

Truth that Dismantles Lies

"If we keep running from our true selves, we'll continue on a slow and steady spiral to the point where we'll look in the mirror one day and not know our truth from our lies. We won't remember who we really are. Secrets have the power to paralyze us as long as they remain locked up deep inside.

We must be willing to encounter the past honestly with a community of trusted friends who will walk with us through the process."¹

Lies

We understand from the Scripture that we have an enemy who is the "father of lies."² He comes to steal, kill, and destroy.³ He is like a roaring lion seeking whom he may devour.⁴ His lies sneak in to destroy us and dismantle us from living our God-given design.⁵ When we believe lies, we live from them...and living from lies brings death and destruction. It is vital to acknowledge that we have a real enemy who wants to destroy us.⁶ We are in an actual battle for our lives, ultimately fighting for our lives to be lived under truth, restoration, and freedom in Jesus.

Truth

As we walk into this process, it is important to understand that you are not responsible for the false beliefs (lies) you were given as a child, but as an adult, you are responsible to pursue the transformation of them.⁷ Transformation of these lies will come through identifying the lies you believe, rejecting them, and asking God to replace the lies with truth. As you do this, it is important to also recognize that the lies you've believed have been impacting how you live. You live out what you believe. As you reject these lies and ask God to replace them with truth, take time to also ask Him to transform how you live...that you would live from truth. Transformation happens by the combination of Jesus' blood having made peace, the power of the Holy Spirit, and your own choice. You will live from truth by engaging both the Holy Spirit's power and by consciously making choices aligned with truth. It takes both.

Deconstruction - Reconstruction

So, basically, facing the lies we've believed in our lives and pursuing Jesus' transformation of them is a "deconstruction-reconstruction" process. As you face the lies you've believed and replace them with truth, you'll be deconstructing whole paradigms you've walked in and reconstructing new paradigms based on the truth the Holy Spirit reveals. And as you engage in the "deconstruction-reconstruction" of these paradigms, how you live your whole life will be impacted. You will be truly transformed in the process.

Spirit of Truth and Freedom

But when he, the Spirit of truth, comes, he will guide you into all the 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 (NIV)

And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.

2 Corinthians 3:18-19 (NIV)

[1] *Freefall to Fly*, p. 154-155

[2] John 8:44

[3] John 10:10

[4] 1 Peter 5:8

[5] 1 Corinthians 10:13

[6] Ephesians 6:12-13

[7] Modified quote from *The Journey Training*.

Lies

Truth

