

188 How to Identify and Combat Lies From the Enemy

[00:00:00] Welcome to the Encouragement for Real Life podcast. I'm Julie Lefebure. Your host life is remarkable, sometimes raw and always real. And some days we could use a little extra encouragement for our real lives. Here you'll find that along with personal life impacting stories, helpful life hacks, timely inspiration, biblical insight, and a fresh perspective.

The encouragement for Real Life Podcast equips you to be a light in this world and to shine bright wherever God has you. I'm glad you're here today.

Julie Lefebure: Have you ever caught yourself believing something that was not true? Well, sadly I have, and it happens to me more than I want it to. In fact, just the other day, I caught myself believing a lie that because [00:01:00] I wasn't attending a certain event where many of my friends were attending, that I would get left behind. And they would forget about me. Good grief. Oh my the fear of missing out. My friend is very real. Isn't it? I know that this is a lie and that's exactly what the enemy of our souls wants us to believe - lies.

In this episode, we're going to stop this madness, though, by learning how to recognize and combat these lies from this enemy and how to stand firm in truth instead, because that's what's most important.

We're continuing on in this series of having our anchor for our souls, be God and His Word. And so if you are ready to live an abundant life free from believing the enemy's lies, then this episode is for you. [00:02:00] So let's get right into it.

We may not like to think about it much, but we have an enemy. Yes, you and I have an enemy and the Bible describes this enemy, the devil, in varying ways, such as one who is prowling around like a roaring lion, lion looking for someone to devour. In John chapter eight, verse 44, the Bible tells us that this enemy speaks his native language of liar, because he is a liar and he is the father of lies. So no wonder this father of lies is a master at planting words that aren't true in our minds and in enticing us to believe [00:03:00] them.

Why does this matter though? Well, because God's Word also tells us that our thoughts matter because what we believe matters. In fact, Proverbs chapter four, verse 23, in the Good News Translation reminds us of some very important

truths. It says, "Be careful how you think your life is shaped by your thoughts." Let me say that again. "Be careful how you think. Your life is shaped by your thoughts." What we think, we believe, right? And what we believe, we live out. So, if we're believing thoughts, and they aren't based on truth, we end up living out the lies that we are believing.

Our thoughts are vital to living an abundant life, the life that Jesus came to give us. So it matters what we think. And the thing is [00:04:00] these lies that we hear or that we think or that we believe, sound like our own thoughts and act like our own emotions. The enemy is so sneaky and crafty that we often can't tell the difference when we hear the lies in our own minds or feel them in our emotions.

Remember back in episode 183 when we discussed how following your heart is not the best choice in life? Well, this plays into that reality. Our hearts aren't always filled with truth when they follow our thoughts that aren't filled with truth.

So think about the lies that you've been listening lately. The enemy bombards us with such ones as, I'm always falling short, which is the lie of inadequacy or failure. Or God does not care about me. He doesn't love me. That's a lie about God's [00:05:00] character. Or the lie things will never change, which is really a lie of hopelessness. Or I have to do this all on my own. And that's a lie of self sufficiency. You know, I could go on and on with this list, but you get the idea. Are you believing any of these lies or is this enemy planting any other sort of lies in your mind today? Because there's plenty of them out there. We could keep going all day talking about the number of lies that he's throwing at us on any given day.

And, you know, sometimes we're not aware of these lies until we pause to notice. So right now I invite you to take a pause, to think just for a minute about what you've been hearing and believing lately. And the good news is, if you've been believing any lies, any lies at [00:06:00] all, you can do something about them right now. And we're going to learn about this in a minute.

For example, though, I caught myself believing one of these lies a couple weeks ago. I ever so nonchalantly said to myself, I should be farther along than this by now. I was in a situation where I was turned down for something that I applied for. And the enemy of my soul used that in very destructive ways. He used it to allow me to feel depleted and to feel unworthy and to feel less than. Instead of looking at it as God's perfect will, I saw it as something negative and something that was preventing me from moving forward. I believed the lie that somehow

not receiving this opportunity made me fall behind in my career [00:07:00] and in my life. You know, nothing could be farther from the truth. And believing that lie took away all my peace, all my joy and it actually turned my focus away from God and His perfect provision and plans for my life. And this is how sneaky and undermining this enemy of ours can be. He'll do anything to stop up our path and to prevent us from following God and His will and to turn our attention to lesser things. Again, he wants to devour us. He wants to destroy us. And one effective way he'll do that is through his lies.

