

## Satan's Lies/God's Replies Worksheet

How do we stop listening to the lies and believing them? We have to replace them with truth! Here are some common lies matched up with God's refuting truth. Snap a picture of this list or write down the lies/truth on index cards to keep them in front of you. Then when the lies creep into your thinking, you have a plan for changing your self-talk starting today.

Satan's Lies	God's Replies
I could never do that!	"I can do all this through him who gives me strength." Philippians 4:13
I'm not good enough.	I am good enough because the Holy Spirit empowers me. "You will receive power when the Holy Spirit comes on you." Acts 1:8
I'm worthless.	I'm God's treasured possession. "The LORD has chosen you to be his treasured possession." Deuteronomy 14:2b
I'm ugly . . . inside and outside.	I am God's masterpiece. "For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do." Ephesians 2:10
I would be happy if . . .	My joy comes from the Lord. "The LORD has done great things for us, and we are filled with joy." Psalm 126:3 "The joy of the LORD is your strength." Nehemiah 8:10
I can't forgive myself.	I can forgive myself. "There is now no condemnation for those who are in Christ Jesus." Romans 8:1
I can't forgive this person.	I can forgive because Christ has forgiven me.

	“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” Ephesians 4:32
I can't _____.	I can because I'm a conqueror! “In all these things we are more than conquerors through him who loved us.” Romans 8:37
I feel hopeless.	There is hope in God! “And we know that in all things God works for the good of those who love him, who have been called according to his purpose.” Romans 8:28
God doesn't love me.	“I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, not any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.” Romans 8:38–39
I'm not smart enough.	I “have the mind of Christ.” 1 Corinthians 2:16b
I feel so rejected.	I have been chosen. “He chose us in him before the creation of the world.” Ephesians 1:4a
I'm afraid.	“Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.” Joshua 1:9

Don't let any more lies steal your joy or diminish your value. Become an expert lie detector today. Once identified, start moving your head and heart from the lies to the truth that will set you free!