



PREPARE YOUR MIND

Identifying Lies and Agreements

A Simple Guide Before Your Prayer Appointment

Many of the struggles we experience are not only connected to what happened to us, but also to what we came to believe because of what happened.

A painful moment can become more than a memory. It can become a message. Over time, that message can shape how we see ourselves, how we relate to others, and how we imagine God sees us.

A child who was ignored may begin to believe, "I do not matter."

A person who was betrayed may begin to believe, "I cannot trust anyone."

Someone who failed publicly may begin to believe, "I will always mess things up."

Someone who was hurt by spiritual authority may begin to believe, "God is not safe."

These beliefs may not be true, but they can feel true. And when a lie begins to feel true, it can quietly become part of how we live.

This guide is designed to help you begin noticing the thoughts, beliefs, and agreements that may be shaping your mind before your prayer appointment.

"Do not be conformed to this world, but be transformed by the renewal of your mind."
Romans 12:2

1. Invite the Holy Spirit

Begin by slowing down and inviting the Holy Spirit to lead you.

You are not trying to dig up every wrong thought you have ever had. You are not trying to accuse yourself or analyze yourself into freedom. You are simply making space for God to gently reveal what needs to come into the light.

The Holy Spirit is not harsh. He is the Spirit of truth, the Comforter, and the Helper. He reveals truth in order to bring freedom, not shame.

Prayer:

Holy Spirit, I welcome You.

Would You show me any lies I have been believing?

Would You reveal any thoughts, fears, or beliefs that are not from You?

Lead me gently into truth.

Sit quietly for a few moments.

Notice what comes to mind. It may be a phrase, a memory, a feeling, a person, or even a familiar pattern of thinking.

Do not force it. Just notice.

2. Pay Attention to Repeated Thoughts

Lies often become easier to recognize when we pay attention to repeated thoughts.

These are the phrases that seem to come back again and again. They may show up when you are tired, afraid, disappointed, rejected, criticized, or overwhelmed.

They may sound like:

I am too much.

I am not enough.

No one really sees me.

I always ruin things.

God is tired of me.

I have to do everything myself.

If people really knew me, they would leave.

I am never going to change.

These thoughts often feel familiar because they have been rehearsed for years. Sometimes they began in painful experiences. Sometimes they were spoken over us by

others. Sometimes they formed as a way of trying to protect ourselves from being hurt again.

But not every familiar thought is true.

As you prepare for prayer, begin to ask:

What thoughts do I return to when I am afraid?

What do I tell myself when I fail?

What do I assume when someone disappoints me?

What do I believe about God when life feels painful?

This is not about condemnation. It is about noticing the places where Jesus may want to bring truth.

3. Understand What a Lie Does

A lie is anything we believe that disagrees with the heart, Word, and character of God.

Some lies are obvious. Others are subtle. Many are hidden underneath pain, fear, anger, shame, or self-protection.

A lie can distort identity.

Instead of living as a beloved son or daughter of God, we may live as an orphan, a failure, a victim, a performer, a protector, or an outsider.

A lie can distort God.

Instead of seeing Him as Father, Shepherd, Healer, and Deliverer, we may imagine Him as distant, disappointed, angry, passive, or unsafe.

A lie can distort relationships.

Instead of receiving love and walking in healthy connection, we may expect rejection, betrayal, abandonment, control, or disappointment.

Jesus does not reveal lies to embarrass us. He reveals lies because He loves us too much to let us live under them.

“You will know the truth, and the truth will set you free.”

John 8:32

4. Explore Common Areas Where Lies Take Root

As you prepare, it may help to look at three common areas: what you believe about yourself, what you believe about God, and what you believe about others.

Lies About Yourself

These are beliefs that attack your God-given identity.

You may notice thoughts like:

I am not enough.

I am too much.

I am unworthy.

I am unlovable.

I always fail.

I am a disappointment.

I am powerless.

I am dirty.

I am unseen.

I am unwanted.

I am a burden.

I do not matter.

I will never be free.

Ask:

Jesus, what have I believed about myself that You never said?

Lies About God

These are beliefs that distort the Father's heart and make it difficult to trust Him.

You may notice thoughts like:

God is distant.

God is disappointed in me.

God is angry with me.

God will not come through.

**God helps other people, but not me.
God is not safe.
God is silent because I did something wrong.
God only loves me when I perform well.
God abandoned me when I needed Him.
God is tired of my weakness.**

Ask:

Father, what have I believed about You that is not true?

Lies About Others

These are beliefs that shape how we protect ourselves, relate to people, and respond to vulnerability.

You may notice thoughts like:

**I cannot trust people.
I have to protect myself.
People will always hurt me.
No one will stay.
If I am honest, I will be rejected.
I have to keep everyone happy.
I cannot need anyone.
Love always costs too much.
Authority is dangerous.
People only want something from me.
I am safer alone.**

Ask:

Holy Spirit, what have I believed about others because of pain from my past?

5. Write What You Notice

Take a few minutes and write honestly. Do not overthink your answers. Do not try to make them sound spiritual. Do not filter them.

This is simply a place to notice what may already be operating beneath the surface.

What do I believe about myself when I struggle?

What thoughts do I return to most often?

What feels true, even if I know it should not be true?

