



## Healing for the Broken

### Tearing down a Lie Stronghold

#### Breaking down a Lie Handout

1. Prayer: Lord, I need you to do what only you can do and heal my heart. I call back the parts of my heart I have given away, that have been bruised, broken and shattered and I ask You, Lord, to put my heart together so that I have singleness of heart and mind.
2. Pray: Lord, I welcome you to shine your light and expose the lies I believe. I ask that you give me courage to forgive where I need to forgive and help me to give every lie to You. (When something pops into your head, write it down. It could be a memory or just a thought or statement. It may be a good idea once you hear a lie to write it down and move on to #3. You can come back and work on more lies later.)
  - a. If nothing immediately comes to mind, here are some questions you can ask the Lord
    - Father, are there any lies I believe about myself that you want to show me?
    - Are there any lies about my marriage that I believe?
    - Father, are there any lies I believe about my identity that you want to show me?
    - Father, are there any lies I believe about You?
    - Are there any lie I believe about my spouse that You want to show me?
3. As soon as you hear a lie or group of lies, write it down and then ask the Lord, “Father, would you please show me where that lie came from?”
  - a. If you suddenly have a memory of the first time you believed the lie or He shows you where the lie came from, write that down.
  - b. If He does not show you where it came from, just move on from here. Sometimes He will show this and sometimes not. It can be helpful to know where it came from as it helps with knowing whom to forgive.
4. If you hear or see where it came from OR if you do not see the origin, pray, “Lord, who do I need to forgive to tear down this lie?”
  - a. When you think of people to forgive, give it to God. Let any emotions surface and give them to God.
  - b. Also, ask the Lord if there’s anything you need to repent of, and if He shows you anything, acknowledge your need for a turn around and repent.

5. Next, trust that God is revealing the truth because you asked Him. Renounce the lie and confess it as false.
  - a. Example: If the lie is that you believe that nothing will ever get any better. You could renounce the lie as follows: "I renounce the lie that nothing will get any better. I refuse to believe it any longer when the Lord says His thoughts toward me are good." (If you know some scripture, it is good to add it. If you do not at the moment, just renounce the lie.)
6. Ask the Lord to heal the memories associated with this lie and to pull out and discard any triggers. Let Him heal you.
7. What you have been doing so far is tearing down the lie. This step will demolish it. Ask the Lord to reveal the truth to completely destroy the falsehood. He will often show a picture, speak a Word or remind you of a scripture. Pray something like, "Lord, thank you for showing me the lie(s). I have renounced the lie and I ask You to show me the truth. Since this is a lie, what is the truth?"

It is important to write down the truth as you see/hear it. This will become your truth for warfare. It is the truth that sets the captive free. In the future, if the lie tries to creep up simply speak this truth to help renew your mind.