

# TALKING BACK

## TO THE WORLD'S LIES

In Matthew 4, Jesus defeats three temptations by talking back to lies with the truth. Using the practices of Jesus as his model, John Mark Comer shares a tool in his book, *Live No Lies*, that equips readers to do the same thing. We hope this modified version of that tool helps you to retrain your mind to turn from thoughts and feelings rooted in lies to the truth of Scripture.

STEP 1: Write out an obsessive thought that keeps coming to mind, a lie that you just can't shake, a toxic feeling (like shame or worry), or a sensation in your body (like tightness of chest, shallow breathing, or a sense of dread.)

EXAMPLE: *"I'm worried about losing my job and not being able to make my car payment."*

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STEP 2: Look for the lie behind the thought, feeling, or sensation. If you're feeling scared and your chest is tight, it could be a lie like "I'm not safe if people criticize me." Consider the attachment under the anxiety. Could it be an attachment to living a suffering-free life where all people speak well of you? What's the lie beneath the thought, feeling, and/or sensation that reveals your attachment to something related to the world, the flesh, or the devil?

EXAMPLE: *"My safety and security are in my job, and owning newer, nicer things will make me happy."*

STEP 3: Write out a Bible verse that counters the lie. (For help finding Bible verse, search the Bible App or BibleGateway.com for the themes you identified in the previous step) Then turn your mind to this truth whenever the lie reappears in your thoughts. Don't be discouraged when you need to repeat this process. Lies don't let go easily, yet Jesus came to set you free from their power!

EXAMPLE: *"Keep your lives free from the love of money and be content with what you have, because God said, 'Never will I leave you; never will I leave forsake you.'"* (Hebrews 13:5)



**CORNERSTONE**