

## Replacing Negative Self Talk with God's Truth

### Lesson #6

In the first five lessons you have learned:

1. Why identity matters and how it effects every single relationship in our lives.
2. The signs and symptoms that could be related to a broken identity.
3. Your IF and where you fall on the pendulum of wearing the world's labels or being steady in the reflection of Christ.
4. To identify those situations or people that trigger your feelings of shame and insecurity.
5. To uncover the roots of shame and insecurity in your life and commit to digging deeper though professional counseling and self-help books.
6. What creates a belief system and how it effects the choices you make and thus the outcomes in your life. You were challenged to acknowledge and adjust those belief systems.

Today you will be given resources and strategies for replacing negative self talk with God's truth.



As we learned in the last lesson, our thoughts come directly out of a developed personal belief system. Now that you have challenged yourself to examine and rebuild your belief system, you already have the first tool in hand to correcting negative self talk. A belief system based on truth will naturally funnel into a more positive thought life.

But changing that belief system doesn't happen overnight. Because of that, those thoughts still manage to find their way into our minds. The enemy is the author of lies. And although he is relentless in his tactics, he is not creative. Therefore, we can arm ourselves with strategies that put God's Word at the forefront of our battle and come out victorious!

I am providing two strategic resources:

1. *Truth versus Lies* narrative cheat sheet.
  - a. A chart listing some of the most common lies we allow in our thought life and the truth from the Word of God that disputes those lies.
  - b. Imagine a stop sign each and every time you catch yourself thinking a lie. Flash that stop sign with attitude in the face of the enemy and claim the truth out loud!
  - c. As an extension, list other lies you find yourself thinking and search God's Word for truth that disputes the lie.
2. Praying Scripture Cards
  - a. A set of 8 printable cards. Each card has a Scripture disputing the lie with an example of how to pray that specific Scripture.
  - b. God hears all our prayers. He gives us the Holy Spirit who interprets our prayers for us when we don't even know the words to pray ourselves. But there is something very powerful in praying Scripture. It gives us the opportunity to pray exactly what we know is in the will of God. We don't have to wonder if it is something He wants for us. We are assured of that.

## **Prayer**

*Dear Jesus, We thank You for providing Your Word as a weapon, a guide, and love letter as we navigate this world and reach toward the day we will come face to face with You. Lord, we pray today for Your Word to sink deeply in our hearts, souls, and minds. That we may be armed to dispute the lies of the enemy with Your truth. May Your Words lay within the recesses of our minds so that in a moment's notice, we can retrieve them in prayer and in battle. Thank You for calling us Yours. Calling us chosen and worthy. Creating us in Your image. We choose to live life in Your majestic reflection. In Jesus' name we pray. Amen*

## **In the Next Lesson**

The next lesson is our final lesson. It will be a video lesson summarizing our course and closing us in prayer.