from death to life; and offer every part of yourself to him as an instrument of righteousness (Romans 6:12-13).



Dear Heavenly Father,

Thank You. In Christ, I have overcome the flesh. Jesus, You showed us how to live victoriously. Help me to depend on Your strength.



Loosening the Lies

Individual or Group Study Questions and Guided Journal Opportunity

1. What situation has made you feel helpless, plummeting through the atmosphere, struggling to untangle your parachute?
2. Explain (if any) your expectations of God regarding delivering you from habitual sin.



3. Express ways (if any) you have bargained with God to break you free from bondage.
4. Share a new concept you learned from the idea of expecting “drive-through deliverance.”



5. Do you agree with Paul's perspective on deliverance from 2 Corinthians 1:9,10? "But this happened that we might not rely on ourselves but on God, who raises the dead. He has delivered us from such a deadly peril, and he will deliver us again."
6. Describe a "lie-knot" God may have brought to your mind.



7. What is your best advice to someone new at learning how to choose truth instead of lies?
8. After learning God's truth, do you feel more threatened or more encouraged by the Biblical concept of deliverance?



9. How can we become skilled at “unraveling lie-knots?”

10. How does it feel to ask God to reveal untruths and areas of bondage for what they are, and choose to step over the trap laid for us?



Truth Tools

Finally, be strong in the Lord and in his mighty power.

Put on the full armor of God, so that you can take your stand against the devil's schemes.

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the Dear Heavenly realms.

Therefore, put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.

Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace.

In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one.

Take the helmet of salvation and the sword of the Spirit, which is the word of God (Ephesians 6:10-17).



Freed by Faith

A prayer of adoration and devotion.

Warrior's Prayer

Heavenly Father,

Your warrior prepares for battle.

Today I claim victory over Satan by putting on the whole armor of God.

I put on the girdle of truth.

May I stand firm in the truth of Your Word so I will not be a victim of Satan's lies.

I put on the breastplate of righteousness.

May it guard my heart from evil so I will remain pure and holy, protected under the blood of Jesus Christ.

I put on the shoes of peace.

May I stand firm in the good news of the Gospel so Your peace will shine through me and be a light to all I encounter.

I take the shield of faith.

May I be ready for Satan's fiery darts of doubt, denial, and deceit so I will not be vulnerable to spiritual defeat.

I put on the helmet of salvation.

May I keep my mind focused on You so Satan will not have a stronghold on my thoughts.

I take the sword of the Spirit.

May the two-edged sword of Your Word be ready in my hands so I can expose the tempting words of Satan.



Enable me to cut through the every tangled “lie-knot” that has ensnared me.

Only You, Dear Heavenly Father, can set me free from bondage.

By faith, Your warrior has put on the whole armor of God.

I am prepared to live this day in spiritual victory.

Amen





Chapter 10: Freed - Excited for God's Plan for Me!

Loosening the Lies

Individual or Group Study Questions and Guided Journal Opportunity

Thank you for finishing well. You have stayed with me through to the completion of this book. Well done! I am so glad you did. You and I have learned that the past does not have to be a place where we are held ensnared by "lie-knots." We can be cut free and untangled, to be launched into freedom. We can learn to "forget those things which are behind," and reach "forward to those things which are ahead," and we are to:

Press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus (Philippians 3:13-14).

Let's pray,

Dear Heavenly Father,

Thank You for showing me Your truth. I choose to completely let go of my past. I pray for Your truth to replace the "lie-knots" that have entangled me, so I may be freed from deception. I pray for Your peace to replace my anxiety and fear. I pray for renewal in my mind as You give me Your way of relating to my past mistakes and trauma. Thank You for hope. Thank You for Your supernatural power and unexpected touches of grace as together, You and I embrace the future. In Jesus' name. Amen.

Let's look to the acrostic using the word TRUTH.

T - Take time to pray through the acrostic using the T.R.U.T.H. statement.



You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; (Ephesians 4:22, 23).

Dear Heavenly Father,

Show me how to continue to renew my mind and maintain my freedom in Christ.

R - Remember the facts – Determine to get to the root of what or who caused the first snag.

Therefore, we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day (2 Corinthians 4:16).

Dear Heavenly Father,

Thank You for renewing my mind daily.

U - Uncover your fear, unravel the “lie-knot” – Behind every fear is a lie that is believed.

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here (2 Corinthians 5:17)!

