

## Eight Lies Common to All Mankind

1	2	3	4	5	6	7	8
<b>Worthless</b>	<b>Helpless</b>	<b>Hopeless</b>	<b>Abandoned</b>	<b>Fearful</b>	<b>Shamed</b>	<b>Tainted</b>	<b>Confused</b>
<i>I'm never good enough.</i>	<i>I can't stop this.</i>	<i>It's never going to get any better.</i>	<i>I'm all alone,</i>	<i>I'm going to be hurt again.</i>	<i>I'm stupid, ignorant. I allowed it to happen.</i>	<i>I'm dirty, unclean, trash.</i>	<i>I don't know what is happening to me.</i>
I don't matter much to people or to God	<i>I'm out of control.</i>	There's no way out.	<i>I've been overlooked, rejected.</i>	<i>Doom is just around the corner.</i>	<i>I should have known better.</i>	My life is ruined. I will always be broken because of it.	It doesn't make sense. I can't explain it. I have no words to describe what I am feeling.
I'm worthless.	Not even God can help me.	Nothing good will ever come of this.	I'm not needed.	It is just a matter of time before it happens again.	I should have stopped it. I was a participant.	No one, not even God could never want me.	
	There is no way out.	I have no options.	I'm not loved, needed, wanted, or cared for.		It was my fault.	I'll never feel clean.	I am so confused
	I can't do anything.		I'll always be alone.				

### The Four Steps to Listening Prayer

1. Feel the feeling
2. Go to a memory
3. Identify the belief in that memory
4. Ask God for His perspective on that belief in the memory

### Anger:

1. Check for anger in the memory. Unforgiveness/anger in the memory will block our ability to hear God speak to the lie in that memory.
2. *We must forgive specific people for specific things.*
3. When we still feel the anger in the memory after forgiving, there may be a hidden reason the feeling of anger is still there.

### Four Reasons Why We Unconsciously Hold Onto to Anger

1. We feel that we need the anger to empower us, to make us stronger.
2. We feel that we need the anger to protect us from further hurt
3. We feel we need the anger to validate a wrong done to us. It proves that we were wronged.
4. We feel we need the anger as a way of revenge against someone.  
(After identifying one of these reasons we might be using to hold onto anger, ask God what He thinks of)

### When Demons Try to Interfere

1. How does the demonic thought you sense make you feel?
2. Do the four steps of Listening Prayer starting with the feeling the demonic thought creates in you.
3. Continue with the prayer session after the Lord speaks truth to the lie the demon was using to interfere with your healing session.