

Defeating the Accusing Voices – Daily Exercises

Thoughts and questions for reflection, writing, and prayer to enhance personal growth.

Day 1

Who was the person that hurt you the most deeply in your life? What was the situation? Was it one situation, or a series of events? What were some of the negative messages you were given when you were young? Do these come up in your thoughts from time to time, accusing you? Write out one or two situations that took place when you were young, and the messages about who you are that come from these experiences.

Day 2

We all have been given messages in our lives regarding who we are or who we should be but are not. How does God see us?

EPHESIANS 2:10 (NIV)

For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.

How does God's view of you, as shown in this verse, contrast with the negative messages you were given at different times in your life? Write about the differences between them, and use other scriptures that come to mind.

Day 3

Memorize

PROVERBS 29:12 (NIV)

If a ruler **listens** to **lies**, all his officials become wicked.

Day 4

One very important life skill we need to develop is the ability to distinguish the truth from the lies. Often times our feelings give us false messages about what is true. One way to help with this is to talk with someone who you see as mature in the faith, and the more the better. You can speak the thoughts that go through your head and it helps to get them out of your head, and on the chopping table of truth. Find someone this week who you deem to have overcome in areas you have not, and someone who you see as mature in living a life of holiness. Let them know the thoughts you deal with and ask them to help you determine what is true and what is not. Sometimes we are surprised at the results, sometimes we already know what they will say.

Day 5

We need to begin to build defenses against the enemy who tries to use these voices to tear us down and discourage us. A great way to do this is to memorize scripture that tells you the truth regarding these areas in your life. You have to be willing to search for verses that deal specifically with the issues you struggle with. You can ask others if they know a good verse that speaks on it. Another option is using a Bible Concordance (like www.biblegateway.com) to search for key words to find good verses for you. But learn to recite verses that tell you the truth about yourself. Talk to others who can help you develop a clear view of how God sees you and what He expects of you. In time the voices will fade, and your life will be filled with more joy, even in the midst of difficult situations.