



Opening Reflection

Take a slow, deep breath and invite God into this time.

“Lord, You are the God of All Truth. Open my eyes to see where I am believing lies about You, about myself and others.”

Part 1: Listening Reflection

As you listened to this episode, what stood out most to you?

Can you relate to Anita’s description of how lies are written on our hearts? If so, how?

Part 2: The Purposes of the Heart

Your heart is how you *experience* the love of God and how you *express* your love in return to Him and to others.

Complete the sentences honestly:

- When I think of God’s love for me personally, I experience _____.

The eyes of your heart can be opened to seeing yourself the way God sees you. (*Eph. 1:18, 19*)

- I believe God sees me as _____
- What I want to believe is true of me:

Part 3: Exploring the Power of Story

This episode discussed **three possible reasons** for the disconnect between head and heart.

Check each one that resonates with you.

- ☐ Certain ways are spoken or implied
- ☐ Affectionate words you desperately needed to hear and experience but they were never spoken.
- ☐ Physical or sexual abuse

This significantly sabotaged your understanding of just how precious you are to God. As you consider these words or experience, can you identify a lie that was embedded in your heart? It may be too early to do so, but if one comes to mind, write it down here.

Part 4: Your Story Matters

When this happens in early childhood, these messages were not stored as memory as much as it was stored as a felt experience—a bodily sensation or an emotion. The brain flags it as “threatening” and attaches strong emotions—fear, shame, sadness—to it.

Reflect gently:

- Does this childhood message still feel true?
- When you think about that childhood message, what do you feel now?

Write whatever comes to mind without judging it. Be gentle with yourself.

Part 5: Experiencing Truth

Anita shared how after her identity lie was communicated to her she felt she must “achieve to receive.” When your childhood message was communicated to you, what did you determine you must do to get your needs met? Some examples are:

- *I will never let people get close enough to me to hurt me ever again.*
 - *I will never trust God with my heart again.*
 - *I will prove to them I am smart, [capable or whatever version of the lie is for you.]*
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Reflection

What would it look like if you could live free from that lie?

Part 6: A Guided Prayer

Read slowly and pause where needed.

Jesus,

You know every part of my story.

You know the places where Your love feels difficult to receive.

You know the wounds, disappointments, fears, and beliefs I carry.

Would You continue to gently reveal to me the truth of who I am? Help my heart to rest in that truth, Lord.

Teach me to experience Your love in the deepest places of my heart where lies once dwelled.

In Your Name, I break agreement with believing that _____.

Ask God to reveal His truth that replaces the lie you've believed. Don't try to overthink it or analyze it. Write what you sensed He said.

I announce Your truth that _____. (Declare out loud the truth God revealed to you. Repeat this often.)

Thank you that I am fully known and fully loved by You. Amen.

Part 7: Closing Reflection

Sit quietly for a moment with this statement:

“You shall know [intimately experience] the truth and the truth shall set you free.” (Ro.8:32)

Thank Jesus that He is always ready to speak truth to your precious heart.

Ask Him to help you intimately experience the truth He revealed to you today.

This Week's Invitation

Each time something happens that reminds you of the lie you have believed, simply repeat the truth God revealed to you out loud to yourself.

Ask God to seal this truth on your heart as you continue to repeat it.