Accusations & Lies Worksheet

The enemy can assault the mind with things that sound real. The result is guilt, condemnation, and hopelessness. This exercise is to get out the thoughts and to recognize the darkness of condemnation and the beauty of the light of Christ!

- 1. Write down all the accusing thoughts on the left column.
- 2. Pray over each accusation and ask God what the truth is. Write down what He says and then choose to believe the truth and refuse the lies.

What are you hearing? What accusations or veiled lies are coming into your mind? (Any accusation of hopelessness, brings sadness or heaviness of heart.)	What does God say? (Write down any scripture or answer God gives to you.)

[&]quot;There is therefore now no condemnation for those who are in Christ Jesus." - Romans 8:1