

## Dispelling the Lies

If you are like me, I tend to rehearse my flaws and shortcomings in my mind instead of focusing on my strengths and talents.

I am also guilty of concentrating on the WHY'S . . .

- Why do I struggle with anxiety?
- Why am I not a better and more confident speaker like *she* is?
- Why do I have these health issues that set me back?

*I'm sure you can fill in your own set of WHY'S that haunt your thoughts.*

When I should be focusing on the MY's...

- My God can work through me, despite my weaknesses (2 Cor. 12:9).
- My God will supply all my needs; therefore, I should not worry about what others have (Phil. 4:19).
- My God formed my body purposefully for this mission in life (Ps. 139:13).

Why do we, as women, tend to camp on our flaws and flippantly overlook our strengths? I'm not exactly sure; but this deceptive thinking can rob us of God's joy and cause us to miss His blessings. Thank goodness God's Word offers us the antidote to this toxic thinking, which has the power to drag us down and render us defeated!

God knew we would face this battle, *and it is not something to mess around with . . .* this is spiritual warfare. For "your enemy the devil prowls around like a roaring lion looking for someone to devour" (1 Peter 5:8). Yes, the enemy wants nothing more than one of God's precious children to think of themselves as less than they were designed to be. "We are God's handiwork, created in Christ Jesus to do good works" (Ephesians 2:10). And we, as believers, are called to resist these lies, to stand firm in our faith, and take courage because other sisters in Christ are undergoing the same kind of sufferings (1 Peter 5:9). Therefore, we must stand strong together, uplifting and encouraging one another along this faith journey.

Our **first step** in this battle is to recognize what this is. We confirmed above that this is *spiritual warfare*, which is the enemy's full out attack on our mind to distract us and derail us from carrying out the mission that God calls us to do (Jn. 10:10). The **second step** is to deliberately choose not to believe the lies. "We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ (2 Cor. 10:5). And the **third step** is to stand on God's Truth – The infallible Word of God – that has the power to dispel the lies Satan wants us to believe. I have found that if I claim and speak aloud James 4:7-8 with confidence, I feel an immediate release from oppression and God's peace just seems to wash over me.

Father we give thanks to you as our Maker in heaven, for we are daughters of the King, made in His image to do good works. So now let us go forth into our world with boldness and in the confidence that we have in your Son Jesus Christ to fulfill our purpose and to bring you glory! And let us not be distracted by the lies that the enemy wants us to believe but teach us to listen for the sweet words of encouragement you speak to us through your Holy Spirit. In the authority of the name of Jesus we pray all these things. Amen.