

The Lies We Were Handed at Birth

The enemy doesn't need to destroy you.

He just needs to keep you confused about who you are. Because a believer who doesn't know their identity, who is walking under a false picture of themselves, who has accepted lies about their worth and their purpose and their capacity — is not a threat to anyone. They are too busy fighting themselves to fight anything else.

This is why the attack on identity is the most consistent strategy in the enemy's playbook. Not because it is dramatic. Because it works. And it starts early — sometimes before we are old enough to recognize what is happening. Lies get planted in childhood, reinforced through experience, and repeated so many times that eventually they stop feeling like lies. They start feeling like facts.

But they are not facts. They are weapons. And the first step to reclaiming the ground they have occupied is learning to recognize them for what they are.



THE LIES THAT SHRINK YOU

The most common lies are the ones that make you small.

I am just one person. Nobody is going to listen to me. I don't have the right platform, the right personality, the right looks, the right talent. Someone else will do it better. Someone else is already doing it. I'm not outgoing enough, not gifted enough, not educated enough, not far enough along in my faith.

I let years pass believing versions of these. Doing nothing. Waiting until I was ready. Waiting until I had enough. Waiting until the fear went away. The fear never went away. And the years kept passing.

What finally broke it was not confidence in myself. It was a decision. If just one person is reached, that is enough. If one life is changed, that is worth everything. The size of the platform doesn't determine the significance of the work. God's economy does not operate on the world's terms.

The lie says you need an extraordinary mind. And here is the thing — that is not completely false. You do need an extraordinary mind. But it is not yours. The Bible says we have the mind of Christ. The one who walks in the Spirit, who sees with spiritual eyes and hears with spiritual ears, who lives by the Spirit — it is not them doing the living. It is Jesus Christ, who is capable of all things. Nothing is impossible for Him. And He lives in you.

“For who has understood the mind of the Lord so as to instruct him? But we have the mind of Christ.” — 1 Corinthians 2:16 ESV

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THE PARABLE OF THE BURIED GIFT

Jesus told a story that describes exactly what these lies produce.

A master was going on a journey. Before he left, he gave three of his servants different amounts of money — to one he gave five talents, to another two, and to another one. Each according to his ability. Then he left.

The servant with five went and put the money to work and gained five more. The servant with two did the same and gained two more. But the servant with one talent went and dug a hole and buried it. He was afraid. When the master returned, the first two were praised and given more. The one who buried his talent had it taken away entirely.

“For to everyone who has, more will be given, and he will have an abundance. But from the one who has not, even what he has will be taken away.” — Matthew 25:29 ESV

That servant with the buried talent — I know him well. Fear of failure. Fear of looking foolish. Fear that what he had wasn't enough to be worth risking. So he did nothing. And in doing nothing, he lost even what he had.

This is what the lies do. They paralyze. They convince you that the gift God placed in you is too small to matter, too weak to work, too ordinary to be worth offering. So you bury it. You stay quiet when you should speak. You hold back when you should reach out. You wait for a better version of yourself that may never come.

And those same lies — if you let them — will eventually make you bitter about what God has given others. Because when you are not walking in your own calling, it is easy to resent the ones who are walking in theirs.

Life is not about worldly success. It is not about how many people know your name or what you can or cannot do. It is about Christ. We are either living for Him, walking in the Spirit, or we are doing nothing. One of the greatest gifts God gives to people is the gift of encouragement — the gift of pouring into someone else. And some people who believe they have nothing to offer are carrying exactly that gift, buried in the ground.

“The eye cannot say to the hand, ‘I don't need you!’ And the head cannot say to the feet, ‘I don't need you!’” — 1 Corinthians 12:21 NIV

Every part of the body is needed. The ones that are seen and the ones that are not. What God has given you is not small. It is necessary. And the body of Christ is incomplete without it.

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THE LIE OF THE HALF-TRUTH

Not every lie the enemy tells is a complete fabrication. Some of the most dangerous lies are the ones that are almost true.

If someone told you “someone shoved me into the street,” you would be alarmed. But if they left out the part where a car had just run off the road and was about to hit them — the shove was the thing that saved their life. The statement was technically true. But the truth that was left out changed everything about what it meant.

