

Breaking Agreement With Lies We Believe About Ourselves

Ask God the question, "Are there any lies I'm believing about myself?"

Don't try and work it out for yourself, just ask the question and listen to the answer.

You might think, "I can never hear from God", which is a lie by the way!

He will probably say, "Yes" as we mostly all have them.

Ask Him what the lie is, write down what He says.

Then ask Him, (if it isn't obvious;) " Where did this lie come from?"

If someone told you the lie the next step is to forgive them.

Be specific. It doesn't matter one bit if you're still angry about it and you say it through gritted teeth.

Un-forgiveness is flagged up when you can't say it.

For example if a teacher told you were stupid and you believed them you would do something like...

" I forgive you Mrs X for telling me I was stupid.

I forgive you for humiliating me in front of the class.

I forgive you for telling me a lie that's affected my whole life and limited my choices."

Then according to who you need to forgive, you address the next part to a different member of the Godhead.

If you need to forgive a Father or father figure you talk to God the Father;

Mother, mother figure or teacher you address the Holy Spirit.

If the lie came from a sibling or friend you address the next part to Jesus.

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Then to use the last example, you would renounce the lie for each thing that you forgave.

" I renounce the lie that You Holy Spirit, think I'm stupid

I renounce the lie that You Holy Spirit, would humiliate me in front of everyone.

I renounce the lie that You Holy Spirit, would tell me a lie that affected my whole life and limited my choices."

Then ask, " Holy Spirit, what is the truth? "

And listen to the answer, (don't try to work the answer out.)

The healing comes with the Word from the Godhead when He speaks it over you and of course He always knows exactly what to say to heal you.

If the thought is liberating to you then you heard correctly.

Write the answer down and re read it once daily for 30 days. Lots of people don't do this step but it can be important to reset the old mind set and apparently it takes 30 days to change a habitual thought.

Finally tear up the lie.