Dear Heavenly Father,

Thank You for the encouragement that You see me as new. Help me to see myself the way You do.

T - Tell yourself the truth. Scripture spoken aloud ushers in healing and brings wholeness.

Then you will know the truth, and the truth will set you free (John 8:32).



Dear Heavenly Father,

Thank You for the opportunity to speak the truth, Your truth over myself in love. I praise You for the grace and encouragement You give as You cut me free from the "lie-knot," and free me for abundant living.

H - Help is available by agreeing with God. Confess your sin, submit to God, declare the truth aloud over yourself.

Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland (Isaiah 43:18, 19).

Dear Heavenly Father,

I have confessed my sin of bringing up my past mistakes. Thank You for forgiving me of every sin. Thank You for forgetting them and not using my past against me. Thank You for doing a new thing in me. In Jesus' name. Amen.



Loosening the Lies

Individual or Group Study Questions and Guided Journal Opportunity

1. Express your opinion about the concept of resolving the past sins of your ancestors.
2. Explain how the “O what a tangled web we weave” model assisted your understanding.



3. Share a new concept you learned about “acquiescence.”

4. Describe a “lie-knot” God may have brought to your attention that you were not aware of prior to learning about ancestral sin.



5. After learning God's truth, do you feel more threatened or more encouraged by the Biblical concept of generational sin?
6. Have you been made aware of your option for "soul care?"

7. Does Dr. Kane's act of performing an appendectomy on himself encourage you to allow time for the practice of "soul surgery?"
8. Describe a way David chose to "strengthen himself in the Lord" (1 Samuel 30:6).



9. Express any new concepts you have learned about unraveling your “lie-knot” and maintaining your freedom in Christ.
10. Share your own personal testimony of how God has used “*Unraveling the Lie-Knot*” and Loosening the Lies: Study Guide and Guided Journal Opportunity to free you from the enemy’s trap.

Truth Tools

I well remember them, and my soul is downcast within me. Yet this I call to mind and therefore I have hope: Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness. I say to myself, 'The LORD is my portion; therefore, I will wait for him' (Lamentations 3:20-24).

As the rain and the snow come down from heaven, and do not return to it without watering the earth and making it bud and flourish, so that it yields seed for the sower and bread for the eater, so is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it (Isaiah 55:10-11).

Then they cried to the LORD in their trouble, and he saved them from their distress. He sent out his word and healed them; he rescued them from the grave (Psalm 107:19-20).

This has been my practice: I obey your precepts. You are my portion, LORD; I have promised to obey your words. I have sought your face with all my heart; be gracious to me according to your promise. I have considered my ways and have turned my steps to your statutes. I will hasten and not delay to obey your commands (Psalm 119:56-60).

Praise the LORD, my soul; all my inmost being, praise his holy name. Praise the LORD, my soul, and forget not all his benefits - who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's (Psalm 103:1-5). Freed By Faith



Freed By Faith

A prayer of adoration and devotion

Dear Heavenly Father,

I praise You. I worship You. Lord, thank You for bringing me to this point of understanding. Thank You for showing me areas where I've been deceived. Thank You for mercy, grace, kindness, and love. Thank You for the strength You have given me to submit, confess, renounce, and declare the truth of Your Word. Thank You for the power of praying Your Word.

I am laid low in the dust; preserve my life according to your word. I gave an account of my ways and you answered me; teach me your decrees. Cause me to understand the way of your precepts, that I may meditate on your wonderful deeds. My soul is weary with sorrow; strengthen me according to your word. Keep me from deceitful ways; be gracious to me and teach me your law. I have chosen the way of faithfulness; I have set my heart on your laws. I hold fast to your statutes, LORD; do not let me be put to shame. I run in the path of your commands, for you have broadened my understanding (Psalm 119:25-32).

May your unfailing love come to me, LORD, your salvation, according to your promise; then I can answer anyone who taunts me, for I trust in your word. Never take your word of truth from my mouth, for I have put my hope in your laws. I will always obey your law, for ever and ever. I will walk about in freedom for I have sought out your precepts" (Psalm 119:41-45).

Thank you for your guidance, as You have brought me to this place. I accept my past and commit it to Your purpose and plans. I worship and praise You. I commit myself to You and offer You all I have, as we look forward to the future You have planned. In Jesus' name. Amen.



