

COMBATTING LIES

H A N D B O O K

Combatting Lies Handbook

Pastor Derek Sanford

I love to pray for people.

Years ago, as a pastor of a fairly large church with a fairly large social media following, I decided that I would offer to pray for people if they submitted a request to my social media page. Upon receiving their request, I promised that I would pray for them, and in addition, that I would consult my bible and respond with a passage of scripture for them to ponder as it related to their specific need.

Nearly five hours and almost 500 prayer requests later I wrapped up that time of prayer. It was a reminder to me about how piercing and penetrating the promises of the bible can be for our daily lives. It was also a lesson in how hard people are on themselves and others. (One more lesson... don't make an offer like that unless you've blocked off significant time and energy!)

You see we live every day under the constant assault of thoughts and ideas; some of which are true, and many of which are downright false. And perhaps the most dangerous ideas that we allow to live in our minds are the lies we believe about our own selves. Over the course of our lives, these lies can begin to affect us mentally, emotionally, relationally, even physically. They can magnify our failures, steal our joy, keep us from love, and secretly aim to prevent us from realizing all that God has planned for us.

In John Mark Comer's book called *Live No Lies*, he recommends making a "Monastic Handbook for Combating Demons." Creating a tool that would defend our minds against the assault of lies with a counterassault of the truth. The idea is to follow Jesus' example in Matthew 4 when he had a showdown with Satan in the desert. Instead of opening a dialogue when Satan offered a lie, Jesus simply "changed the channel" in his mind from the lie and to the truth. He resisted by redirecting.

So, with all credit to Comer for the idea, we've taken some obsessive thoughts that are rooted in lies and we've put words to them, and then provided truths from scripture that counteract that lie. These scriptures could be recited or memorized if that particular lie is one that you struggle with. We've created a page of some of the most common lies and the corresponding truth.

We've also provided a template for you to do this work yourself along with some tips and tricks on how to track down bible verses to help provide some truth.

The exercise is simple. In box 1 you write an obsessive lie that you just can't shake, a toxic feeling, or a negative physical sensation in your body. In box 2 you articulate the lie that's behind the thought, feeling or sensation. Finally in box 3 you write out a scripture or a word from God that counters the lie.

I pray that this will be a useful tool in growing your faith!

We take captive every thought to make it obedient to Christ

– 2 Corinthians 10:5

Obsessive Thought Toxic Feeling or Physical Sensation	The LIE underneath	The TRUTH
I am so ugly and unattractive.	My worth and value as a person depend on my appearance.	1 Samuel 16:7 <i>The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart.</i>
I have debilitating feelings of helplessness and regret.	God could never forgive me for the sins of my past.	Romans 8:1-2 <i>There is no condemnation for those who are in Christ Jesus</i> , because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.
I have an increasing hopelessness and dread about the state of the world.	There's nothing I can do to make the world a better place	Ephesians 2:10 <i>For we are God's workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.</i>
There is no one who understands or appreciates me.	I'm all alone.	Isaiah 41:10 <i>Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.</i>
I am too weak and imperfect to live the life I'm supposed to live.	I have to accomplish everything in my own strength.	2 Corinthians 12:10 <i>For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.</i>

Obsessive Thought Toxic Feeling or Physical Sensation	The LIE underneath	The TRUTH
My spouse doesn't fulfill me and leaves me feeling empty.	I need another person to complete me.	Colossians 2:9-10 <i>For in Him dwells all the fullness of the Godhead bodily; and you are complete in Him, who is the head of all principality and power. (NKJV)</i>
Constant physical and emotional restlessness	I will never be at peace with my life.	Philippians 4:7 <i>The peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus</i>
Frustration at unanswered prayers.	God must not be listening to me.	1 John 5:14 <i>And this is the confidence that we have toward him, that if we ask anything according to his will, he hears us.</i>
A sense of remorse and emptiness from a loss or hardship I experienced.	I went through that painful experience for nothing.	2 Corinthians 1:4 <i>(God) comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God.</i>
I'm struggling to fall asleep at night because of all the anxious thoughts flooding through my mind.	I need to be in control of the details of my life— OR — No one is in control of the details of my life.	Philippians 4:5-6 <i>The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.</i>

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How to locate relevant bible verses.

