

Lies and Truths

For every truth God gives us, there is a counter—a lie that Satan uses to turn us away from believing the truth.

Here is a list of some common lies and truths we believe. The list doesn't address "all truths," just 14 important ones.

Lies

1. There's something wrong with me.
2. I'm not good enough.
3. I'm not lovable. My parent(s) didn't love me.
4. I'm less than others.
5. I'm not attractive.
6. If I perform perfectly, I will be loved.
7. I'm not athletic/smart/talented.
8. No one likes me or loves me.
9. I will always be miserable.
10. I deserve to be belittled and abused.
11. I'm so bad I can't be forgiven.
12. I need to be perfect to be loved, feel good and be accepted.
13. I should keep my struggles a secret.
14. I am prideful or conceited if I like myself and the gifts and talents God has given me.

Truths

1. There's nothing wrong with me: I am created in God's image.
2. I am created in God's image and he said, "It is good."
3. Even if my parent(s) were unable to love me, every child and every person is lovable, and is loved by God.
4. We are all equal. Each of us has different strengths and weaknesses.
5. I am very attractive; I am God's creation.
6. I am loved by God and others, and love has nothing to do with perfection.
7. I am athletic, smart and talented in my own God-given way.
8. God loves me more than I can comprehend, and my family and friends love me even though they don't always show it like I want them to.
9. God promises me rest if I come to him, and healing if I confess.
10. No one deserves emotional or physical abuse.
11. The Bible tells us repeatedly that Jesus paid the price so all can be forgiven; and he even wants us to feel forgiven.
12. I need to accept myself and others for who we are, with strengths and weaknesses.
13. God asks us to confess our sins to him and to each other and has promised to heal us if we do so.
14. Throughout the Bible we are told to rejoice and give thanks for all God has given us.

