

Mindful Mutterings # 5

Read the lie. Then read the scripture and the **bolded** Greek or Hebrew definitions. Meditate on them for a few minutes. Denounce the lie and pronounce the truth. Do you see an additional lie or truth? Write it down. Denounce the lies and mutter the truths under your breath several times a day for at least 21 days, until you know them by heart. Try to memorize the scriptures (at least memorize the main idea). When Satan or anyone else (including you) speaks the lie, mutter the truth in response. **THE TRUTH WILL SET YOU FREE!**

*Definitions are taken from Strong's Exhausted Concordance which is based on the KJV. I've used corresponding words in different versions.

The Lie	The Truth
I need to speak up against my enemies	<p>Matthew 5:44 But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you.</p> <p>Bless: to speak well of</p> <p>Speak the Truth: I will not react in anger to those who treat me badly</p>
I can't be happy or calm when I'm going through so much	<p>James 1:2 Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds,</p> <p>Joy: cheerfulness; calm delight</p> <p>Speak the Truth: I will be full of joy, no matter what comes my way</p>
I just can't take any more It's not worth it	<p>James 1:12 Blessed is the man who remains steadfast under trial, for when he has stood the test he will receive the crown of life, which God has promised to those who love him</p> <p>Temptation: a putting to proof</p> <p>Speak the Truth: I will stand the test and receive a crown of life</p>