

## Overcoming the Devil's Lies

The Devil does not want you to be healed and he will do anything in his power to make sure that you are thwarted in your attempt to heal. One of the ways he will do this is to bring forth a series of lies that he has been telling you for many years.

You will know that you are dealing with a lie when you are able to get inside of your heart, but you are suddenly unable to move any deeper, i.e., you run into a “wall” or a “roadblock.” You will either be frustrated in your attempt to go deeper or, more commonly, you will find yourself entertaining distractions, seeking consolations, falling into patterns of sin that have not been a problem for some time, etc. In these cases, you not only have to face the thing from which you are running, but you also need to reject the lies the devil is telling you, lies which convince you that you should not face whatever it is from which you are running.

These lies will come up ordinarily in the spiritual life, but they become an important factor when you are trying to heal with our Father, Jesus or Mary. These lies include, but are certainly not limited to the following: I will be abandoned, I will be rejected, I will be hurt, I am unlovable, I am unacceptable, I am no good, I am worthless, I am a failure, God can't love me, I am stupid, I can't be healed, etc.

Breaking these lies is quite simple. Go down inside as deeply as you can (to the block) and, from the heart, speak the words “I reject the lie that (*insert a possible lie*).” The words do not come out of your mouth, but they are said silently in the heart. If you try to say them in your head, there will be no effect. You will know when you have found the problem because you will not be able to say it. For instance, let's assume that the lie on which you are stuck is that you will be rejected. You begin by saying “I reject the lie that I will be hurt,” “I reject the lie that I will be abandoned.” If these are not the problem at the moment, you will be able to speak these in the heart without hesitation. However, when you get to the lie on which you are stuck you will not be able to say it, e.g., I reject; I reject; I reject the; I reject the lie; I reject, etc. You know in your head what you were going to say, but you could not say it in your heart because you believe it.

Once you know what the problem is you can take it to prayer and work through it. When you are ready, you must three times reject the lie and then three times accept the opposite truth, e.g., “I accept the truth that our Lady will not reject me.” Once you have rejected the lie and accepted the truth three times you are ready to move forward. You will still have some fear, but you have now broken down the barrier.

All that is left is to make the act of the will to proceed. The easiest way to help yourself in this is to keep reminding yourself “I just said that I accept that . . . ., therefore, I have nothing to be afraid of; if I really believe that, then I can move forward without fear.”