

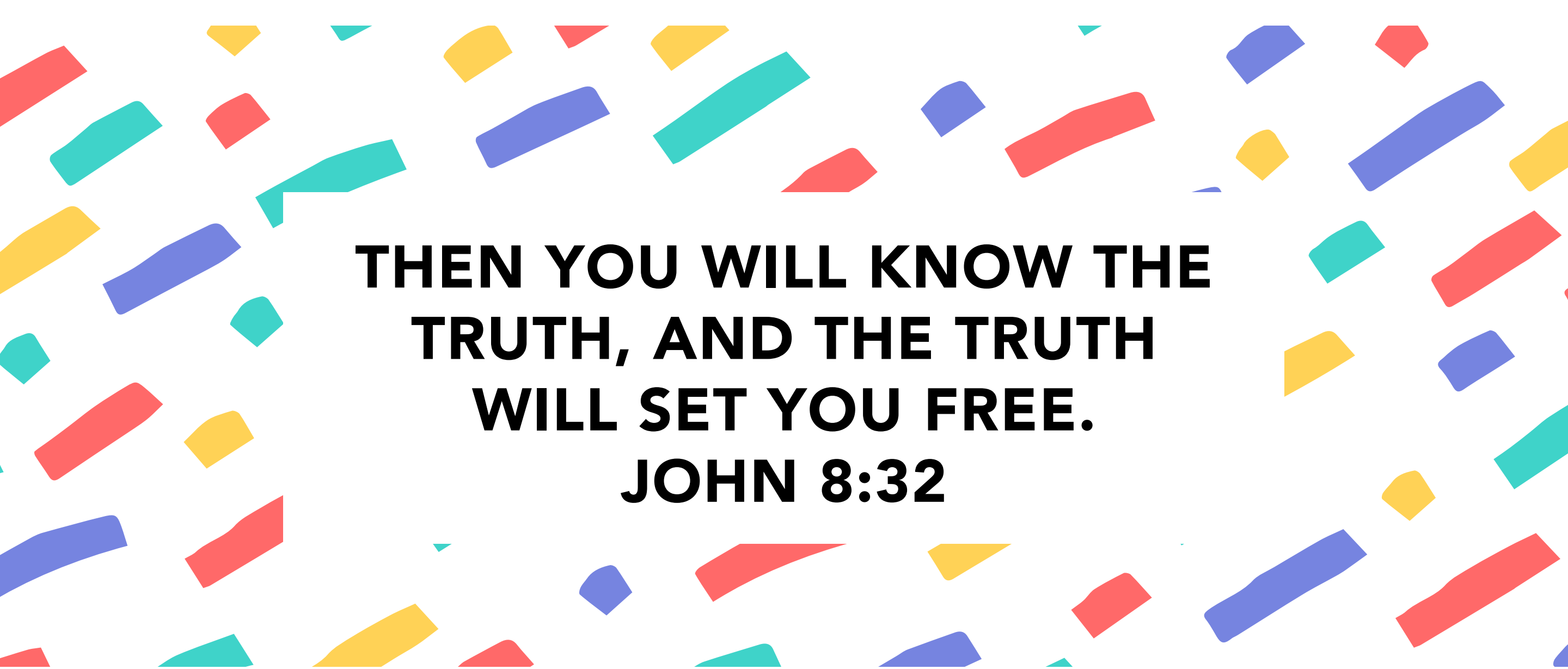
RE-GENERATION *Devotionals*



The Word (Part 2)

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Devotional 14 - Written by Laura Chandley