What do I believe about God when I am afraid, disappointed, or in pain?

What do I believe about other people when I feel hurt or vulnerable?

Are there specific words or phrases that were spoken over me that still seem to affect me?

Are there lies I may have agreed with because they helped me survive?

6. Recognize Agreements

An agreement is when we align ourselves with something that is not true.

Sometimes an agreement is conscious. We know we are believing something dark or painful.

Other times, an agreement is hidden. It becomes part of our inner script without us realizing it.

For example:

A person is rejected and begins to agree, **"I am unwanted."**

A person is abused and begins to agree, **"I am powerless."**

A person is betrayed and begins to agree, **"I will never trust again."**

A person fails and begins to agree, **"I am a failure."**

A person feels abandoned and begins to agree, **"God did not protect me."**

An agreement may begin as a reaction to pain, but over time it can become a stronghold in the mind.

The enemy loves agreements because they give lies a place to live. But Jesus exposes agreements so they can be broken and replaced with truth.

"We take every thought captive to obey Christ."

2 Corinthians 10:5

You may want to ask:

**Holy Spirit, is there a lie I have come into agreement with?
Jesus, where did this agreement begin?
Father, what truth do You want to give me instead?**

7. Notice Vows and Self-Protective Promises

Some agreements become vows.

A vow is an inner promise we make, often in pain, to protect ourselves from being hurt again.

Vows can sound like wisdom, but they often place us in control instead of surrendering that place to Jesus.

You may recognize vows like:

**I will never let anyone hurt me again.
I will never need anyone.
I will always take care of myself.
I will never be weak.
I will never speak up again.
I will never trust authority.
I will never become like my father.
I will never become like my mother.
I will never let people see the real me.
I will always stay in control.**

These vows may have been made in a moment where you were trying to survive. Jesus understands that. He is not angry at the part of you that tried to stay safe.

But what once felt like protection can eventually become a prison.

You do not need to break every vow right now. Just notice what may be there.

Ask:

Jesus, are there any promises I made in pain that You want to heal?

8. Invite Jesus to Speak Truth

Once you begin to recognize a lie, agreement, or vow, do not rush to fix it.

Bring it to Jesus.

Freedom does not come from arguing with yourself. Freedom comes from encountering the One who is Truth.

You can pray:

Jesus, I have believed things that are not true.

Some of them came from pain.

Some came from fear.

Some came from words spoken over me.

Some came from the enemy's lies.

I do not want to live under these lies anymore.

I want Your truth.

Would You speak to these places?

Would You show me what You say about me, about You, and about others?

Then pause and listen.

You may sense a Scripture.

You may hear a simple phrase.

You may see a picture.

You may feel peace.

You may remember something.

You may not sense anything immediately.

That is okay. This is preparation. Your prayer appointment will create more space to listen with others.

9. Test What You Hear

As you listen, remember the Everfree rhythm:

Ask. Trust. Test.

Ask the Holy Spirit to lead.



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Trust that God wants to speak.
Test what you sense by Scripture and the character of Jesus.

Ask:

Is what I am sensing loving?
Is it consistent with Scripture?
Is it true of Jesus?
Does it bring clarity instead of confusion?
Does it bring conviction without condemnation?
Does it draw me closer to God?
Does it lead toward healing and freedom?

God's truth may be direct, but it will not be cruel.
God's correction may be specific, but it will not be shaming.
God's voice may uncover pain, but it will always lead toward life.

10. Come Ready for Truth, Not Striving

You do not need to renew your mind by willpower alone.

Yes, Scripture calls us to take thoughts captive. Yes, we are invited to be transformed by the renewal of our minds. But inner healing prayer helps us bring the roots of those thoughts to Jesus.

This is not about trying harder to believe the right things.

It is about allowing Jesus to reveal where a lie entered, where it became familiar, and what truth He wants to establish in its place.

You are not coming to your prayer appointment to strive.

You are coming to encounter Jesus, who reveals truth with love.

"Sanctify them in the truth; Your word is truth."

John 17:17

11. A Simple Prayer Before Your Appointment

Father, I come before You as Your child.

You know my thoughts before I speak them.

You know the beliefs that have shaped me.

You know the lies I have agreed with, even when I did not realize it.

Holy Spirit, prepare my mind for prayer.

Reveal what needs to come into the light.

Show me the thoughts that are not from You.

Show me the agreements that are keeping me stuck.

Jesus, You are the way, the truth, and the life.

I invite Your truth into my mind.

I invite Your truth into my memories.

I invite Your truth into the places where lies have felt true.

I do not want to strive.

I want to receive.

I do not want to hide.

I want to be free.

Renew my mind.

Restore my identity.

Teach me to recognize Your voice.

Amen.

Final Posture

Come ready to be gentle with yourself.

The lies you have believed may have roots in real pain. The agreements you have made may have formed when you were afraid, overwhelmed, young, betrayed, or alone. Jesus is not coming to shame you for surviving. He is coming to lead you into freedom.

Bring your thoughts honestly. Bring your questions honestly. Bring your uncertainty honestly. *You are preparing your mind not by forcing yourself to think better thoughts, but by opening the door to Jesus, who is Truth.*

Come ready not to strive, but to encounter Jesus, who reveals truth.