

When overcoming anything in our lives, it is important to take time to identify the lies that we believe that are causing us to remain stuck in the area that we are working to overcome. Any belief that does not line up with the truth of Scripture and the Father's heart for us is leading us to death, not to life.

Below you will find some examples of lies (Baggage Beliefs) and truth statements (Freedom Facts) as well as Scripture references from the Word of God. These can serve as a starting place for you to begin identifying the lies and replacing them with truth in order to aid you in overcoming in your own life. Following the examples, there are some spaces for you to write out lies and truth that the Lord shows you in prayer, as well as a sample prayer that you can use to break the lies and replace them with truth.

BAGGAGE BELIEF: I am alone, and no one really cares how I feel or what I do. I will be hurt and rejected if I open up and show others who I really am.

FREEDOM FACT: God is always with me. He sees how I feel, and He comforts me. He is faithful to surround me with others that are trustworthy and that will love and care for me as well.

TRUTH OF SCRIPTURE: "Cast all your anxiety on him because he cares for you." (1 Peter 5:7); "The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged." (Deuteronomy 31:8).

BAGGAGE BELIEF: I am not worth much. I don't deserve good things.

FREEDOM FACT: I am worthy of good things because I am God's son/daughter. He showers me with His love, grace and compassion. Every promise in the word of God is for me and I am worthy of great things!

TRUTH OF SCRIPTURE: "Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade. This inheritance is kept in heaven for you." (1 Peter 1:3-4); "Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ." (Ephesians 1:3); "For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well." (Psalm 139: 13-14).

BAGGAGE BELIEF: My looks don't measure up to what the world says is attractive. I am ugly.

FREEDOM FACT: All of God's works are great and wonderful, and that includes me! I am created in the image of God Himself, and He has created me beautifully.

TRUTH OF SCRIPTURE: "He has made everything beautiful in its time. He has also set eternity in the human heart; yet no one can fathom what God has done from beginning to end." (Ecclesiastes 3:11); "So God created mankind in his own image, in the image of God he created them; male and female he created them." (Genesis 1:27); "You are altogether beautiful, my darling; there is no flaw in you." (Song of Solomon 4:7).

BAGGAGE BELIEF: I have missed out of God's plan for my life. I am damaged goods and too far gone to be saved or healed.

FREEDOM FACT: I am more than a conqueror through Christ and have overcome the shame and difficulty of the past. God has an amazing plan and purpose for my life and is capable of getting me back on track as I choose to surrender and trust Him. He will give me the strength that I need to overcome.

TRUTH OF SCRIPTURE: "Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus." (Philippians 3: 13-14); "You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world." (1 John 4:4); "For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future." (Jeremiah 29:11).

BAGGAGE BELIEF: God is going to have a hard time forgiving me for the things I have done and wrong choices I have made that hurt people.

FREEDOM FACT: God delights to show grace. His forgiveness is endless, and His mercies are new every morning.

TRUTH OF SCRIPTURE: "Who is a God like you, who pardons sin and forgives the transgression of the remnant of his inheritance? You do not stay angry forever but delight to show mercy." (Micah 7:18); "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness." (1 John 1:9).

BAGGAGE BELIEF: I will only be satisfied and happy in life if I succeed in my career. My worth is in my achievements.

FREEDOM FACT: My value and my worth do not come from temporary worldly success or achievement, but from the fact that I am a child of the King and am fully loved and treasured by Him.

TRUTH OF SCRIPTURE: “What is the price of two sparrows—one copper coin? But not a single sparrow can fall to the ground without your Father knowing it. And the very hairs on your head are all numbered. So don’t be afraid; you are more valuable to God than a whole flock of sparrows.” (Matthew 10:29–31); “He has made everything beautiful in its time.” (Ecclesiastes 3:11); “For you are a people holy to the Lord your God. The Lord your God has chosen you out of all the peoples on the face of the earth to be his people, his treasured possession.” (Deuteronomy 7:6).

BAGGAGE BELIEF: Not even God could love me after what I have been through.

FREEDOM FACT: God loves me always, and nothing can separate me from His unfailing love. I choose to repent and turn to God.

TRUTH OF SCRIPTURE: “I have loved you with an everlasting love; I have drawn you with unfailing kindness.” (Jeremiah 31:3); “For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor 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).

BAGGAGE BELIEF: I will never amount to anything because I was used and abused.

FREEDOM FACT: I am more than a conqueror through Christ and have overcome the shame of my past. God has an amazing plan and purpose for my life, and He will give me the strength I need as I press toward it.

TRUTH OF SCRIPTURE: “Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.” (Philippians 3:13-14); “But you belong to God, my dear children. You have already won a victory over those people, because the Spirit who lives in you is greater than the spirit who lives in the world.” (1 John 4:4); “‘For I know the plans I have for you,’ declares the Lord, ‘plans to prosper you and not to harm you, plans to give you hope and a future.’” (Jeremiah 29:11).