**THEN YOU WILL KNOW THE
TRUTH, AND THE TRUTH
WILL SET YOU FREE.
JOHN 8:32**



READ

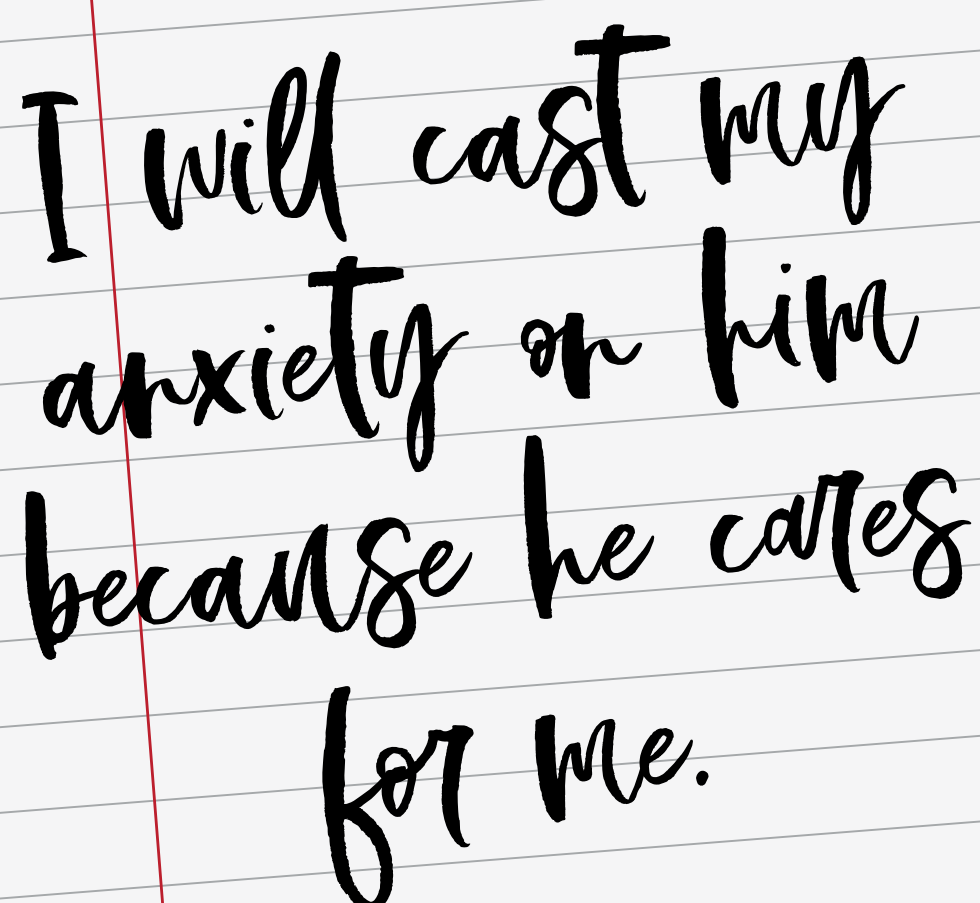
**READ THE FOLLOWING
SCRIPTURES:**

★ **1 Peter 5:7**

★ **John 10:10**

★ **Hebrews 4:12**

★ **Psalms 139:1**



I will cast my
anxiety on him
because he cares
for me.

Have you ever played the game 2 truths and a lie?

In this game you have to say two things which are true about yourself and one thing that is a lie. The rest of the team have to guess which is the lie. I am so rubbish at this game as I usually end up laughing when I am telling the lie.

The way to win this game is to make people believe the lie you are telling by basing it on something that is true but changing a small detail.

Here are two truths and a lie about myself, can you guess which is the lie?

I have been white-water rafting in Derbyshire.

I have been white-water rafting in Africa.

I have been white-water rafting in Scotland.

They are all similar but the truth is I have never been white-water rafting in Scotland and it would be hard to know this unless you knew me well.

The lies of the enemy are subtle, they can whisper quietly in your ear or they can shout loudly from the roof tops. The same lies can be repeated to you day after day, week after week and year after year. It might be a person who says things to you or just a thought:

They say things like

"You're not good enough"

"You're fat, you're ugly and you're lazy"

"Nobody likes you"

"You'll never be as talented/creative or as clever as (insert name)...."

"You'll never be able to do this"

These lies come to steal your joy and rob you of hope.

If you listen to these lies then you will start to believe them. You'll feel sad, lonely and you'll start to spend more and more time by yourself (lockdown or not). And this is what the enemy of lies wants, he wants you to feel rubbish about yourself, unable to do anything and feel useless when you try. He wants to stop you from doing anything that's good for yourself, for others or for the Lord. He wants to paralyse you and stop you from fellowshiping with other believers.

