

The Lies That Feel Like Home

Week 3 · Monday Mindset

Some lies announce themselves. They crash into your day with a voice so sharp you know immediately something is wrong. But the most dangerous lies aren't shouted out loud. They whisper. They've been whispering so long you stopped recognizing them as anything other than your own voice — and that is exactly what makes the lies that feel like home so hard to leave behind.

You know the ones. *I'm not enough. It's too late for me. Everyone else has it figured out.* They don't feel like attacks. They feel like facts.

They've lived in you for so long — through rejection, through loss, through seasons that knocked the wind out of you — that they've settled in like furniture. You don't even bump into them anymore. You just walk around them.

But here's what I need you to hear today: just because a thought has been with you for years doesn't mean it belongs to you.

As Jennie Allen reminds us in *Get Out of Your Head*, the most dangerous lies aren't the ones we fight — they're the ones we never think to question. And she's right. When a lie has lived in you long enough, it stops sounding like an intruder. It sounds like you. It wears your voice, carries your memories, and uses your worst moments as evidence.

Think about it. Nobody sat you down one day and said, "Here — believe this about yourself." It happened slowly. A rejection in middle school. A careless comment from someone you trusted. A failure that confirmed what you were already afraid of. And then one day, without ever making a conscious decision, you accepted it. You stopped questioning it. You started building your life around it.

That's how lies become home. Not because they're true, but because they're familiar.

But God never called you to live in a house built on lies.

*"Then you will know the truth, and the truth will set you free." —
John 8:32 (NIV)*

Free. Not managed. Not coped with. *Free*. The truth doesn't just challenge the lie — it dismantles it. But you have to be willing to name what you've been carrying before you can set it down.

And here's where it gets beautifully personal. The truth God speaks over you isn't generic. It's specific. It's intimate.

*"See what great love the Father has lavished on us, that we
should be called children of God! And that is what we are!" — 1
John 3:1a (NIV)*

That's not a suggestion. That's a declaration. You are not what the lie says. You are what your Father says. And He says you are His.

So let me ask you this: if someone handed you a script right now — every negative thing you believe about yourself, written in black and white — would you hand it to your daughter? Would you read it over your best friend? Then why are you still reading it over yourself?

It's time to call the lies out. Not next month. Not when you feel ready. Right now. Here's your Keep It Simple Strategy for this week.

K.I.S.S. — Name It to Break It

Keep It Simple Strategy

1. Tell the Truth about the Lies. Grab a journal or even the back of an envelope — whatever's close. Write down the three statements you most often say about yourself when no one is listening. Not the polished version. Not the one you'd share in a small group. The raw, unfiltered script that runs on repeat when you're alone in the car or staring at the ceiling at 2 a.m. Be honest — don't soften them. You can't evict a lie you won't name. Seeing it in your own handwriting is the first act of courage.

2. Let God Talk Back. Next to each lie, write what God says about you instead — and use Scripture as your source, not your feelings. Feelings

shift; His Word doesn't. If the lie is "I'm not enough," counter it with Ephesians 2:10: "For we are God's handiwork, created in Christ Jesus to do good works." If it's "It's too late," try Jeremiah 29:11 or Isaiah 43:19. If it's "Nobody really sees me," anchor into 1 John 3:1: "See what great love the Father has lavished on us, that we should be called children of God!" Don't rush this step. Let the contrast sit on the page — lies on the left, truth on the right — and notice how different they sound when they're side by side.

3. Replace One Lie — Out Loud. You don't have to conquer all three this week. Pick the one that has the deepest grip — the lie that shows up most often or hurts the most — and commit to actively replacing it. Every single time it surfaces, speak the truth out loud. In your kitchen. In the car. In the mirror. Your ears need to hear your mouth agree with God, even if your voice shakes while you say it. Repetition isn't weakness — it's retraining. You didn't learn the lie overnight, and you won't unlearn it overnight either. But every time you speak truth over that lie, you loosen its hold.

The lies you've been living with don't deserve the space they've been taking up. They moved in uninvited, and they've overstayed their welcome. You have the authority — through Christ — to show them the door. Not because you're strong enough on your own, but because the One who lives in you is stronger than the voice that's been lying to you.

You don't have to have it all figured out by Friday. You just have to start. One lie. One truth. One brave, shaky declaration spoken out loud in your kitchen while the coffee brews. You are enough!

"One step at a time leads to miles of greatness."

— Kristianne Wargo

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K.I.S.S. Worksheet

Name It to Break It

Keep It Simple Strategy · Week 3

This worksheet walks you through naming the lies you've been carrying and replacing them with what God says about you. Take your time. Be honest. You don't have to conquer everything today — just start.

"Then you will know the truth, and the truth will set you free."

— John 8:32 (NIV)

Step 1: Tell the Truth about the Lies

Write down the three statements you most often say about yourself when no one is listening. Not the polished version — the raw, unfiltered script.

Lie #1:

Lie #2:

Lie #3:

MIND MADE NEW

Trading the Lies You Carry for the Truth You Were Given

Step 2: Let God Talk Back

Next to each lie, write what God says about you instead. Use Scripture as your source, not your feelings. Here are some places to start:

Ephesians 2:10

"For we are God's handiwork, created in Christ Jesus to do good works."

1 John 3:1

"See what great love the Father has lavished on us, that we should be called children of God!"

Jeremiah 29:11

"For I know the plans I have for you... plans to prosper you and not to harm you."

Isaiah 43:19

"See, I am doing a new thing! Now it springs up; do you not perceive it?"

Jeremiah 1:5

"Before I formed you in the womb I knew you, before you were born I set you apart."

The Lie #1:

God's Truth #1:

The Lie #2:

God's Truth #2:

The Lie #3:

God's Truth #3:

MIND MADE NEW

Trading the Lies You Carry for the Truth You Were Given

Step 3: Replace One Lie — Out Loud

You don't have to conquer all three this week. Pick the one with the deepest grip.
Every time it surfaces, speak the truth out loud — even if your voice shakes.

The one lie I'm replacing this week:

The truth I'm speaking instead (with Scripture reference):

My Week at a Glance

Each day you speak truth over the lie, check it off. Track your progress — every check is a victory.

Mon

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Tue

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Wed

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Thu

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Fri

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Sat

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Sun

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What I noticed this week:

(How did it feel? What shifted? What was hardest?)

"One step at a time leads to miles of greatness."

— Kristianne Wargo