

Devotion: Trading Lies for Freedom

"To the Jews who had believed him, Jesus said, 'If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free.'"

-John 8:31-32 (NIV)

Reflect

Jesus promises freedom-not by following our own truth, but by holding to His Word. Yet, many of us still feel stuck, anxious, or defeated. Why? Often, it's because we're living out of lies we've picked up from the world, our past, or even our own hearts.

Step 1: Identify the Lies

Take a quiet moment and ask God to show you any lies you might be believing. These could sound like:

"I'll never be good enough."

"God doesn't really care about me."

"I can't change."

"My worth depends on what others think."

Write down any negative or discouraging thoughts that come to mind.

Step 2: Compare with God's Word

Now, look at what God says in His Word. For each lie, find a truth from Scripture that speaks directly to it. For example:

Lie: "I'll never be good enough."

Truth: "You are God's masterpiece, created in Christ Jesus to do good works." (Ephesians 2:10)

Lie: "God doesn't care about me."

Truth: "Cast all your anxiety on him because he cares for you." (1 Peter 5:7)

Lie: "I can't change."

Truth: "If anyone is in Christ, the new creation has come: The old has gone, the new is here!" (2 Corinthians 5:17)

Lie: "My worth depends on what others think."

Truth: "See what great love the Father has lavished on us, that we should be called children of God!" (1 John 3:1)

Step 3: Replace the Lie with Truth

Pray and ask God to help you reject the lie and believe His truth. You might pray: "Lord, I confess I've believed the lie that _____. Thank You for showing me Your truth in _____. Help me to live in the freedom of Your Word today."

Step 4: Practice Daily

Make it a habit to check your thoughts against God's Word. When a lie pops up, immediately replace it with Scripture. Over time, God's truth will shape your beliefs and set you free.

Closing Thought

Living "your truth" leads to slavery, but living God's truth leads to freedom. Let's be people who hold to Jesus' teaching, know the truth, and walk in the freedom He gives.