

Truth & Lies Worksheet: What Are You Believing?

A quiet moment to exchange the lies for God's truth.

Step 1: Identify the Lies

Think about the thoughts that come up when you look in the mirror...

What do you really believe about your appearance, your value, or your worth?

Write down anything that feels heavy, discouraging, or untrue.

Lie I've Believed

Example: "I'm not beautiful without makeup."



Step 2: Replace It with Truth

Ask yourself: What does God say about me instead?

Use scripture, affirmations, or truths you've heard during the challenge.

God's Truth

Example: "I am fearfully and wonderfully made." (Psalm 139:14)



Step 3: Speak It Out

Pick one truth that resonates most deeply with you.

Say it out loud.

Write it on a sticky note.

Make it your phone background.

Let it sink in.

“The truth will set you free.” – John 8:32

Optional Prompt for Prayer or Journaling:

“Lord, help me to release the lies I’ve believed about my beauty and identity.

Show me how You see me — and help me receive Your truth fully.”