So, how can you and I discern his lies from truth? I think that might be a real good question that many of us struggle [00:08:00] with. But we're gonna make it as simple as possible. It's really not as difficult as it may seem or as mountainous as it may feel. It involves asking two simple questions. The first one is, does this align with scripture? And the second is, does it bring peace or fear?

So in my situation, the lie did not align with scripture. And it robbed me of my peace and instilled in me actually fear. So I knew it was a lie.

Let's look at another example. Say you weren't invited to a party that a friend hosted. And you found out about it after the fact, maybe days after. You know, if this has ever happened to you, you know, the awful feelings that accompany it. , It's probably happened to all of us. But you begin to feel unloved and unwanted and unimportant because you weren't [00:09:00] invited. And you begin to tell yourself that you always get left out.

And let's stop right here. And let's ask the two questions. Does this align with scripture? You know, your feelings are how you feel. They are valid and they are worth acknowledging. But the basis of these feelings is a lie. You are not unloved or unwanted or unimportant because scripture says that you are the opposite of these things. You are loved. You are wanted. You are important.

And then the second question, does it bring peace or fear? Well, it certainly doesn't invite peace, does it? It invites fear, the fear of feeling left out and unwanted, which are lies. This, my friend, is a lie.

So let's replace this lie with [00:10:00] truth. You know, we can't control the actions of others, but we can control how we react to them. Sure, our feelings may get hurt in a situation like this, but if we take it to God and seek His truth, the enemy won't have a chance to fill us with his lies, to cause us to feel negative and unhelpful emotions and to think negative and destructive thoughts.

And Jesus modeled combating Satan's lies with truth - I mean, this is a perfect example - while He was tempted in the desert. So, do you remember that story? Well, I invite you to look it up. It's in Matthew chapter 4, verses 1 through 11, and you could read the full account there. But every single time that Satan tried to entice Jesus with a lie, you remember what Jesus did? He replied with truth, the truth found in scripture. And you know, it's what we can do too. [00:11:00]

So let's take that example. If we, instead of feeling negative and feeling less than and unwanted and unloved because we weren't invited, what if we just gave that to God and said, this is how I'm feeling, Lord. This is what happened. I know, you know, and what do I need to do about this?

First of all, we give it to Him. And then second of all, we can begin to, to see it from a different perspective and maybe look up some scriptures of what do I do when I feel unwanted. Or where in scripture it talks about being loved, wanted, important. And we start finding those passages to cling to instead of the negative things, the lies that the enemy wants us to believe.

So some practical ways we can do this is just to speak the truth out loud. And there's just something, something about hearing our own voice speak truth. And so search your [00:12:00] Bible or your Bible app or do an online search about your current situation, which is just what I was talking about. And find scripture that speaks truth, to right where you are and read it out loud. Not just once, but a few times. And you could even begin memorizing the passage to be able to speak life into your own life anytime you need it.

Another way is to write down the lie. Write it down on a piece of paper, and then replace that lie with scripture. So for example, say if the lie is, I am all alone. You can replace that lie with something like Deuteronomy 31: 8, which says, "The Lord himself goes before you and he will be with you. He will never leave you nor forsake you. Do not be afraid. Do not be discouraged."

And another way is to pray for God's discernment and ask the Holy Spirit to reveal [00:13:00] truth. I love how Jesus reminds us who the Holy Spirit is in the book of John chapter 14, verse 26. In the New International Version, this is what Jesus said, "But the advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you." Friend, the Holy Spirit will reveal truth when we ask Him to. And isn't it just so good to know that we don't have to figure all of this out on our own? That the Holy Spirit is there to help us.

