

## GUARDIAN LIES

*False beliefs, ideas, or notions that threaten the mind renewal process.*

A stronghold (source or origin of conflict) may be hidden behind defensive positions that must be overcome before a thought or belief can be interrogated and replaced with truth.

### Common Lies

- It will be too hard or painful to revisit the trauma.
- I've already dealt with this issue.
- I can't (or won't) hear from God.
- I'm confused or incapable of learning truth.
- I'm unlovable.
- This can't be changed (chronic).
- I'm cursed, unforgivable, or prepared for destruction (Rom 9:21-22).
- This is going to take a long time.

### Strategies of Guardian Lies

- Interference or distraction from the root issue.
- Reluctance, discouragement, hopelessness, or doubts.
- Persistent guilt and shame.
- Arguments, speculations, opinions, justification, or a battle for the mind.
- A form of "self" defense, an attempt to protect ego and pride.
- May be a symptom of spiritual warfare, such as a lying spirit, spirit of fear, or spirit of confusion.

### Resolve the Lie

- Anticipate: set a hopeful, peaceful tone.
- Recognize: making little progress, circling back, unable to hold the territory.
- Focus: pray for the source or origin, and keep track of the goal.
- Dismantle: address and refute the lie with truth.
  - Confess the belief and ask God what He has to say about it.
  - Return to the root issue: "Now that you know this to be true ..."
  - Establish progress with spiritual transactions and acting as witness.
- Set a new guard

*And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. – Phil 4:7*