

CHRIST OF GOD MINISTRIES



COMMON LIES WE BELIEVE

Please be honest with yourself as you work through these lists

Do not feel any guilt or shame when working through this list, there is no condemnation, we are aiming for renewal of our bodies and soul by identifying our weaknesses and working through them with the Holy Spirit.

Place a check mark beside each one that you can relate to or write your own in the blanks below, as the Holy Spirit reveals them to you.

After you have identified the lies, we recommend you process this with the Holy Spirit, using the purging process, which includes the Box Process and Courts of Heaven to receive restoration and freedom in this area of your life. We also recommend you initiate the renewing of your mind, by finding a Biblical Scripture to meditate on, which is the **real truth** that will help you to conquer and overcome the lie you are believing.

Example; If you are feeling unloved, you may want to meditate on a scripture to help you receive God's love, which is the truth to overcome the lie.

Jeremiah 31:3 - "I have loved you with an everlasting love; I have drawn you with loving-kindness."

Theme: Rejection, Not Belonging

	I don't belong. I will always feel like I am on the outside (left out).
	My feelings don't count. No one cares about what I feel or think.
	No one ever cares about me, as the person I am.
	I isolate myself so I won't feel hurt or feel vulnerable.
	I don't like being rejected or not listened to.
	If I do something wrong, I'm afraid I will be thought less of.
	If I disagree, I'm afraid I will be rejected.
	I reject myself. I hate myself.
	I always feel lonely or alone.
	I feel rejected by the ones I love.
	There's something wrong with me, that's why no one likes me.
	They only talk to me because they are obligated to.
	All those who say they care and love me, don't really care, they just pity me.

Theme: Unworthiness, Guilt, Shame

	I am not worthy to receive anything from God.
	I am the problem. When something is wrong, it is my fault.
	I feel like I am not a good person.
	I put on a brave face so people won't see the real me.
	I feel I have messed up so badly that I have missed God's best for me.

	It is because I am so bad that these shameful things have happened to me.
	I am damaged goods.
	I have so much guilt and shame because I am living too much in this world.
	I feel so unworthy of all I have.
	I feel so guilty and unworthy when I mess up.
	I feel so guilty when I gossip and judge about my friends and family.
	I'm unworthy of salvation and the gifts from God.

Theme: Control (to avoid hurt)/ Passivity

	I have to try and be positive all the time or something bad will happen
	The perfect life is one where there is no conflict allowed, so there is peace.
	I will choose to be passive in order to avoid conflict
	I have to be so organized, so I am one step ahead at all times
	I let other people tell me what to do all the time
	I must be in control at all times.
	I walk away and sulk as I don't like airing my feelings as it may upset someone

Theme: Works and Striving, Self Worth, Value, and Recognition

	I will never get recognition for anything I do.
	I try my hardest, but it never seems good enough.
	I have to always be attentive to my loved ones, or they won't like me.
	God doesn't care if I have a secret life as long as I appear and do well.
	I feel I shouldn't be here. My existence is a burden to others.
	I must work hard to prove that I am a good person.
	I am disappointment.
	I never get told how appreciated I am.
	People naturally expect me to do everything.
	If I don't understand something, I'm too scared to ask , as they will think I'm dumb.
	I feel insignificant at times around people.
	I get intimidated when I don't understand what they are talking about.

Theme: Retaliation

	The correct way to respond if someone offends or hurts me is to punish them.
	I will cut someone off and correct them, if I know they are saying something wrong
	I will stand and defend myself
	I am very opinionated and will voice my opinion when I see fit
	I withdraw and not speak when someone hurts me.