“For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart. I will be found by you,” declares the LORD, “and will bring you back from captivity. I will gather you from all the nations and places where I have banished you,” declares the LORD, “and will bring you back to the place from which I carried you into exile”

(Jeremiah 29:11-14).





What is a Stronghold?

A stronghold is “a belief or habitual pattern of thinking that is not consistent with what God tells us is true.” It is something that has a *strong hold* on you. It usually results in behaviors that are out of character for a child of God. A *Stronghold-Buster* is a daily prayer practice that creates

1. An intentional rejection or renunciation of lies that you have believed and
2. An intentional choosing and declaration of what God says is true.

When we’re adopted into the family of God, no one erases the “hard drive” of our emotions, memories, or mistakes. We have relied on the flesh for so long. Now we must reverse these flesh patterns and be taught how to depend on the Holy Spirit’s guidance. Unfortunately, we come into a sweet relationship with our Dear Heavenly Father with false beliefs and dysfunctional coping mechanisms. In difficult times, we may be accustomed to relying on ourselves and develop coping skills that have become flesh patterns. The good news is that it is possible to unlearn negative ways of thinking and tell ourselves the truth.

Dr. Neil T. Anderson says that, “Strongholds are mental habit patterns of thought that are not consistent with God’s Word.” These strongholds can be dealt with and we can live free from bondage to them. The step towards finding the solution to freedom takes trust and transparency. As we immerse ourselves in and apply God’s Word to our lives and believe it to be the truth, how we view God and ourselves changes. It begins in our hearts. Our lives often present a harsh reality, and yet God has declared greater and more permanent truths no matter what the circumstance. It is God’s truths we are to choose to believe and set our minds upon in order to be set free from strongholds.



Anxious thoughts are to be expected as we've navigated through the past COVID-19 crisis and the uncertainty associated with the future. We are encouraged in scripture to take our thoughts captive and break down the mental habits that contribute to or perpetuate anxiety. 2 Corinthians 10:3-5 (ESV) we read that, "for though we walk in the flesh, we are not waging war according to the flesh. For the weapons of our warfare are not of the flesh but have divine power to destroy *strongholds*. We destroy arguments and every lofty opinion raised against the knowledge of God and take every thought captive to obey Christ." We capture thoughts and renew our minds by asking ourselves "does this thought belong in the mind of a follower of Jesus?" If so, embrace it and act on it. If not, reject and renounce it. We have a responsibility to take our thoughts captive and to "not be conformed to this world, but be transformed by the renewing of your mind" (Romans 12:2).

In 2 Corinthians 10:3-5, God presents us with a tool -- a specific way to intentionally renew our minds according to the truth of God's Word. When we choose to take our thoughts captive and line them up with what God says is true, this scripture promises that we will have God's divine power to destroy strongholds. Pastor John Eldredge in his bestselling book, *Wild At Heart* said, "I will be honest, if you've given your heart over to something many times over, you've given it a good stronghold, and it's also tangled up in issues of wounds and sin, it's going to take some time to untangle and heal this, but it is worth the work. Don't just bury it."

A *Stronghold-Buster* is not a magic incantation, or simply positive thinking. If we choose to renew our minds, we express our faith in Christ. This practice can help rewrite our default thinking from anxious and fearful, to confidence in the peace and security of a relationship with God through faith in Jesus Christ. In Christ, we are accepted. In Christ, we are secure. In Christ, we are significant. We are no longer hopeless, worthless, or unworthy.

Breaking down a stronghold often doesn't happen overnight, so we encourage you to read the following scriptures, pray the renunciation (verbal rejection), and pray the annunciations (verbal acceptance and agreement) out loud for 40 days. You may feel a bit hypocritical for the first 37 to 39 days because you don't 'feel like' what you are saying is true. But keep at it and trust God to renew your thinking by His truth.

I am excited to share the testimony of Virginia Higgenbotham, who at five-years-old, was tormented by nagging thoughts of unworthiness, unneeded, and shame for most of her life. Here's her story:

