

Zap the Lies, Hug the Truth - 1

As the scriptures tell us that King Saul stood head and shoulders above everybody else, there is one aspect of the spiritual growth process that seems to stand head and shoulders above the rest: identifying and renouncing the lies that hold us in bondage, and embracing God's truth which sets us free.

Recently, I have been blessed by the experiences of two dear friends, both dealing with the fallout of trauma, as Jesus lovingly takes them through this process.

One of them is a college student whose parents wisely equipped her in how to think through negative thoughts and feelings:

1. Is _____ the truth? [No.]
2. That makes it a . . . [Lie.]
3. Where do lies come from? [Satan.]
4. God tells us truth because He is truth. So what does He say about it?

Armed with this powerful weapon, my friend successfully handled a molestation that happened in the middle of the night while she spent the night at the home of a friend. Wounds like that are "lie factories" that pump out pain and destruction. But she was able to pull out the arrows that had pierced her heart and let Jesus' truth bring healing.

Lie #1: "You got what you deserved. It's YOUR fault, because you didn't lock the door." **Truth:** I did NOT deserve it. That man is responsible for his own sinful choice to violate me. 1 Corinthians 6:18 - Flee sexual immorality. Every sin that a man does is outside the body, but he who commits sexual immorality sins against his own body.

Lie #2: "Ha! Hypocrite! You make everyone think you're leading a pure life, but you're nothing but a soiled dove." **Truth:** I'm a hypocrite when it was something done TO me?? 1 Timothy 5:2b - [exhort] younger women as sisters, with all purity. He did not treat me with purity. I did not invite his mistreatment of me.

Lie #3: "You want your husband to be a virgin on your wedding day. Why should he be? You only have your 'technical' virginity left." **Truth:** My innocence was not freely given; it was taken. My "full" virginity has been restored. Psalm 147:3 - He heals the brokenhearted and binds up their wounds.

Lie #4: "No guy will want a soiled dove. That guy you are growing to love? Ha! You aren't good enough for him." **Truth:** I may not be good enough for HIM, but Jesus thinks I'm to die for! John 3:16; Jeremiah 29:11-13...

Since this was the biggest lie and the deepest wound, God also provided these powerful verses: Psalm 37:4 - Delight yourself also in the LORD, and He shall give you the desires of your heart. Psalm 84:11 - For the LORD God is a sun and shield; The LORD will give grace and glory; No good thing will He withhold from those who walk uprightly.

Praise God that His truth is powerful enough to show lies for what they are, and destroy their power to shackle us! His word is sharper than any two-edged sword, able to zap lies and allow us to embrace the truth that gives life and light.

[Next time](#) I'll share the way Jesus revealed truth to zap the lies binding the heart of my other friend.

This blog post originally appeared at blogs.bible.org/engage/sue_bohlin/zap_the_lies_hug_the_truth