



## Renouncing Lies and Announcing Truth

### Wounds

**Rejection:** “In the name of Jesus Christ, I renounce the lie that I am unloved and unlovable. I renounce the lie that I am not wanted, not desired and not good enough. In Jesus name, I announce the Truth that by virtue of my baptism I am a beloved son / daughter of the Father. I announce the truth that he loves me so much that Jesus gave his life for me, and that there is no greater love possible (Jn. 15). I announce the truth that the Love of God has been poured out into my heart through the Holy Spirit. I announce the truth that I am loved and valued, wanted and desired, and that I am precious in the Father’s eyes.”

**Abandonment:** “In the name of Jesus Christ, I renounce the lie that I am alone, that no one understands me or cares for me. I renounce the lie that I am unprotected, and that God has abandoned me.” In Jesus name, I announce the Truth that Jesus himself promised me, ‘I will never leave you nor forsake you’ (Heb. 13:5); ‘I will be with you always till the end of time’ (Mt. 28). I announce the Truth that I am connected and understood and deeply cared for. I announce the Truth in Holy Communion I am united with Christ and the Communion of Saints. They are always with me, so I am never alone.”

**Fear:** “In the name of Jesus Christ, I renounce the lie that if I trust I will be hurt, disappointed or die. In the name of Jesus I renounce all fear, anxiety, mistrust and distrust. I renounce the lie that I am not safe and not protected. And I announce the Truth that God is my rock, my fortress, my deliverer and my protector (see Psalms 23, 27, 91). I announce the Truth that God’s perfect love casts out all fear (1 Jn. 4:18). I announce the Truth that I am safe and secure.”

**Shame:** “In the name of Jesus Christ, I renounce the lie that I am bad, dirty, ugly, stupid, worthless, perverted... And in Jesus name, I announce the Truth that Jesus died for my sins and that I am forgiven, washed, cleansed, justified and accepted (see 1 Co. 6). I announce the Truth that Jesus did not come to condemn me but to save me (John 3:17-21; Romans 8:1; John 8:10-11). I announce the Truth that in the Sacrament of Reconciliation, I am forgiven and set free. I announce the truth that I am pure and worthy, not because of what I have done, but because of what Jesus has done for me.”

**Powerlessness:** “In the name of Jesus Christ, I renounce the lie that I am powerless, weak, unable to change, not capable; that I am stuck, trapped, that I don’t know what to do”. In Jesus name, I announce the Truth that Jesus promised that his grace is perfected in my weakness, so that when I am weak, then I am strong. (2 Co. 12:8-10). I announce the Truth, that “I can do all things through Christ who strengthens me” (Philippians 4:13). I announce the Truth that “Where the Holy Spirit is there is freedom. (2 Co. 3:17). Therefore I accept the truth that I am empowered by Christ and liberated by the Holy Spirit. I announce the Truth that through Confirmation, I am anointed with the power of the Holy Spirit, who lives and dwells in me.”

**Hopelessness:** “In the name of Jesus Christ, I renounce the lie that nothing ever changes and I will never have what I want. I renounce the lie that my life is meaningless and that I have nothing to live for. In Jesus name, I announce the Truth that my hope is steadfast in Christ, and that He makes all things new (Jn. 21:5). I announce the Truth that because my hope is in Christ and I will not be disappointed (Ro. 5:5); I announce the truth that ‘I am being transformed from glory to glory into the image of Christ’ (2 Co. 3:18); and that God is at work in me, and what he begins he will bring to completion (Php. 1:6). Therefore I am filled with hope in the good things to come.”

**Confusion:** “In the name of Jesus Christ, I renounce the lie that everything is confusing, that I don’t understand anything and that it is up to me to figure things out on my own. In Jesus name, I announce the truth that I have the mind of Christ (1 Co. 2:16) and that the Holy Spirit reveals whatever I need to know when I need to know it (1 Co. 1:7). I announce the truth that the Lord gives wisdom and understanding to anyone who asks (Jas. 1: 5). I announce the Truth that God has given His Church to lead me into all Truth. I announce the Truth that I have understanding and enlightenment from the Lord.”

## Sins

**Pride:** “In the name of Jesus Christ, I renounce the sin of pride and any idolatry of myself. I renounce self-righteousness, self-deception, and self-promotion. I ask for your forgiveness Lord, and I choose instead to humble myself before you.”

**Envy:** “In the name of Jesus Christ, I renounce the sin of envy, and any idolatry of position or status. I renounce coveting what anyone else has and bringing them down. I ask for your forgiveness Lord, and I choose instead contentment and kindness toward my neighbors.”

**Anger:** “In the name of Jesus Christ, I renounce the sin of anger, and any idolatry of power, control or justice. I renounce all bitterness, judgments, and retaliation. I ask for your forgiveness Lord, and I choose instead the virtue of patience and long-suffering, to bless those who hurt me.”

**Lust:** “In the name of Jesus Christ, I renounce the sin of Lust, and any idolatry of sex or relationships. I renounce all immorality, fornication, adultery, pornography...I ask for your forgiveness Lord, and I choose instead the virtue of chastity and to see everyone in purity.”

**Gluttony:** “In the name of Jesus Christ, I renounce the sin of Gluttony, and any idolatry of food, drink or drugs. I renounce all self-indulgence and false comfort through what I take into my body. I ask your forgiveness Lord, and I choose instead temperance and fasting to combat self-indulgence.”

**Greed:** “In the name of Jesus Christ, I renounce the sin of Greed, and any idolatry of security, wealth or money. I renounce all sins of hoarding, stealing, or using people to get ahead. I ask your forgiveness Lord, and I choose instead generosity and trusting you for my provision.”

**Sloth:** “In the name of Jesus Christ, I renounce the sin of Sloth, and my idolatry of ease and false comfort. I renounce laziness or giving up when things get difficult. I ask for your forgiveness Lord, and I choose diligence and perseverance.”