"I had a stronghold (a "lie-knot") to do with my views of other people and what they thought of me. I guess I grew up, being a fairly kind of science, nerdy type. Although I had friends, I wasn't popular. So that's the background, and then when I was older, I had a boyfriend who broke up with me by telling me I was boring. That single sentence had a massive impact on what I thought of myself. And I just realized I was assuming nobody was interested in anything I had to say, people thought I was boring and didn't want to be my friend. And that carried on for years, it wasn't until a few years ago I realized that's what I thought of myself. It actually wasn't right. And so it was figuring out that actually that was a stronghold (a "lie-knot") and I needed to do something about it, and I used a Stronghold-Buster for that. So the problem was figuring out what the lie was behind that particular stronghold. The lie wasn't that I was boring, because maybe I am, but I don't think I am. But that's not the issue. The issue was that I really cared about what other people thought about me and I needed to get really grounded in what God thought of me. I knew, I know God doesn't think I am. So I did a stronghold-buster that dealt with that. It dealt with the fact that God thought I was pretty amazing. He made me and all those sorts of things. I remember when I first started reading it out, I could hardly read it without crying. The bits about "it only matters what God thinks about me." It just didn't seem true at all. I just felt like this is a waste of time, it makes me feel sad, because I feel so rubbish inside. But actually, by the time I got probably three weeks into it, I could read it out and think, "Yes, that's true, that's amazing." I couldn't believe it. I was not expecting it to work, but it did, and it really changed the way I felt and thought about myself. Now I am just like everyone else, I guess, in a normal way. And God has really, really changed me through that.



You can observe the process Virginia shared. Her choice to constantly renew her mind by reading aloud what God thought of her replaced the lies she believed about herself. Virginia, myself, and hundreds of others have experienced the same relief. Our minds have been renewed, we have replaced the flesh-patterns with a Spirit-filled peace and abundant life in Christ. Deception is overshadowed by truth. This is not positive thinking but choosing to think the truth because God has said it is true. And faith is believing that what God has said is truer than the circumstances in which we find ourselves in these days, and truer than whatever we have grown to believe because of the circumstances of our lives.

Pastor John Eldredge in his bestselling book, *Wild At Heart: Discovering the Secret of a Man's Soul* said, "I will be honest, if you've given your heart over to something many times over, you've given it a good stronghold, and it's also tangled up in issues of wounds and sin, it's going to take some time to untangle and heal this, but it is worth the work. Don't just bury it." I have found it helpful to ask for God's help to focus on one stronghold at a time. As God shows me the lie I have believed, it's like finding the "end of the lie-knot." That's when the unraveling process begins, where God and I face the truth, and together, we write up a Stronghold-Buster for one area.

True belief is not indicated by your words only, but by whether you put these things into practice. (See James 2:22). If you have trouble implementing these truths, don't despair because there is no condemnation for those who are in Christ (see Romans 8:1). Keep choosing the truth, like the man who said to Jesus, "I do believe, help me overcome my unbelief" (Mark 9:24). We allow the limits of our faith to show us where we need God to help us grow in faith.

You can set up your phone or tablet to remind you daily to pray specifically about stronghold-busting and speak the truth over yourself. You may want to consider downloading the Freedom In Christ app called "The Freedom in Christ Course." Any Stronghold-Buster includes the following: identifying the lie, choosing scriptures to counteract the lie, and creating a prayer or declaration of truth based upon those scriptures

Stronghold-Buster:

The lie: I cannot stand the stress and anxiety associated with the pandemic and all the changes it has brought about. OR, I'll only be secure if I know everything will return to normal as I desire.



Romans 6:23—For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.

1 John 5:12—Whoever has the Son has life; whoever does not have the Son of God does not have life.

Galatians 2:20—I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.

James 1:5—If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.

Colossians 3:1-3—Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God.

Philippians 4:6-9—Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things. Whatever you have learned or received or heard from me, or seen in me - put it into practice. And the God of peace will be with you.

Isaiah 26:3—You (God) will keep in perfect peace (shalom) those whose minds are steadfast, because they trust in you.

John 14:27—Jesus said, 'Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.'

John 16:33—I (Jesus) have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.



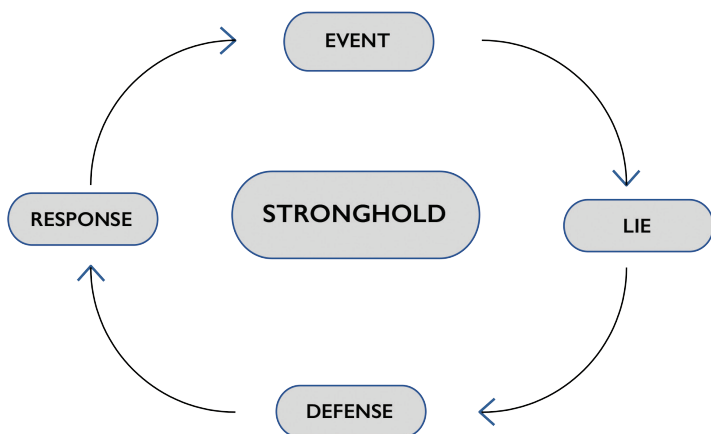
I renounce the lie that I cannot stand the stress and anxiety associated with the pandemic and the changes it has brought about. OR, I'll only be secure if I know everything will return to normal as I desire.

