

Helping Daughters Expose Lies and Speak Truth in their Heart

Material is an excerpt from *Speak Truth in Your Heart*, by Sarah Mally, to be released in 2017.

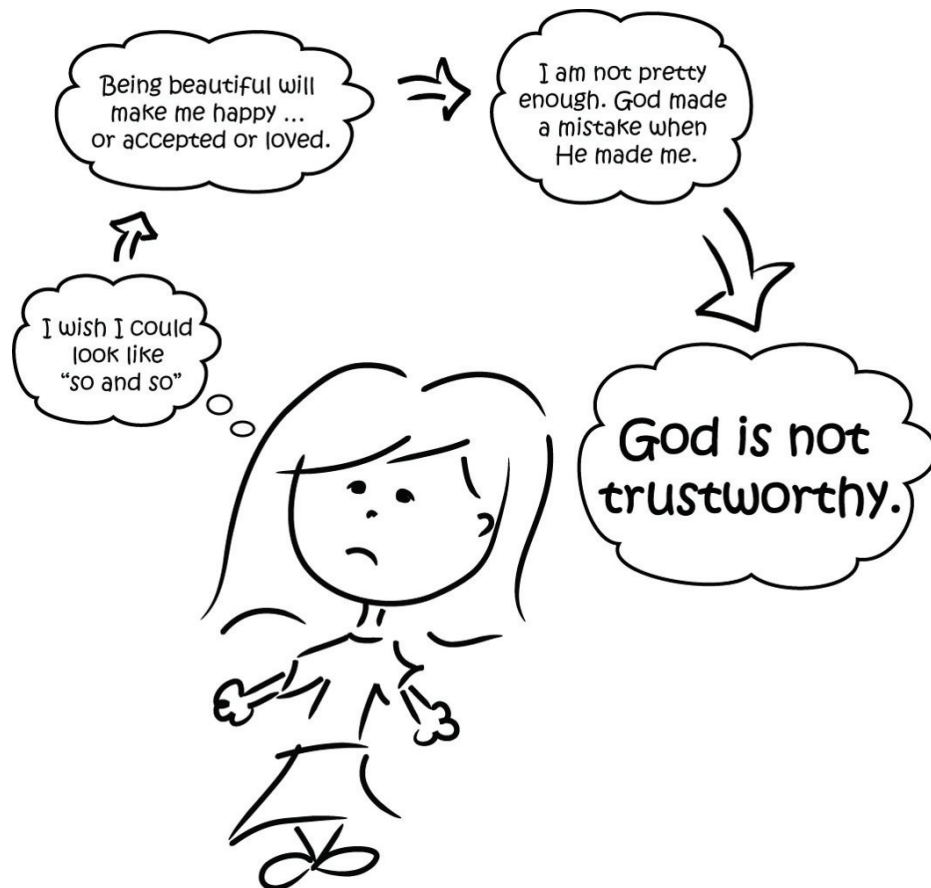
“LORD, who may abide in Your tabernacle? Who may dwell in Your holy hill? He who walks uprightly, And works righteousness, And **speaks the truth in his heart;** (Ps. 15:1-2). (NKJV)

“Thy word have I **hid in mine heart**, that I might not sin against Thee” (Ps. 119:11).

“... be ye transformed by the **renewing of your mind**, that ye may prove what is that good, and acceptable, and perfect, will of God” (Rom. 12:2).

“You are of your father the devil, and your will is to do your father’s desires. He was a murderer from the beginning, and does not stand in the truth, because there is no truth in him. When he lies, he speaks out of his own character, for he is a liar and the father of lies (John 8:44).

“So Jesus said to the Jews who had believed him, “If you abide in My word, you are truly My disciples, and you will know the truth, and **the truth will set you free**” (John 8:31-32).



Speaking the Truth About Who God Is

Lie: God doesn't really care about me.

Truth: "Casting all your care upon Him; for He careth for you" (1 Pet. 5:7). See also Ps. 40:5 and Ps. 139:17-18.

Lie: If God really loved me, "such and such" would not have happened.

Truth: "For the mountains shall depart, and the hills be removed; but My kindness shall not depart from thee ... " (Is. 54:10).

Lie: I keep asking God, but He is not listening to me.

Truth: "The LORD heareth the prayer of the righteous" (Prov. 15:29). See also Ps. 145:18, 2 Pet. 1:3, and 1 Jn. 5:14.

Lie: I can't trust God with this area of my life.

Truth: "... The LORD is good unto them that wait for Him, to the soul that seeketh Him" (Lam. 3:23-25). See also Ps. 9:10 and Dt. 32:4.