So then after we combat these lies, we can now stand firm in the truth. And this is our anchor. Part of this is the concept of renewing our minds. Do you renew your mind daily? I don't think many of us do this, and I think it's a piece that we're missing in our walk, in our faith walk. [00:14:00] Romans 12, 2 speaks of this, about, renewing your mind. And in the New International Version, it says to "be transformed by the renewing of your mind." Renewing our minds helps us to combat lies, to stand in truth. And so how I renew my mind is by praying, by reading scripture and worshipping God. I just do this throughout my day. If I'm feeling a lull in my day, well, I'll just grab my Bible app out and I will look up a couple of scriptures that will just encourage me. Or I'm playing worship music in my office, or while I'm getting ready for my day. Or I even have my Bible app, read the Bible to me as I'm getting ready for my day. There's so many things we can do.

And we can also surround ourselves with truth all day, all day long. There's so many options, to do that. Reading our Bibles, reciting familiar scripture [00:15:00] passages, listening to worship music or Christian podcasts, connecting with others in the faith to help with accountability. Gosh, there's so many. We could text somebody, Hey, can you send me your favorite scripture to encourage me today? There's so many things we can do, but you know, this isn't a one and done type of thing. It's not a one time of day thing. In order for us to stand firm in the truth, we might need to do it all day long.

We can renew our minds all day to be filled with the things of God and not the things of the enemy. His lies don't stand a chance against God's truth. And we can praise God for that.

So I encourage you today to read this one certain passage and to, to become familiar with it. And I'm going to even encourage you to memorize it. I, I'm going to do this too, because I don't have it committed to memory yet. But it's the passage that speaks of the armor of God. And that is found in Ephesians chapter 6 verses 10 through [00:16:00] 18. And I'll link it in the show notes just to make it really easy for you. But I believe that there is a reason that the armor of God, that the first one listed is the belt of truth. I think there's a reason for that in this passage, why it's listed first. So I encourage you to join me in this endeavor to memorize it, and to think about putting these pieces of our armor on daily. It's God's armor, not, our armor. But putting them on daily. And it's equipping us to stand firm in the faith and to stand against the schemes of the evil one. What a powerful way to live wearing this armor of God daily.

And you know, Jesus reminds us in John chapter 10, verse 10, that the thief approaches to steal, kill, and destroy. And friend, this thief, our enemy is really

good at what he does, especially through his [00:17:00] lies. But the second part of that verse gives us a promise. That Jesus came to give us life with joy and abundance. The abundant life that we so desire. The abundant life that Jesus came to give us. It's available to us. And friend, we can't live an abundant life if we're allowing the enemy to destroy our lives through his lies.

So today I urge you to take this seriously because truly this is a matter of life or death. Let's identify and combat these lies of our enemy. We've been listening and believing these lies for far too long, and it's time to find freedom in God's truth. To stand firm in it daily. To have that anchor for our souls.

And you know, this is one of the many things that I would love to help you with through what I call my Abundant Life Mentoring. [00:18:00] Through my 33 years of experience of living as a Christian and 27 years of in depth Bible study, I am offering the opportunity to work with me one on one. It's tailored to your unique journey through encouragement, biblical wisdom, and practical steps to help you move forward in faith and in life. A link to my website is in the show notes where you can schedule your preferred time and receive \$20 off your appointment through March 15th. I cannot wait to join you on your journey.

And I invite you to share this episode with a friend who could use some of this encouragement. And you can always support this podcast by leaving a rating or review and also subscribing. And if you prefer to watch the podcast, well, I remind you the video form is on YouTube.

[00:19:00] All right, so let's end with a quick recap. The enemy of our souls tries to keep us from living the abundant lives that Jesus came to give us. We now know, though, how to identify those lies, how to replace them with God's truth, and how to stand firm daily in His Word. Friend, I urge you to memorize the armor of God verses in Ephesians chapter 6. I'm going to be doing that, and I'm excited to do that because I learned it a long time ago, but I want to learn it again. I want to, I want to soak it in again. So I invite you to join me in that, to be able to equip ourselves and to defend ourselves. And remember you are not alone in this battle and victory comes through our hope, Jesus.

Also feel free to ask me any questions or contact me through my website or social media. I would love to hear from you. So [00:20:00] until next time, I thank you for tuning in and I am praying for you today. God bless you.

Thank you so much for joining me here today. You can find more@julielefbure.com and until next time, stay encouraged.