I announce the truth that, through faith in the saving work of Jesus Christ, I am forgiven and have passed from death to life (see also Ephesians 2:1-10 and Romans 3:21-26). I announce the truth that, as one who trusts in Jesus for life, I am not called to live on my own strength or wisdom. Rather, it is the life of Christ Himself, as I rely on Him by faith, that enables me to live with strength and wisdom. I announce the truth that as I set my heart and mind on the things of God and put these things into practice, I can trust He will give me peace. I announce the truth that I was not promised a comfortable life, because this world is broken as a result of the Fall. (See also Genesis 3, Romans 8:18-25) I announce the truth that Jesus has overcome the world and has given me His peace, therefore, I can have courage and not be afraid because the God of peace Himself is with me.

If this has been helpful to you, consider other material produced by Freedom in Christ by visiting www.ficm.org.

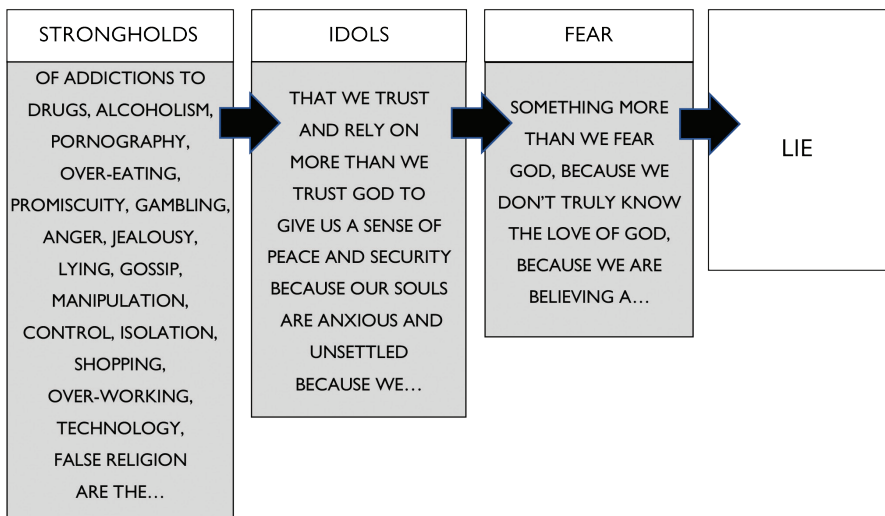
May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. (Romans 15:13)





THE ANATOMY OF A STRONGHOLD

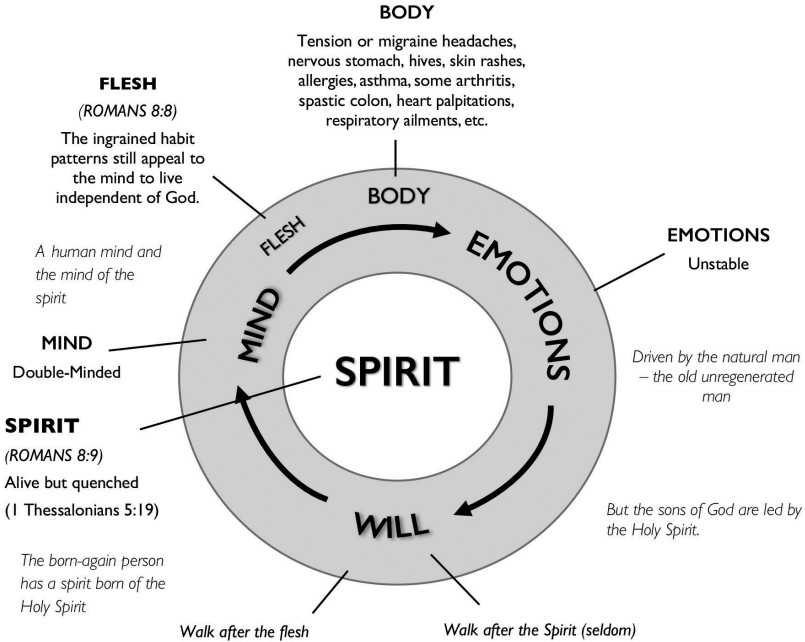
JESUS SAID, "YOU SHALL KNOW THE TRUTH AND
AND THE TRUTH SHALL MAKE YOU FREE



THE MANIFESTATION OF A PERSON WHO CONTINUES TO LIVE FLESH AND NOT THE SPIRIT

Living According to the Flesh:

