

A GUIDE TO RELEASING DECEPTION,
RECLAIMING TRUTH, AND LIVING IN FREEDOM



BREAKING *Agreements* — WITH — LIES

◆◆◆

CHOOSE TRUTH OVER DECEPTION.
CHOOSE FREEDOM OVER FEAR.
CHOOSE YOU.

A circular graphic with a dark green background and a thin gold border. It contains a small leaf icon at the top and a quote in white text.

THE LIES
END WHERE
YOUR TRUTH
BEGINS.

DANIELLE DEVINE

BREAKING AGREEMENTS
WITHE LIES

DANIELLE DEVINE

BREAKING AGREEMENTS WITH LIES

Before a pattern can be broken, it has to be seen clearly. Many of the struggles we carry today did not begin as choices. They began as agreements we made in moments of pain, fear, or confusion.

What once helped you survive may now be shaping how you think, relate, and live in ways you no longer want. This exercise is an invitation to slow down and gently uncover what has been operating beneath the surface.

You do not have to rush this. Just be honest. God is not afraid of what you will find—and He is ready to meet you in it.

Step 1: Name the Agreement or Lie

The agreement I learned was:

Examples: I have to earn love. I am too much. I am not safe. I cannot trust anyone.

Step 2: When Did I First Believe This?

I remember first believing this when:

Example: I was four years old, and I came running home to my mom sobbing because I was harmed.)

Step 3: What Did This Agreement Protect Me From?

At the time, this agreement helped me survive by:

Example: Stopping the abuse and allowing me to not be harmed.

Step 4: What Has It Cost Me?

This agreement has affected my life by:

Example: It has cost me relationships, peace, rest, identity, trust, joy, intimacy, deep friendships, community, love, etc.

Step 5: What Is the Truth God Says Instead?

Scripture or truth that replaces this agreement:

Example: Look back to the identity statements on the previous resource for help.

Step 6: Break the Agreement

(Say this out loud)

Jesus, I break agreement with the lie that

*It is not who I am. I release it to You and receive Your truth
instead.*

REPLACING THE LIES WITH TRUTH

Lies do not just show up once; they return. In moments you do not expect, in thoughts that feel familiar, in emotions that rise quickly. But you are not powerless when they come. This is a simple way to recognize them, interrupt them, and return to truth in real time.

1. Notice the Lie

Something has shown up. Pause long enough to notice it without shame or panic. You are not weak for being aware. You are not failing for feeling it.

2. Name What's Knocking

What is trying to gain my attention right now?

- Fear
- Anxiety
- Shame
- Control
- Self-hatred
- Comparison
- Numbness
- Impure Thoughts
- Performance
- Old Temptation
- Anger
- Isolation
- Doubt
- Addiction
- Something Else: _____

3. Interrupt the Lie

Say (out loud if you can):

"You do not get to finish that thought."

4. Ask for Truth & Speak the Truth

See Truth From Lies resource to help with this.

Jesus, what is true *right now*? OR Find a scripture that speaks the Truth.

5. Align Your Identity

Choose one truth and say it aloud:

- God is with me right now. (*Isaiah 41:10*)
- I am not alone. (*Hebrews 13:5*)
- I belong to God. (*Galatians 4:7*)
- I am not condemned. (*Romans 8:1*)
- This does not define me. (*2 Corinthians 5:17*)
- The enemy does not have authority over my mind or body. (*2 Timothy 1:7*)

6. Turn Toward Presence

Instead of fixing, analyzing, rehearsing, or spiraling, say simply:
“*Jesus, I’m here.*”

Stay.

You do not need to force peace.

You do not need to make anything go away.

The enemy loses power when you stop holding the struggle alone.

TRUTH STATEMENTS

What you believe shapes the way you live. And for many of us, the loudest voice we hear is not truth—it is the echo of old wounds, fear, shame, and patterns we have lived in for years. These lies do not always sound dramatic; often, they sound familiar. Normal. Even protective. But they quietly shape how we think, respond, and see ourselves.

This resource is here to help you recognize those voices and replace them with truth. When a lie rises up, you do not have to agree with it. You can confront it. You can name it, interrupt it, and speak truth in its place. This is how patterns begin to break. Not all at once, but moment by moment, as truth becomes the voice you choose to follow.

When Fear Speaks

The Lie: I am not safe. Something bad is about to happen. I need to stay alert at all times. It's my job to prevent disaster.

TRUTH:

I am safe in the presence of God.
God is with me right now.
Perfect love casts out fear.
God is my refuge and my shield.
I do not need to anticipate disaster—God goes
before me.

When Self-Loathing Speaks

The Lie: Something is wrong with me. I am broken. I am defective. I am ugly. I am fat. I am unlovable.

TRUTH:

I am fearfully and wonderfully made.
I am created in the image of God.
God does not regret creating me.
I am not a mistake; I am intentional.
I am deeply loved, fully known, and not rejected.
God delights in me. He does not just tolerate me.

When Performance Speaks

The Lie: I am only valuable when I succeed. I must earn love and approval.

TRUTH:

I am loved apart from what I do.

My worth is not measured by productivity or outcomes.
God's love for me does not increase when I perform or
decrease when I fail.
I am already approved because I am His.
I am a daughter, not a worker trying to earn a place.

When Striving Speaks

The Lie: I must try harder. Rest is irresponsible. Slowing down is dangerous.

TRUTH:

I am invited to rest, not required to prove myself.
God is not in a hurry with me.
I do not need to force transformation.
My life is sustained by grace, not effort.
I am allowed to move at the pace of peace.

When Shame Speaks

The Lie: I am disqualified. God is disappointed in me. I should hide. I am a fraud.

TRUTH:

There is no condemnation for those who are in Christ.
God is not ashamed of me.
I do not need to hide from the One who heals me.
My failures do not define me.
I am covered by mercy, not exposed by shame.

When Comparison Speaks

The Lie: I am behind. Others are ahead. I am missing something. I am not as good a Christian as I should be.

TRUTH:

God has made everything beautiful in its time,
including me.

I am not late. I am not overlooked.

My story is unfolding exactly as God intends.

I do not need someone else's life to validate my own.

God is faithful with my timeline.

God is not in a rush.

When Control Speaks

The Lie: If I do not manage everything, something will fall apart. Life is easier when I am in control.

TRUTH:

I am not the savior of my life—God is.

I can release what I was never meant to carry.

God is trustworthy even when I let go.

Surrender is not weakness; it is wisdom.

I am held, even when I loosen my grip.

When Loneliness Speaks

The Lie: I'm safer alone. No one will understand. I should withdraw.

TRUTH:

I was created for relationship.