

## Exposing Lies and Revealing the Truth

This is a guided prayer to get to the root of lies. If you knew it was a lie, you wouldn't believe it. There's no need to struggle, if you ask the Lord to reveal it, He will bring it to your mind.

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. Would you reveal any lie I believe and bring it to my mind? I give you permission to sweep through all of me, and if there is a lie related to losing my father, I ask that you show me now. (Write it down.)
3. When you hear or see the lie, ask the Lord where that lie came from. (You may remember the first time you agreed with the lie. Do not struggle. If you do not hear anything on this point, just move to the next question.
  - a. This can give you an idea of how it came in so the person knows who to forgive or what ties to break.
  - b. It is also possible that at this time, the Lord will reveal a memory that first caused the lie.
4. Next, ask, "Lord, who do I need to forgive to tear down this lie?" (As names or events come to your memory, make a purpose to give the pain or offense to Jesus. Let it go by choice.)
5. Whatever lie you wrote on the second step, choose to renounce it. For example, if the lie was that you will die early, you would write and say, "I renounce the lie that I will die early."
6. Ask the Lord to heal the memories associated with this lie and to pull out and discard any triggers.
7. Ask the Lord to reveal the truth to completely destroy the lie. He will often show a picture, speak a Word, or remind the person of a scripture. This part should effectively demolish the lie.

Continue to ask the Lord to reveal lies until you do not hear anything. You can also ask Him to reveal lies in other areas of your life. You can ask Him any lies you believe about yourself, about Him, or about situations. The more truth the more freedom!