I Corinthians 3:3 carnal 'Christians' behaving like mere men; I Corinthians 3:16 "Do you not know that you are the temple of God and that the Spirit of God dwells in you?"



FRUITS OF THE FLESH <i>FLESH AND BLOOD CANNOT ENTER THE KINGDOM OF GOD</i>	
IMMORALITY	OUTBURST OF
IMPURITY	ANGER
SENSUALITY	DISPUTES
IDOLATRY	DISSENSIONS
SORCERY	FACTIONS
ENMITIES	ENVYING
STRIFE	DRUNKENNESS
JEALOUSY	CAROUSING

FRUITS OF THE SPIRIT <i>FLESH AND BLOOD CANNOT ENTER THE KINGDOM OF GOD</i>	
LOVE	GOODNESS
JOY	FAITHFULNESS
PEACE	GENTLENESS
PATIENCE	SELF-CONTROL
KINDNESS	

STRONGHOLD-BUSTING

WORK OUT THE LIE YOU HAVE BEEN BELIEVING.

This is any way you have to think that is not in line with what God says in the Bible. Ignore what you feel because, by definition, the lie will feel true.

SPEAK OUT THE EFFECT THAT BELIEVING THE LIE HAS HAD ON YOUR LIFE.

Imagine how different your life would be if you did not believe this lie. What would you be able to do that you currently can't do?

FIND AS MANY BIBLE VERSES AS YOU CAN THAT SAY WHAT IS ACTUALLY TRUE AND WRITE THEM DOWN.

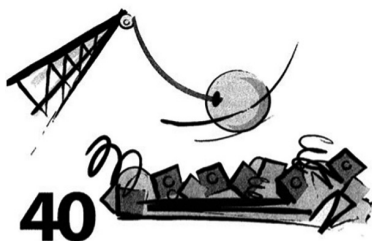
If there are a lot of verses, pick the top seven or eight.

WRITE A DECLARATION.

Base it on this formula: "I renounce the lie that....I announce the truth that..."

If you prefer, you could use alternative language such as: "I reject the lie that... I embrace the truth that..." or "I say no to the lie that... I say yes to the lie that..."

Read the Bible verses and say the Declaration out loud every day for 40 days.



Remember that for a long time the verses and declaration will not feel true. Remind yourself that God is the Truth and that if He said it, it really is true. And it's not just true for other people, it's true for you! You can use the Freedom in Christ app to remind you to make your declaration.



STRONGHOLD-BUSTER EXAMPLE

Feeling irresistibly drawn to porn

THE LIE: that I cannot resist the temptation to look at porn.

EFFECTS IN MY LIFE: deep sense of shame, warped sexual feelings, unable to relate to other people as God intended; harmful to my marriage.

Romans 6:11-14

In the same way, count yourselves dead to sin but alive to God in Christ Jesus. Therefore, do not let sin reign in your mortal body so that you obey its evil desires. Do not offer any part of yourself to sin as an instrument of wickedness, but rather offer yourselves to God as those who have been brought from death to life; and offer every part of yourself to him as an instrument of righteousness. For sin shall no longer be your master, because you are not under the law, but under grace.

1 Corinthians 6:19

Do you not know that your body is a temple of the Holy Spirit?

1 Corinthians 10:13

No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.

Galatians 5:16

So, I say, live by the Spirit, and you will not gratify the desires of the flesh.

Galatians 5:22-23

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.



I REJECT THE LIE - that I cannot resist the temptation to look at porn. I embrace the truth that God will always provide a way out when I am tempted, and I will choose to take it. I announce the truth - that if I live by the Spirit – and I choose to do that – I will not gratify the desires of the flesh and the fruit of the Spirit, including self-control, will grow in me. I count myself dead to sin and refuse to let sin reign in my body or be my master. Today and every day I give my body to God as a temple of the Holy Spirit to be used only for what honors Him. I declare that the power of sin is broken in me. I choose to submit completely to God and resist the devil who must flee from me now.