Theme: Physical Appearance

	I am unattractive. God short changed me.
	I am doomed to have certain physical disabilities. They are just part of what I have inherited.
	No matter how hard I try, I cannot lose/gain weight, I am hopeless
	I am very insecure with my body and my looks
	I hate looking in the mirror
	I hate getting compliments on my appearance
	Gluttony is a huge part of my life
	I'm embarrassed with how I look when I go out
	I don't care about being healthy, or doing exercise, no one notices me anyway

Theme: Safety/Protection

	I must be very guarded about what I say, since anything I say may be used against me.
	I have to guard and hide my emotions and feelings. I cannot give anyone the satisfaction knowing that they have hurt me.
	I will not be vulnerable, humiliated or shamed.
	I put on a false persona so people don't see how I really feel
	I keep to myself, as I don't want people knowing too much about me

Theme: Personality Traits

	I am too _____ (angry, shy, jealous, insecure, fearful, shallow etc.).
	I will always be _____ (angry, shy, jealous, insecure, fearful, shallow etc.).
	I am too conscious about my appearance
	I love things of this world, such as fashion, shopping, magazines, movies etc.
	I like to be the life of the party.
	I am really judgemental.
	I am too quiet and subservient.
	I put on a happy face but deep down, I am miserable.
	I am too loud and embarrassing.

Theme: Sexual Identity

	I should have been a boy/girl. Then my parents would have valued/loved me more.
	Men/Women have it better.
	Being female, they expect me to do all the chores around the house.
	I get pushed around because I am female.
	As a male, I am supposed to be the stronger/tougher one.
	I don't know what I'm talking about because I'm male/female.

Theme: Financial

	I will always be in debt.
	God wants me poor.
	I will always have financial problems
	I am no good at handling my finances
	I love spending money and buying things
	I must work for money (instead of stewarding wealth).
	I must spend my money as soon as I get it.
	I must hoard/hide my money
	I feel guilty when I am blessed.
	I give to receive
	I don't trust God to provide for me

Theme: Victim

	I feel humiliated by authority figures
	Authority figures just use and abuse people
	My value is based totally on others' judgment/perception about me.
	I have no will or choice of my own
	I am a victim of the people and circumstances in my life.
	I am always wrong and can never do anything right
	I get blamed for everything
	Turmoil and chaos are normal for me

Theme: Hopelessness/Helplessness

	I am out there all alone. If I get into trouble or need help, there is no one to come to rescue or help me.
	Things are never going to change.
	I have wasted a lot of time and energy, and some of my best years.
	Bad things will happen to me and I will continue to feel trapped, helpless and hopeless.
	I'm a disappointment to everyone, there is just no hope for me.
	I can't do anything properly.
	There is no point in trying to be better, because it never works out for me.
	Tomorrow will be the same as today, always gloomy no matter the circumstances.

Theme: Marriage and children

	I will be complete when I get married.
	I will never get married.
	I will always be in a bad marriage.
	Marriage is difficult, I am better off being single
	It is my responsibility to try and change my spouse to do things more like me.
	Sex is dirty.
	Children are a handful.
	I am afraid I will never have children.
	If you discipline your children, it's the same as abuse.
	If I correct my children, they will not love me.
	I don't want children, as I might treat them the way I was badly treated.

Theme: God

	God loves other people more than He loves me.
	God only values me for what I do. My life is just a means to an end.
	No matter how much I try, I will never be able to do enough nor do it well enough to really please God.
	God is judging me if I relax. I have to stay busy doing His work or He will abandon me.
	God has let me down before. He may do it again. I can't trust Him or feel fully secure.
	I am a disappointment to God.
	God rewards other people, never rewards me.
	I never hear from God or see Him, what am I doing wrong.

Theme: Defective in Relationships

	I will never be able to fully give or receive love. I don't know what it is.
	If I let anyone get close to me, I may get my heart broken again.
	I must do whatever is necessary to try and please you.
	I have trust issues, even if there not justified.
	I feel so smothered by being in a relationship.
	My relationships are always one way.
	If my partner changes, everything will be ok.

Theme: Add any other lies that Holy Spirit brings to your attention

If you would like more help contact us
<https://www.christofgodministries.com.au/>



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GOD BLESS YOU!