Speaking the Truth About Who We Are

Lie: I am worthless and insignificant.

Truth: "So God created man in His own image, in the image of God created He him; male and female created He them ... " (Gen. 1:27).

"But ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should shew forth the praises of Him who hath called you out of darkness into His marvelous light; Which in time past were not a people, but are now the people of God; which had not obtained mercy, but now have obtained mercy" (1 Pet. 2:9-10).

Lie: I am ugly.

Truth: "I will praise Thee; for I am fearfully and wonderfully made: marvelous are Thy works; and that my soul knoweth right well" (Ps. 139:14).

Lie: "I can't change. It's just the way I am.

Truth: "I can do all things through Christ which strengtheneth me" (Phil. 4:13).

"Being confident of this very thing, that He which hath begun a good work in you will perform it until the day of Jesus Christ" (Phil. 1:6). See also 2 Pet. 1:3, 1 Thess. 5:23-24, and Rev. 12:11.

Speaking the Truth About Sin

Lie: God is going to forgive me anyway, so it doesn't really matter if I sin.

Truth: "What shall we say then? Shall we continue in sin, that grace may abound? God forbid. How shall we, that are dead to sin, live any longer therein? (Rom. 6:1-2). See also 1 Jn. 1:6, 1 Cor. 10:9, and Rom. 6:11.

Lie: I have already failed in this area before, so it's not going to make any difference if I do it again.

Truth: "Let the wicked forsake his way, and the unrighteous man his thoughts: and let him return unto the LORD, and He will have mercy upon him; and to our God, for He will abundantly pardon" (Is. 55:7).

"And Jesus said unto her (the women caught in adultery), Neither do I condemn thee: go, and sin no more" (Jn. 8:11). See also 2 Cor. 5:17.

Lie: I cannot overcome this sin.

Truth: "O wretched man that I am! Who shall deliver me from the body of this death? I thank God through Jesus Christ our Lord." (Rom. 7:24-25). See also 1 Cor. 10:13, 2 Cor. 1:10, Heb. 2:18

Lie: I am strong enough to handle this temptation. I don't need to run from it.

Truth: "Flee also youthful lusts: but follow righteousness, faith, charity, peace, with them that call on the Lord out of a pure heart" (2 Tim. 2:22). See also Prov.6:4-5, 1 Cor. 6:18, 1 Pet. 2:11, 1 Pet. 3:11

Speaking the Truth About Emotions

Lie: If I feel it, it must be true.

Truth: "And Adam was not deceived, but the woman being deceived was in the transgression" (1 Tim. 2:14).

"Take heed to yourselves, that your heart be not deceived ... " (Dt. 11:16).

"There is a way which seemeth right unto a man, but the end thereof are the ways of death" (Prov. 14:12). See also Gen. 3:6, 2 Sam. 7:28, Ps. 119:160, Jn. 17:17.)

Lie: I cannot control my emotions.

Truth: "Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need" (Heb. 4:16).

Truth: "He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city" (Prov. 16:32). See also Prov. 25:29, Phil. 4:13, and Heb. 2:18.

Lie: I just have to have THIS!

Truth: "I have learned, in whatsoever state I am, therewith to be content" (Phil. 4:11).

"For He satisfieth the longing soul, and filleth the hungry soul with goodness" (Ps. 107:9). See also Ps. 16:11, Ps. 27:4, Ps. 73:25, 2 Cor. 12:9, and Phil. 4:19.

Speaking the Truth About Purity

Lie: Purity is too difficult.

Truth: “For this is the love of God, that we keep his commandments. And his commandments are not burdensome.” (1 Jn. 5:3)

Lie: It is not worth waiting.

Truth: “Oh, how abundant is your goodness, which you have stored up for those who fear you and worked for those who take refuge in you, in the sight of the children of mankind!” (Ps. 31:19)

Lie: It is too late for me because of my past mistakes.

Truth: “Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.” (2 Cor. 5:17).

Lie: As long as I stay physically pure, that is all that matters.

Truth: “Keep your heart with all diligence for out of it are the issues of life.” (Pr. 4:23)

Truth: “She will do him good and not evil all the days of her life.” (Pr. 31:12)

Lie: I don’t need to listen to my parents. I need to make my own decisions.

Truth: “My son, hear the instruction of thy father, and forsake not the law of thy mother.” (Psalm 1:8)

Lie: A boyfriend will make me happy and complete.

Truth: “For He satisfieth the longing soul, and filleth the hungry soul with goodness” (Ps. 107:9).

Scripture verse quoted from the King James Version.

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