



Heart-to-Heart

WORKSHEET FOR UNCOVERING CORE LIES

"I will walk about in freedom, for I have sought out your precepts."

Psalms 119:45 (NIV1984)

1. IDENTIFY THE BATTLE ...

A) Think of one area of your life in which

- you are convinced will never change
- you have not experienced lasting victory
- you feel hopeless (and helpless)

B) Just jump in with both feet on #2 and list all of your strong emotions whether they seem to be of one category or are "all over the map" ranging from anger to jealousy to sadness to bitterness and so on.

2. IDENTIFY THE FEELINGS ATTACHED TO THIS BATTLE ...

Make a list of all of your raw emotions about the situation, about others in the situation, about the one you blame for the situation, about God, etc ... about ANYTHING you feel about this battle.

3. IDENTIFY THE CORE LIE UNDERNEATH THE FEELINGS ...

Ask God to help you see what lie you have believed in this area or situation.

4. IDENTIFY THE TRUTH TO LAYER ON TOP OF THE CORE LIE ...

Find a verse of Scripture about the lie by asking God to show you something in His Word. The simplest way to do this is to look up the main word, in the lie, in a Bible concordance.

5. MAKE A NEW DECLARATION ...

Based on the above Scripture, what will your new declaration of truth be when you begin to worry or fret, try to fix or control the situation?