

# TOOL: Speak Truth Against the Lie

Speak blessing • Daily



## Introduction

As we have journeyed through the different ways to bless others, we have explored the power of listening, affirmations, sharing the table, and serving others. This tool will explore something more complicated but so very necessary: blessing others by speaking truth against lies.

Lies mark many of our lives – the lies we have heard that have caused confusion and chaos, the misinformation that is peppered on social media, the lies that have broken relationships and hurt others. But, there is a particular experience of lies that marks the soul and spirit.

John 10:10 describes the reality many of us do not want to face. Just as much as we have a Savior, so there is an enemy. Jesus described this reality by saying, “The enemy has come to kill, steal and destroy, but I have come so that you might have life, and life to the fullest.” Here we find two forces in our world and life. There is a Redeemer who desires for us to experience abundant life, and an Enemy whose goal is to hinder and destroy human flourishing and the good life. We have studied how Jesus blessed humanity, but we should also consider how the enemy seeks to destroy life.

John 8 describes the Enemy’s tactic: it is through lies. “When he lies, he speaks his native language, for he is a liar and the father of lies” (John 8:44). The Enemy’s strategy is to break down humanity through lies, tempting us to believe that which is contrary to God’s will and desires. The first words we find the Enemy saying in scripture was a little lie that led to the unraveling of life. “Did God really say not to eat from the tree?” (Gen. 3:1). Though we are far from that Garden, our lives are still touched by the accusing, questioning, and deceptive influence of the Enemy.

The lies that afflict life are often subtle beliefs that are not rooted in the grace and truth of God's Word. They could be:

- God cannot forgive me for all I have done. I am too far gone.
- Happiness is found in getting that promotion, that item, that person's approval, that next experience.
- God must not care about what I am going through. Or, maybe I'm being punished.
- I can make this moral indiscretion. I deserve it. No one needs to know.
- Deep down, I am not truly lovable or acceptable.
- I am bound to be a failure. Why even try?

Though these words might never have been said out loud to us, we can internalize lies and hold onto them as truth. One of the ways that Jesus spoke blessing was to speak truth against the lies. We even find this in Jesus' own time in the wilderness. As the Enemy was attacking Jesus, how do we find Jesus responding? Jesus recited scripture, God's truth to dispel the lie.

Yes, the Enemy is the father of lies, but Jesus comes "full of grace and truth". Jesus leverages truth to express grace - especially against the lies that afflict our lives. We bless others when we follow Jesus' example in speaking truth to lies.

### **Pause and consider**

- Read Jesus' experience in the desert, Matthew 4:1-11. Consider how Jesus spoke against the lie. Why did the Enemy use those particular three temptations? Why do we struggle with these areas?
- Can you identify lies that you have struggled with in the past?
- If Jesus' tactic to disarm the Enemy is speaking truth, what are truths you claim and hold onto especially in challenging situations?
- Has someone blessed you by speaking a truth to you at a time where you were struggling with lies?

### **Practice**

- Begin by exploring the lies that are common to people in your world.
- Equip yourself with truth that we find in scripture. You might want to write out these promises so you can memorize them and deploy them in your life and others. See the list below for some truths that might combat lies.
- Prayerfully become more aware of the presence of lies in your life and in the lives of others. As you move through your day, bless others by speaking truth to lies.

## List of truths

### **YOU ARE NO LONGER A SLAVE TO SIN.**

We know that our old man was crucified with him so that the body of sin would no longer dominate us, so that we would no longer be enslaved to sin. –Romans 6:6

### **YOU ARE GOD'S CHILD.**

But to all who believed him and accepted him, he gave the right to become children of God. –John 1:12

God decided in advance to adopt us into his own family by bringing us to himself through Jesus Christ. This is what he wanted to do, and it gave him great pleasure. –Ephesians 1:5

### **YOU WERE CHOSEN.**

But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light. – 1 Peter 2:9

### **YOU ARE GOD'S HEIR.**

So you are no longer a slave but a son, and if you are a son, then you are also an heir through God. –Galatians 4:7

### **YOU ARE A FRIEND OF JESUS.**

I no longer call you slaves, because the slave does not understand what his master is doing. But I have called you friends, because I have revealed to you everything I heard from my Father. –John 15:15

### **YOU ARE NOT CONDEMNED.**

Therefore, there is now no condemnation for those who are in Christ Jesus. And because you belong to him, the power of the life-giving Spirit has freed you from the power of sin that leads to death. –Romans 8:1-2

### **YOU ARE FORGIVEN.**

In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace – Ephesians 1:7

### **YOU HAVE BEEN MADE RIGHT IN GOD'S EYES.**

Therefore, since we have been made right in God's sight by faith, we have peace with God because of what Jesus Christ our Lord has done for us. –Romans 5:1

### **YOU ARE A NEW CREATION.**

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! – 2 Corinthians 5:17

### **YOU CANNOT BE SEPARATED FROM GOD'S LOVE.**

And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow – not even the powers of hell can separate us from God's love. No power in the sky above or in the earth below – indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord. –Romans 8:38-39

**YOU HAVE BEEN RESCUED FROM DARKNESS.**

For he has rescued us from the kingdom of darkness and transferred us into the Kingdom of his dear Son, who purchased our freedom and forgave our sins. –Colossians 1:13-14

**YOU CAN DO ANYTHING WITH THE STRENGTH OF CHRIST.**

For I can do everything through Christ, who gives me strength. –Philippians 4:13

**YOU ARE MORE THAN A CONQUEROR.**

No, in all these things we are more than conquerors through him who loved us. – Romans 8:37 (ESV/NIV)

**YOU ARE GOD’S MASTERPIECE.**

For we are God’s masterpiece. He has created us anew in Christ Jesus, so we can do the good things He planned for us long ago. – Ephesians 2:10

**YOU ARE A WORK IN PROGRESS.**

Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus, – Philippians 1:6

**YOU ARE PROVIDED FOR.**

And my God will meet all your needs according to the riches of his glory in Christ Jesus. – Philippians 4:19

**YOU ARE FREE.**

So Christ has truly set us free. Now make sure that you stay free, and don’t get tied up again in slavery to the law. –Galatians 5:1

**YOU ARE VICTORIOUS.**

But thank God! He gives us victory over sin and death through our Lord Jesus Christ. – 1 Corinthians 15:57

**Debrief your experience**

After practicing with this tool, debrief your experience with your Praxis Group. Below are some questions to process together:

- Check in on life. (Where are you experiencing Christ’s presence this week? What burdens are you carrying?)
- What did you learn from this practice?
- Describe your experience with this practice. (What feelings came up, what went well, what got in the way? How has it impacted your relationship with God?)
- What is the next step for you?