This is one of the enemy’s most consistent strategies. A truth left off another truth can change the entire meaning. He used it in the garden with Eve — not an outright lie at first, just a question, just a slight distortion, just a detail missing from the full picture. And it was enough.

He will take a real failure and leave out the grace that covers it. He will take a real weakness and leave out the strength that is made perfect in it. He will take a real sin and leave out the blood that washes it clean. The partial picture is designed to produce a conclusion that the full picture would never support.

This is why renewing the mind is not just about thinking positive thoughts. It is about having the full truth — the complete picture of who God is and who you are in Him — so deeply known that when a half-truth arrives, you recognize immediately what is missing.



YOU ARE NOT THE ONLY ONE

One of the most effective tactics the enemy uses is isolation.

You are the only one who feels this way. You are the only one who struggles with this. If people knew what was really going on inside you, they would think you were strange, broken, disqualified. Keep it to yourself. Stay quiet. Stay alone.

The lie works because it feels true. In the middle of a struggle, it genuinely can feel like nobody else could possibly understand. And so people carry things alone that were never meant to be carried alone. They hide the very things that, if spoken aloud, would allow someone else to say — me too. I thought I was the only one.

The truth is that many people are going through the exact same thing. More than you know. More than the enemy wants you to know. Because the moment you realize you are not alone — the moment isolation breaks — the lie loses most of its power.

And beyond that: Jesus Christ can relate to you. No temptation you face, no feeling you carry, no circumstance you are walking through is beyond His understanding. He was tempted in every way that we are. He bore the weight of every sin on the cross. He knows what it feels like from the inside. And He is not distant from what you are carrying. He is present in it.

“For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are — yet he did not sin. Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.” — Hebrews 4:15–16 NIV



FOR EVERY LIE, A TRUTH

The antidote to the lies is not willpower. It is not positive thinking. It is the truth — specific, scriptural, spoken out loud when necessary — taken captive against every thought that sets itself up against the knowledge of God.

When the enemy says you are not good enough — and that one is true, by the way, in your own strength — the answer is not to argue. It is to agree and go further. You're right. I'm not. But in Jesus Christ I have been made right with God, not by my own works but by His. That settles it.

When the enemy says nobody is going to hear you, nobody is going to listen — ask yourself why he would bother saying that. The enemy does not waste effort on people who pose no threat. If he is telling you that what you have to say doesn't matter, it is probably because it does. Whatever is done for Christ will last. The things of this world will fade away. But what is done in His name, in His strength, for His Kingdom — that remains.

When the enemy says it is too late, that you are too far gone, that the damage is too great to recover from — the Word says otherwise. There is therefore now no condemnation for those who are in Christ Jesus. Not “not much” condemnation. None. The cross settled it completely.

When fear grips you and weakness is all you feel — Jesus is your strength. He is your hope. He is your peace. He does not ask you to feel capable before He shows up. He shows up in the weakness. That is where His strength is most visible.

“But he said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness.’ Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.” — 2 Corinthians 12:9 NIV



GUARDING WHAT WAS WON

The Helmet of Salvation is not incidental armor. It is the piece that protects the mind — the very battlefield where all of this takes place. Paul doesn't include it as a suggestion. He includes it as a necessity. Because a mind that is not protected is a mind that is exposed. And an exposed mind will eventually believe what it is told often enough.

This is the brainwashing principle applied spiritually. The same thought repeated rewires the brain. The same lie spoken over a person long enough becomes their self-understanding. Wurmbrand's captors knew this. The enemy knows this. And the answer is not to simply try harder to think better thoughts. The answer is to put on the helmet — to operate from the settled reality of what the cross accomplished and who it made you.

You are not who the lies say you are. You are who God says you are. And God says you are His. Redeemed. Forgiven. Equipped. Called. Needed. Part of a body that cannot function without you. Carrying gifts that the Kingdom requires.

The lies were handed to you. You do not have to keep them.

Take every thought captive. Speak the truth out loud if you have to. Renew your mind daily. And refuse to bury what God placed in you.