Lies and Truth Chart ~ "Plan for a Thin Within Win" this summer!

Directions: As you go through your day, prayerfully ask the Lord to show you any lies you believe that may be affecting your choices. Typically, when we overeat, there is a lie at work. "One bite won't matter." "This will taste better than obedience will feel." "I may as well eat more since I have already messed up." In this chart, note the date that you have recognized the lie, jot the lie down in the appropriate column and, in the column at the right, jot down a truth to refute it. The truth may be in the form of a bible verse directly, a verse that has been personalized, or it might be what the Holy Spirit has told you through listening prayer. It will *always* be consistent with the Word of God. For added impact, write a line through the lies and highlight, star, asterisk, the Truths.

https://thinwithin.kartra.com/page/smallgroupcoaching

Lies and Truth

Date	Lie	Truth