



Road to Freedom

Week 9 - Dismantling Lies

First Name and last initial: _____ Date: _____

Behind every defense mechanism lies a lie, often called "Guardian Lies" which act to protect us. For instance, we pretend the abuse never happened, that daddy didn't leave, that "I deserve it." Lies contribute to our character, behavior, and values. Lies cause us to act as imposters, to shield who we are, and to control the outcome in our lives. Lies dig empty wells. Invite God into the process of discovering the lies you have believed that hold you back. Regular guidelines apply for all levels of membership.

Describe how we dig empty wells through the lies we believe about ourselves, others, and the world.

Complete the checklist of lies that you have believed over the course of your life. This is not exhaustive and you may add any not found in this list.

Select the top 3 lies and describe how they have spun a web of entanglement throughout your life?

What lies have others told you that you took on as truth? How has this harmed you?

Once broken and renounced, we must replace lies with the truth about you. As a bonus handout, you may want to download the "Truth About You" and take time to meditate on each truth.