Jesus does not say these things about you, He loves you, He created you, He made you the way you are for a purpose and He has good plans for your life. Stand on the word of truth, proclaim the word over your life.

If you start thinking these lies you need to remind yourself of these scriptures:

Psalm 139:13-14

For you created my inmost being, you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made, your works are wonderful, I know that full well.

Ecclesiastes 3:11

He has made everything beautiful in its time. He has also set eternity in the human heart; yet no one can fathom what God has done from beginning to end.

Jeremiah 29:11

For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future.

Philippians 4:8

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

ACTIVITY

GET CREATIVE...

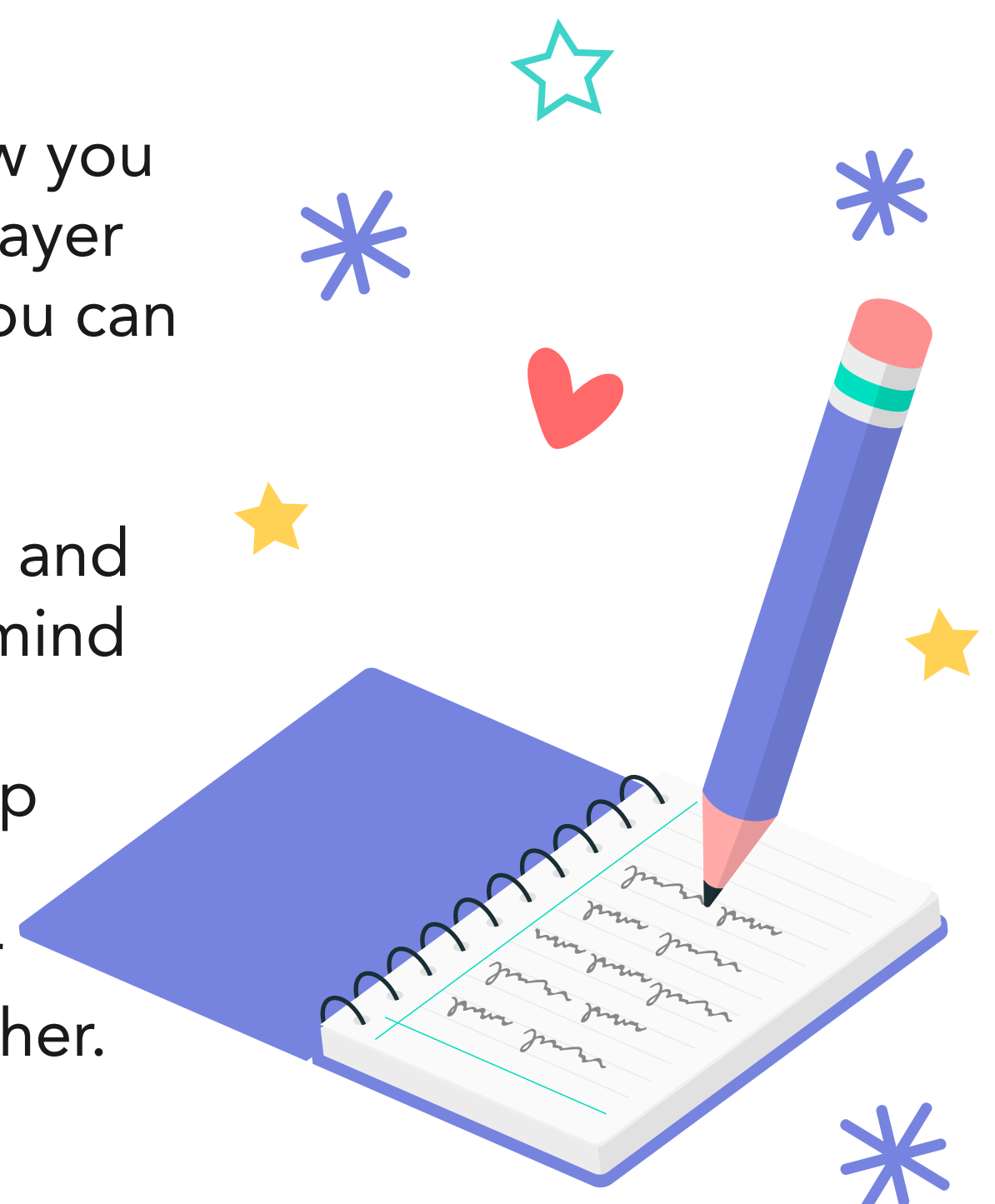
Share with a trusted adult (like your mum or dad or older sibling) if you are thinking or hearing lies about yourself that don't match up to God's Word. Ask them to pray with you and ask them to remind you that Jesus loves you.

