

Begin this important step by reading aloud the following prayer:

Dear heavenly Father, I know that You want me to face the truth and that I must be honest with You. I know that choosing to believe the truth will set me free (John 8:32). I have been deceived by Satan, the father of lies (John 8:44), and I have deceived myself (1 John 1:8). I thought I could hide it from You, but You see everything and still love me. I pray in the name of the Lord Jesus Christ, asking You to rebuke all of Satan's demons through Your righteous Son Jesus, who shed His blood on the cross and rose from the dead for me. I have asked Jesus into my life, and I am Your child. Therefore, by the authority of the Lord Jesus Christ I command all evil spirits to leave me. I ask the Holy Spirit to lead me into all truth. I ask You to look deep inside me and know my heart. Show me if there is anything in me that I am trying to hide (Psalm 139:23,24), because I want to be free. In Jesus' name I pray. Amen.

You may want to take some time at this point to think of the evil tricks Satan has used to deceive you. Have you been listening to false teachers or deceiving spirits? Have you been living under self-deception? Have you used excuses to defend your behavior? Now that you are alive in Christ and forgiven, you don't

have to live a lie, and you don't have to defend yourself! Check those below that apply to you:

### How You Can Deceive Yourself

- \_\_\_ Hear God's Word but not do it (James 1:22; 4:17)
- \_\_\_ Say you have no sin (1 John 1:8)
- \_\_\_ Think you are something you are really not (Galatians 6:3)
- \_\_\_ Think you are wise in the things of the world (1 Corinthians 3:18,19)
- \_\_\_ Think you will not reap what you sow (Galatians 6:7)
- \_\_\_ Think that unholy people will share in God's kingdom (1 Corinthians 6:9)
- \_\_\_ Think you can be with bad company and it won't have any influence on you (1 Corinthians 15:33)

### Wrong Ways to Defend Yourself

- \_\_\_ Refuse to face the real things that have happened to you
- \_\_\_ Escape from the real world
- \_\_\_ Withdraw to avoid rejection
- \_\_\_ Revert to a less threatening time
- \_\_\_ Take out frustrations on others
- \_\_\_ Blame others
- \_\_\_ Look for an excuse

For those things that have been true in your life pray aloud: