

TRUTH Tool™

"Stay in your truth" is another way of saying: remember your divine identity and purpose. This tool is so helpful and allows you to stay in a place of remembering *who you are* and *whose you are*. Defend yourself from Satan's relentless efforts to get you to forget who you are, why you care and manipulate you into a place where you feel diminished.

Stay in Your
Terminate the lie
Restore the truth
Unite with God
THis is my weapon

Designate a notebook to catch the lies Satan tells you and turn them around. Start with one lie and keep numbering them. I promise as you do this your freedom will increase and your confidence will too. To stay connected with the truth about *who you are* and *whose you are*...first you must clean out all the lies that are in the way. With a little practice, this will become easier and soon you will notice how much more joy and peace you have in your life. You will be able hear the real truth about yourself from our Heavenly Father and Jesus Christ. The love you feel in your life from them will increase and you will find PEACE!! It's worth every effort!

There are 4 steps that follow the acronym 'TRUTH' - it's easy and so smart to do...

T - Terminate the lie: Write down exactly what lie is in your head. A lie is anything you hear that you would never say out loud to anyone else because it would be so rude or inappropriate.

R - Restore the truth: What would it sound like if God were speaking to you? (Turn the lie around to the exact opposite. Whether you believe it or not...write the truth about you. If you are having a hard time identifying the lie...start noticing any negative emotions you are having...the lies are under those emotions.)

U - Unite with God: Say something that involves redeeming light...use the names of our Heavenly Father and Jesus Christ and who they are and why the truth you have with them and because of them, make you amazing! You are a daughter of the living God!

TH - This is my weapon! Stick it to him (Satan)! Point out your powerful, beautiful, rocking, awesome body...the weapon he doesn't have and tell him how it ROCKS and that you love having one. Point out things about it you love and remember that even in its weakest state he would take it in a second. Get up and use your body to do righteous things to bless the lives of others. While you do so, let the enemy know that whenever you catch him messing with you, you're going to make him sorry he showed up.

Example #1:

T - Terminate the lie: *"You're terrible at speaking in front of people. You should shut your mouth and sit down. These people can see right through you. You are weak and scared and stupid."*

R - Restore the truth: *"I'm a fantastic speaker and I'm good at opening my mouth to reveal truth and diminish your lame lies."*

U - Unite with God: *"The truth is; 'I can do all things through Christ which strengtheneth me' (Philippians 4:13). 'He is [my] way...[my] truth...and [my] light!' (John 14:6)."*

TH - This is my weapon! *"Speaking of 'speaking'...there are so many cool things about my amazing mouth...with it I can speak kind words that cause you pain. I can eat delicious food like chocolate, grapes and warm bread. I can kiss my husband and make him feel handsome and happy. The most fun, is when I use my mouth to smile! Wow...It's super sad you don't get a mouth...you are missing out! Now, go speak kind words to others and express your love for them and how awesome they are."*

Example #2:

T - Terminate the lie: *"You're worthless."*

R - Restore the truth: *"I am of infinite worth!"*

U - Unite with God: *"I have a loving Heavenly Father who gave me the plan of happiness and provided a Savior for me...even Jesus Christ, my elder brother who died for me because I am of such great worth to Him."*

TH - This is my weapon! *"Speaking of my worth...I just wanted to point out that it's worth it to have a body. It is so worth it! A body is the best!" Then go prove it by doing something worth your time that makes you feel happy and full of energy...dance, sing, skip, jump on the trampoline and invite someone you love to join you—anything that makes you smile and happy.*

Example #3:

T - Terminate the lie: *"You're so fat."*

R - Restore the truth: *"Excuse me?? I am not fat; I am fabulous in every way!"*

U - Unite with God: *"This is MY body! You have NO power here! Heavenly Father has given me power to crush you! My amazing body was created by God the Father and His Son Jesus Christ...it is beautiful and serves me very well." He goes before my radiant, confident face; He is on my beautiful right and left side; His spirit is in my faithful, courageous heart and His angels are round about me to bare me up!"*

TH - This is my weapon! *"I shouted for joy when Father announced I could have this awesome body and so did you!! Too bad you didn't make very wise choices after that...because now you will never know what it feels like. It's just lame that you bring up that I am fat...you wish you were fat!!! (let out a shout for joy for your body, go to a mirror and smile and wink at yourself as you say; "Wow, I'm super cute and I have perfect (say the part of your body that you hear the most attacks/lies about) Thank you Heavenly Father for my terrific body."*

Practice! Fill your notebook with lies and use it as a prison where each time you close it, one more bully lie is taken out. The more you catch lies, point out your truth, add redeeming light and confidently state how cool your weapon is...the more your personal power and freedom will increase. Soon Satan's lies will be so obvious to you, that you will get super good at dismissing them immediately. You will even notice there are far less lies and negative thoughts in your head.

Your efforts with this tool will really pay off and your confidence in all areas of your life will increase; including your confidence before God. **Don't let Satan chip away at your confidence!** Stand in your truth by standing up to him! Don't let some old man create distance between you and God! Fight for your testimony, fight for your freedom, fight to feel all the peace, love and power that comes from being close to the Savior. Believe in all the promises He and our Father in Heaven have given you.

I am a **sacred weapon** of
hope, faith, and
endless works
designed to **inspire** and love.
I can change the very tide of
battle.

In 2 Kings we are taught that we are not alone in our battle. *"Fear not: for they that be with us are more than they that be with them"* (2 Kings 6:16). We are meant to have joy and be confident in our stewardships as we have feelings of high self-worth, despite the challenges we face – NOT fear, doubt and a great lack of confidence. In 2 Timothy 1:7 we are taught about the kind of individuals God created us to be... *"For God did not give us the spirit of fear; but of power, and of love, and of a sound mind."*

When we align ourselves with our Savior Jesus Christ, who is our greatest ally, we are empowered by how He magnifies our efforts in our battles. We have a proper perspective about how He sees us in our weakness. His perfect, loving role is to *always* be with us as we *remember* who He is and call upon Him for help.

YOU ARE LOVED AND CHERISHED!!!! Don't let anyone tell you any different!