

Lies

The enemy has been telling you the opposite of what is true. Write down any negative thoughts, feelings, or beliefs that you have had in your mind.

Example: I am stupid, I can't do anything very well.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

After writing the truth tear off this side, rip it in pieces and throw it away.

Truth

The truth will give you feelings of love, joy, peace, patience, gentleness, goodness, faith, meekness and self control. These are the fruits of the Spirit. Write down the opposite of the lie.

I am so brilliant, I can do anything I put my mind to!

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

After tearing off the other side, read these truths to yourself often.