BAGGAGE BELIEF: I will always be sad and depressed.

FREEDOM FACT: My inheritance as a child of God's is joy and hope. He can heal my pain, lift my burdens, and replace my mourning with joy.

TRUTH OF SCRIPTURE: "Sing for joy, O heavens! Rejoice, O earth! Burst into song, O mountains! For the Lord has comforted his people and will have compassion on them in their suffering." (Matthew 10:29-31); "He has made everything beautiful in its time." (Ecclesiastes 3:11); "For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit..." (Deuteronomy 7:6); "The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners, to proclaim the year of the Lord's favor and the day of vengeance of our God, to comfort all who mourn, and provide for those who grieve in Zion—to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair." (Isaiah 61:1-3).

BAGGAGE BELIEF: If I let down my guard, something bad will happen to my children.

FREEDOM FACT: God is my protector and is with me wherever I go. I will be confident because God will take care of me.

TRUTH OF SCRIPTURE: "For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline." (2 Timothy 1:7); "For the Lord your God is living among you. He is a mighty savior. He will take delight in you with gladness. With his love, he will calm all your fears." (Zephaniah 3:17); "For our present troubles are small and won't last very long. Yet they produce for us a glory that vastly outweighs them and will last forever!" (2 Corinthians 4:17).

BAGGAGE BELIEF: There is no hope for me to experience God's purpose and plan for my life because of what has happened to me and because of the choices I have made.

FREEDOM FACT: I am a child of God, and nothing can change that! He has great plans for my life and is faithful to continue the good work He started in me.

TRUTH OF SCRIPTURE: "'For I know the plans I have for you,' says the Lord. 'They are plans for good and not for disaster, to give you a future and a hope.'" (Jeremiah 29:11); "And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns." (Philippians 1:6); "May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit." (Romans 15:13).

BAGGAGE BELIEF: People cannot be trusted, and I can expect to be betrayed.

FREEDOM FACT: God loves me, and I will trust Him no matter what. God will bring safe people into my life to love and encourage me in healthy ways.

TRUTH OF SCRIPTURE: “Trust in the Lord with all your heart; do not depend on your own understanding.” (Proverbs 3:5); “To love him with all your heart, with all your understanding and with all your strength, and to love your neighbor as yourself is more important than all burnt offerings and sacrifices.” (Mark 12:33); “If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up.” (Ecclesiastes 4:10).

BAGGAGE BELIEF: My coping skills are not that big of a deal. I’m not controlled by them. Most people have little habits to help them get through the day anyway.

FREEDOM FACT: God has called me to a life of holiness that is no longer conformed to the patterns of the world and our culture. He has called me to focus my life and my mind on that which is good and pure.

TRUTH OF SCRIPTURE: “‘I have the right to do anything,’ you say—but not everything is beneficial. ‘I have the right to do anything’—but I will not be mastered by anything.” (1 Corinthians 6:12); ‘Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.’ (Romans 12:2); “Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.” (Philippians 4:8).

BAGGAGE BELIEF: No one will ever want me. I am damaged goods.

FREEDOM FACT: God has taken my shame and restored me to wholeness. I have confessed my sin to Him, and He has forgiven me and cleansed me. I am a virgin in God’s eyes. I have been set free to enjoy my future!

TRUTH OF SCRIPTURE: “He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners, to proclaim the year of the Lord’s favor and the day of vengeance of our God, to comfort all who mourn, and provide for those who grieve in Zion—to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair. They will be called oaks of righteousness, a planting of the Lord for the display of his splendor.” (Isaiah 61:1–3); “I have loved you with an everlasting love; I have drawn you with unfailing kindness. I will build you up again, and you, Virgin Israel, will be rebuilt. Again you will take up your timbrels and go out to dance with the joyful.” (Jeremiah 31:3–4); “Arise, my darling, my beautiful one, come with me. See! The winter is past; the rains are over and gone.” (Song of Solomon 2:10–11).

BAGGAGE BELIEF: No one—not even God—could ever love me after what I have been through.

FREEDOM FACT: God loves me unconditionally, and nothing can separate me from His unfailing love.

TRUTH OF SCRIPTURE: “I have loved you with an everlasting love; I have drawn you with unfailing kindness.” (Jeremiah 31:3); “For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor 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); “Israel, put your hope in the Lord, for with the Lord is unfailing love and with him is full redemption.” (Psalm 130:7).

BAGGAGE BELIEF: I must hold myself together and not share how I feel.

FREEDOM FACT: God wants me to be real about how I feel so He can provide comfort and healing. It is when I am healed and whole that I can comfort others who have been through the same things I have.