TICK OFF THE DAYS:

1	2	3	4	5	6	7	8	9
10	11	12	13	14	15	16	17	18
19	20	21	22	23	24	25	26	27
28	29	30	31	32	33	34	35	36
37	38	39	40					



STRONGHOLD-BUSTING

VERSE _____ DAY _____
 SCRIPTURE # _____ DATE _____

1. WRITE SCRIPTURE HERE

2. TOOLS

- Read surrounding verses
- Read another version
- Used a concordance
- Spoke Scripture out loud

3. CONCORDANCE NOTES

4. SUMMARIZE THE MESSAGE IN YOUR OWN WORDS

5. THE LIE: HOW IS THE TRUTH DIFFERENT FROM HOW I THINK, FEEL AND ACT?

6. LORD, WHAT DO YOU WANT ME TO KNOW CONCERNING THIS SCRIPTURE?

7. WRITE A PERSONAL PRAYER OF DECLARATION AND READ OUT LOUD (USE I, YOU AND ME)

ADDITIONAL NOTES/THOUGHTS



STRONGHOLD-BUSTER

STEP 1 – INQUIRE

- Ask God to Reveal Strongholds
- Remember Satan Wants You to Stay in Bondage
- Desire to Be Changed!

STEP 2 – IDENTIFY

IDENTIFY THE LIE (i.e., Unloved, Abandoned, Rejected, Inadequate, Hopeless, Stupid, Ugly, etc.):

- The lie (the issue I'm struggling with) I have believed about myself is _____

IDENTIFY THE EFFECT THE LIE HAS ON MY LIFE:

- Believing this lie has caused me to _____

IDENTIFY GOD'S TRUTH (SCRIPTURE) TO REPLACE THE LIE

- Scripture Verse: _____

- Scripture Verse: _____

- Scripture Verse: _____

WRITE A DECLARATION OF TRUTH

- I renounce the LIE that _____

- Instead, I announce the TRUTH that _____

STEP 3 – IMPLEMENT

Persist! For 40 Days—Renew your mind with these Scriptures. Also use the Stronghold-Busting Pages as a great tool. Submit to His Transformation and ask for the Holy Spirit to help you in this process of renewing your mind!

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40





Freedom in Christ Resources

Can We Help You Make Fruitful Disciples?

A church with growing, fruitful disciples of Jesus is a growing, fruitful church that is making a real difference in the community where God has placed it. A key question for church leaders is: “How can I help our people become mature, fruitful disciples as quickly as possible so that they go out and make a real impact?”

A fundamental part of the answer is to help them understand the principles that underlie all of Freedom In Christ’s discipleship resources for churches:

- **TRUTH** - Know who you are in Christ.
- **TURNING** - Ruthlessly close any doors you’ve opened to the enemy through past sin and don’t open any more.
- **TRANSFORMATION** - Renew your mind to the truth of God’s Word (which is how you will be transformed).

Freedom In Christ has equipped hundreds of thousands of church leaders around the world to use this “identity-based discipleship” approach. As churches base their discipleship around these principles, they report not only changed individual lives but whole changed churches. When churches start to look less like hospitals, full of those who are constantly struggling with their own issues, and more like part of the Bride of Christ, they make an increasing impact on their community.

Our mission is to equip the Church to transform the nations by providing church leaders with transformational discipleship resources that can be used right across their church. Some are specially tailored to the communication styles of different groups such as young people and millennials. Others build on our main Freedom In Christ Course. You can see some of them on the following pages.

Our heart is to help church leaders develop a long-term, whole-church discipleship strategy. Our offices and Representatives around the world run training courses and have people on the ground who like nothing better than to discuss discipleship with church leaders. If you think we can help you in any way as you look to make fruitful disciples, please get in touch. Find your local office at: FreedomInChrist.org





Get In Touch

Freedom In Christ exists to equip the Church to make fruitful disciples who make a real impact in their community. Our passion is to help church leaders develop a discipleship strategy right across their church that will be effective for years to come. How can we help your church?

We offer:

- A series of introductory and training events for church leaders.
- Advice on establishing a discipleship strategy for your church built around our discipleship resources.
- Training and equipping for those in your church who will be involved in implementing that strategy.

For contact details of Freedom In Christ in your country or to find out how to order our resources, go to:

FreedomInChrist.org

