

### **Sample Prayer to Repent for Believing Lies**

Dear Lord, I repent for believing \_\_\_\_\_(name the lie specifically)\_\_\_\_\_. I come out of agreement with it and break its power over me. I confess that I have sinned against You, others and myself by embracing this lie.

This lie has caused me to feel \_\_\_\_\_("ashamed," "fearful," "angry," "hurt," "sad," etc.)\_\_\_\_\_. I tried to protect myself from that pain by \_\_\_(confess your "structure of defense", i.e. hardening my heart/giving up/striving to prove that the lie wasn't true/pride/judging those who hurt me/criticizing others. etc.)\_\_\_. But I realize now that those things have not protected me; they have only helped "cement" this lie into my heart. Please forgive me Lord and heal me.

I can see that this lie entered my heart when \_\_\_\_\_(describe the specific wounding; the hurtful thing done, or the lack of the necessary good thing)\_\_\_\_\_. I choose to forgive \_\_\_\_\_, and to release my "right" to hold this offense against him/her/them. I repent for the times when I have spoken lies over myself, and disdained my \_\_\_\_\_(body/looks/intelligence/creativity, etc.)\_\_\_\_\_. I come out of agreement with the enemy and break any alliance I have made with him. In Jesus' name.

Forgive me for the ways that I have turned from life through \_\_\_\_\_(thoughts of suicide/not wanting to be here/wanting or trying to be someone else/passivity/hopelessness, etc.)\_\_\_. I repent, and choose to turn toward the life, purpose and destiny that you have given me.

**Listening portion of this prayer:** Lord, I choose now to believe Your truth instead of this lie. What do you have to say to me or show me? Sit quietly. The Word says "My sheep hear my voice!" You will hear or sense Him! (Record or share with prayer minister whatever you hear, sense or feel).