

THE HURT WHISPERER

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Focus The Devil comes only to steal and kill and destroy. Jesus has given us authority so we can live free from the Devil's tyranny.

Open What is your favorite holiday tradition?

Read We all have pain in our lives. If we don't deal with our pain, it accumulates in our hearts. Long-term, unresolved pain compromises our relationships, our health and our ability to fulfill God's purposes for us. The Devil pounces on us and whispers lies to us in our vulnerable moments of pain, to separate us from God and keep us in bondage to our pain.

He uses subtlety and disguises so that we don't even recognize he is speaking to us (2 Corinthians 11:2–3, 13–14; Matthew 16:21–23). In the Garden of Eden, Satan disguised himself as a serpent when lying to Adam and Eve (Genesis 3:1–11). He also deceives us by trying to make us believe that his lies are our own thoughts or *even* the voice of God.

We can destroy the Devil's lies that limit our lives. We must:

1. *Expose our thoughts to the light.* Satan puts fear and shame around the lies so we'll keep our pain hidden and not talk about it. Whatever is in the light comes before God because He is the Father of lights, and the Devil has no power over what's in the light.
2. *Expel any thought that doesn't agree with God's Word* (2 Corinthians 10:3–6). The Devil wants us to receive his thoughts so he can send his spirits to torment us. We can't allow negative thoughts to roll around in our heads. We must take every thought captive.

3. *Express your agreement with God's Word.* The Bible is full of truths of what God says about us and how much He loves us. We can choose to be a warrior for God and His kingdom of truth instead of a parrot for the Devil and his lies. We must say what God says—it changes the way we live.

Talk

1. Read John 10:10. What are some ways the Devil steals and kills and destroys in our lives? In contrast, how is abundant life in Jesus different from the bondage of the Devil?
2. What are some of the lies the Devil tells us about ourselves or about God?
3. What does it mean to “expose our thoughts to the light”?
4. How do we take thoughts captive? Share an example from your own life.
5. Share with the group a scripture you have memorized or you read often to help you remember the truth of what God says about Himself or about you.

Live

In your quiet time this week, ask the Holy Spirit to show you any lies from the Devil that you have believed. Then ask the Lord to show you a Bible verse to pray and declare over yourself to combat each lie. Write those verses down and begin to memorize them.

Pray

Lord, we thank You that You came to give us abundant life. We praise You, Jesus, that You defeated Satan completely when You died on the cross and rose again! Help us to learn the difference between Your voice and the lies of the Enemy. Teach us to take our thoughts captive and to agree with what You say.