There are old-school ways to do this – but with the incredible online resources at our disposal let's concentrate on those options!

Use a Topical Bible search.

A topical bible is a resource that takes passages of scripture and organizes them by topic. At these two websites, you simply enter the word or topic in the search bar and it will produce relevant passages. You can also browse the page of the links listed for specific topics with pre-produced lists of passages.

OpenBible.info

Topical Bible

A · B · C · D · E · F · G · H · I · J · K · L · M · N · O · P · Q · R · S · T · U · V · W · Y · Z

What Does the Bible Say About...

? Find Out

Bible Study Tools

Search

Browse

The Bible ▾

Search The Bible

Find it!


Bible Verse by Topic

[Bible / Verses by Topic](#)

Tweet


Save

Featured Topics




Thanksgiving Bible Verses

Bible Verses for Thanksgiving - Be encouraged with Scripture on why we should give thanks and how to express our gratitude. It's so easy during the holiday season (or any time of the year!) to be overwhelmed with all the tasks and activities to do th...



Healing Bible Verses

Bible Verses About Healing - The Bible speaks often of miraculous healing through the work of Jesus Christ and through faith in God. Find Scripture that will encourage you and help you focus on finding comfort through the healing of Christ both spiri...



Worry and Anxiety Bible Verses

Bible Verses About Worry and Anxiety - Find comfort and peace through Scripture that promises you hope and a future. Fear, worry and anxiety are all weapons of Satan to keep us from experiencing the full life that God has for us. These emotions can o...

Find a list of the Promises of God from the Bible.

These kinds of lists are aplenty online. Some of them are organized by topic, some by books of the bible and others are just numerical (10 promises of God) etc. These can be helpful to jog your mind to think of lies that you are believing that these passages could redirect.

[25 Promises of God and How to Stand on Them](#)

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The 25 Promises of God and How to Stand on Them

Nov 20, 2019 by Editor in Chief

Here are God's twenty-five most powerful promises and how to stand on them.

#1 He gives strength to the weary.

When you are feeling weak, especially in your quest to follow, honor, and serve God, He promises "power to the faint."

It says in Isaiah 40:31...

"But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."


[10 Bible Promises to Claim](#)

Bible Promises List

1. Promises that God Answers Prayers

- "If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you." John 15:7
- "Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need." Heb. 4:16
- "Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them." Mark 11:24
- "Call upon Me in the day of trouble; I will deliver you, and you shall glorify Me." Ps. 50:15

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CLICK TO TWEET 

- "Again I say to you that if two of you agree on earth concerning anything that they ask, it will be done for them by My Father in heaven." Matt. 18:19

Find websites specifically about replacing lies with God's truth.

There are some sites that specifically address the idea of replacing lies with truth. I've included a helpful one below.

[20 of Satan's Lies to Replace with God's Truth](#)

20 OF SATAN'S LIES TO REPLACE WITH GOD'S TRUTH

In this post you will find 20 of Satan's lies to replace along with 2-4 bible verses that will help you defeat these lies with. Some of these lies may be familiar to you, while others may not. Regardless of what lies you've heard, believed, or accepted, below I'm sharing 20 of Satan's lies to replace so that you can be prepared at all times.

1. "You are alone."

Satan wants to make you believe that you're alone when in reality YOU are surrounded, filled, and covered by God's love. Satan uses this lie to discourage you, make you feel lonely, and distance you from God. However, God wants you to know that you are never really alone. God is with you 24/7, 365, through good and bad.

REPLACE THIS LIE WITH THE FOLLOWING SCRIPTURES:

God is with you.

Isaiah 41:10 Fear not, for **I am with you**; be not dismayed, for I am your God. I will strengthen you, yes, I will help you, I will uphold you with My righteous right hand.' (NKJV)

Google

There's always the option of putting a web search in looking for bible verses that relate to your particular issue that you're struggling with or lie that you're believing!