

Tending Your Heart:

The Scriptural Basis for Exchanging Lies for Truth

The enemy prowls around, deceiving with lies and accusations.

1 Peter 5:8-9a – Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith...

John 8:44b-45 – He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his own native language, for he is a liar and the father of lies.

John 10:10 – The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

Because Satan cannot steal our salvation, his only option available is to rob us of abundant life and spiritual fruit by sowing lies into vulnerable areas (heart wounds from our past.)

Satan and his subordinates have a chief line of attack: to lie about our identity as God's redeemed, unconditionally loved children and to lie about God's character as a perfect, loving, unchanging Father.

Our hope for freedom is to abide in Jesus.

John 15:5 – I am the vine; you are the branches. If you remain in Me and I in you, you will bear much fruit; apart from Me you can do nothing.

Jesus calls us to remain (abide) in Him. That is our spiritual sustenance and power source. It is a level of closeness and intimacy we often do not enjoy because we have an adversary who constantly seeks to steal it.

We abide in Jesus by listening to Him and believing Him.

John 10:27 – My sheep listen to my voice; I know them and they follow me.

Usually, Satan's most potent lies come from our most painful moments. We begin to believe Satan's lies rather than the truth about our identity as God's children.

Galatians 4:6-7a – Because you are his sons, God sent the Spirit of his Son into our hearts, the Spirit who calls out, "Abba, Father." So you are no longer a slave, but God's child....

As He reveals the enemy's lies to us, we repent for believing them. By believing them, we partnered with the Adversary.

Forgiveness breaks the power of lies and deepens our connection to God.

Luke 6:37 – Forgive, and you will be forgiven.

We break the power of lies when we forgive those who hurt us, and we repent for believing the lies.

Matthew 12:43-45a – When an impure spirit comes out of a person, it goes through arid places seeking rest and does not find it. Then it says, 'I will return to the house where I left.' When it arrives, it finds the house unoccupied, swept clean and put in order. Then it goes and takes seven more spirits more wicked than itself, and they go in and live there. And the final condition of the person is worse than the first.

Because we've asked God to forgive us, our hearts are filled. He speaks truth to us, as His beloved children. This intimacy leaves our enemy no room to move in.

God offers something better than the lies!

Ephesians 3:18-19 – I pray that you, being rooted and established in love, may have power ...to know this love that surpasses knowledge – that you may be filled to the measure of all the fullness of God.

This is how our Father made us to live! He is always delighted to “cut me free from the cords of the wicked” (Psalm 129:4) so we can be filled with His fullness.

We receive the better thing – peace! – through an exchange.

Philippians 4:6-7 – Do not be anxious about anything, but in everything, by prayer and petition, present your requests to God. Then the peace of God...will guard your hearts and your minds in Christ Jesus.

“Prayer” in this passage is the Greek word *proseux* which means an “exchange of wishes.” When we pray, it is not one-way dialogue; it is an exchange. As we abide in Him, we watch out for the enemy's lies and accusations. We develop a habit of quickly taking our hurts to the Father, extending forgiveness to our offenders, and exchanging lies for our Father's truth.

For more information and resources: tendingyourheart.com