

the 10 R's

for Replacing Lies with Truth

1. **Request** that God would reveal lies in your life Psalm 139:23
2. **Recognize** lies in your life and their roots. John 16:13. Confess them to God. 1 John 1:9
3. **Repent**, asking God to forgive you for believing a lie. Proverbs 28:13
4. **Release** any offenders as often unknowingly well meaning people (parents, siblings, and friends) speak lies into our lives. Colossians 3:13
5. **Relinquish** the lie you believed. Proverbs 4:23
6. **Renew** your mind daily, by exchanging lies for the truth, such as "I have no friends; no one likes me," to "I am a friend of Jesus." John 15:15
7. **Receive** and believe God's truth. John 8:32
8. **Rehearse** new truth until it begins to penetrate both your heart and mind becoming your new way of life. Psalm 86:11 I can remember a season in my life where I wrote out various verses about who I was in Christ. Every morning and before going to bed I would say these verses out loud for a month until I believed them.
9. **Reflect** God's truth to others. Mark 5:19
10. **Repeat** steps as needed.