TRUTH OF SCRIPTURE: “Blessed are those who mourn, for they will be comforted.” (Matthew 5:4); “Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.” (2 Corinthians 1:3-4).

BAGGAGE BELIEF: Since I was hurt by someone who was supposed to take care of me, no authority can be trusted.

FREEDOM FACT: I will choose to obey those in authority over me because I know God places people in authority for my protection and not to hurt or control me. I trust that God will protect me as I submit with a willing heart, and I know that those who misuse their authority will answer to Him.

TRUTH OF SCRIPTURE: “Let everyone be subject to the governing authorities, for there is no authority except that which God has established. The authorities that exist have been established by God.” (Romans 13:1); “Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving. Anyone who does wrong will be repaid for their wrongs, and there is no favoritism.” (Colossians 3:23-25); “Obey your earthly masters with respect and fear, and with sincerity of heart, just as you would obey Christ. Obey them not only to win their favor when their eye is on you, but as slaves of Christ, doing the will of God from your heart.” (Ephesians 6:5-6).

BAGGAGE BELIEF: Sex is perverted and should never be enjoyed.

FREEDOM FACT: Sex was God's idea. God created a man and a woman to enjoy sex within the boundaries of marriage. It is a beautiful expression of love that I will one day experience with my wife/husband.

TRUTH OF SCRIPTURE: "So God created mankind in his own image, in the image of God he created them; male and female he created them. God blessed them and said to them, 'Be fruitful and increase in number; fill the earth and subdue it.'" (Genesis 1:27-28). The entire book of the Song of Solomon.

BAGGAGE BELIEF: If I act like nothing ever happened, the memories and emotions will eventually go away.

FREEDOM FACT: I will speak out what is right, and I know God will be my refuge. I receive healing so that I no longer live in fear but can experience true peace.

TRUTH OF SCRIPTURE: "I will heal my people and will let them enjoy abundant peace and security." (Jeremiah 33:6); "Have nothing to do with the fruitless deeds of darkness, but rather expose them." (Ephesians 5:11); "My inmost being will rejoice when your lips speak what is right." (Proverbs 23:16); "The one whose walk is blameless is kept safe, but the one whose ways are perverse will fall into the pit." (Proverbs 28:18).

BAGGAGE BELIEF: I will get hurt and rejected if I open myself up. No one would really want to be my friend if they knew the real me.

FREEDOM FACT: With God's help, I can learn to be myself and trust Him to bring people into my life who will appreciate me and respect me for who I am. My worth is in who God says I am.

TRUTH OF SCRIPTURE: "What's the price of two or three pet canaries? Some loose change, right? But God never overlooks a single one. And he pays even greater attention to you, down to the last detail—even numbering the hairs on your head! So don't be intimidated by all this bully talk. You're worth more than a million canaries." (Luke 12:6-7, MSG); "God rescued us from dead-end alleys and dark dungeons. He's set us up in the kingdom of the Son he loves so much, the Son who got us out of the pit we were in, got rid of the sins we were doomed to keep repeating." (Colossians 1:13-14, MSG).

BAGGAGE BELIEF: If I am not perfect or “the best,” I have failed.

FREEDOM FACT: I am fully loved, completely accepted, and totally pleasing to God. Regardless of how much I do or fail to do, I will remain fully loved, completely accepted, and totally pleasing to God. I choose to surrender to Him, trusting my faith in Him and His ability to sustain me. I will seek to be a God-pleaser, not a people-pleaser.

TRUTH OF SCRIPTURE: “For I can do everything through Christ, who gives me strength.” (Philippians 4:13, NLT); “Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.” (Matthew 6:33, NLT).

BAGGAGE BELIEF: My life has always been full of turmoil. Some of my best years have already been wasted.

FREEDOM FACT: God will restore all the time I have wasted or lost by my choices or the choices of others. God gives me peace.

TRUTH OF SCRIPTURE: “I will restore to you the years that the swarming locust has eaten, the crawling locust, the consuming locust, and the chewing locust.” (Joel 2:25, NKJV); “Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.” (John 14:27, NKJV).

PRAYER TO IDENTIFY LIES AND TRUTH:

Lord, is there a lie that I believe that you desire for me to break in prayer? If so, what is the lie? Father, what is your truth? (Write out what you receive below.)

BAGGAGE BELIEF: _____

FREEDOM FACT: _____

TRUTH OF SCRIPTURE: _____

BAGGAGE BELIEF: _____

FREEDOM FACT: _____

TRUTH OF SCRIPTURE: _____

PRAYER TO BREAK LIES AND REPLACE WITH TRUTH:

Lord, I break agreement with the lie _____ and I choose to believe the truth of _____ . I ask that you would take the truth of your Word and your love for me and plant it deeply in my heart and my mind. Thank You for breaking the authority and power of that lie from my life and replacing it with Your love and Your truth. In Jesus' name, Amen.