Keep a prayer journal to help express how you are feeling, things you are thankful for, prayer requests etc. Then when you look back you can see how God has answered your prayers.

Write scriptures on post it notes or paper and place them around your home to help remind you what God thinks about you.

Try to memorise a scripture a week to help you when you need it the most.

Play the game 2 truths and a lie with your friends to see how well you know each other.

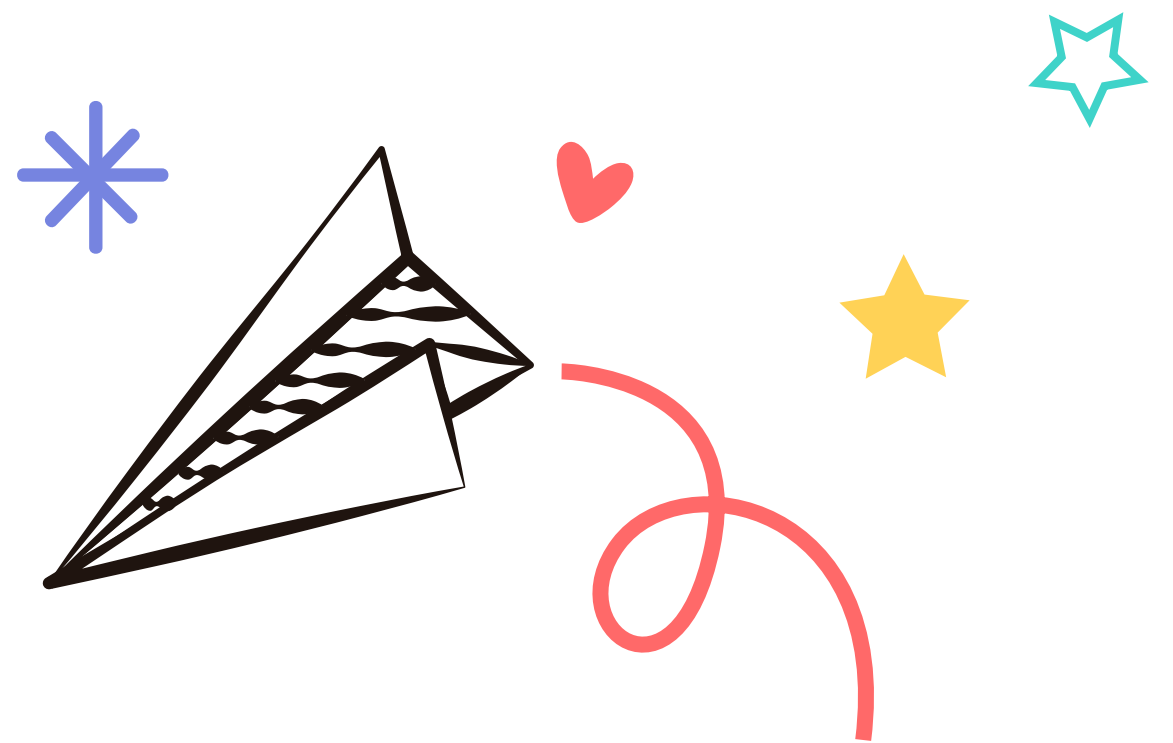


PRAYER

LET'S TALK TO GOD...

Thank you Lord that you love me. Help me not to listen to the lies of the enemy but to stand on your word and listen to what you have say about me. Amen

Devotional Downloads




Download this new cover image for your phone or tablet to remind you of Gods truth!



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HUDDERSFIELD
CHRISTIAN
FELLOWSHIP
Devotionals

x

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AND THE TRUTH
WILL SET YOU FREE.
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