

Lies List

What are my fears?

What are the lies behind the fear?

- **Lies I have believed about myself.....**
- **Lies I have believed about God.....**
- **Lies that I have believed about others.....**

Stronghold-Busting

- **Work out the lie behind the fear (or other stronghold)**
- **Find as many Bible verses as you can that state the truth and write them down**
- **Write a prayer/declaration based on the formula:**
 - I renounce the lie that....**
 - I announce the truth that.....**
- **Read the Bible verses and say the prayer/declaration out loud every day for 40 days**