



WOMEN OF WITNESS

TIPS TO BETTER YOURSELF

The Lie That Keeps Whispering

By Jennie Allen

“We demolish arguments and every pretension that sets itself up against the knowledge of God ...” 2 Corinthians 10:5 (NIV)

There’s something powerful about naming things.

When pain stays vague, it feels overwhelming. But when it’s named, it becomes something you can face. The same is true with lies.

Most of us don’t wake up one day and decide to believe something untrue about ourselves. It happens slowly. Quietly. Almost invisibly. A thought repeats itself long enough that it starts to feel like a fact. Like reality. Like this is just who I am.

Lies don’t usually shout. They whisper.

They show up when you’re tired. Or anxious. Or afraid. And before you realize it, they begin shaping how you see yourself, how you relate to others, and even how you approach God. They influence your choices, your habits, and the things you never say out loud.

I’ve noticed that there are three core lies we often believe:

1. I am helpless.
2. I am worthless.
3. I am unlovable.

Different stories. Different wounds. But often the same root.

Helplessness says, “Nothing will ever change, so why try?”

Worthlessness says, “You don’t matter anyway.”

Unlovableness says, “If people really knew you, they wouldn’t stay.”

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You might recognize one of these lies immediately. You might feel pieces of more than one. Or you might not be sure yet — and that's OK.

Here's the good news: Lies lose their grip when they're pulled into the light. Not because they disappear instantly but because they no longer get to operate unseen.

Naming the lie doesn't mean you'll never hear it again. You may still recognize its voice. You may still feel its pull. But now you know what you're dealing with. You're no longer fighting a mystery. You're facing something real — and God's Truth can meet you there.

This is where daily practice matters: how you speak to yourself, who you invite into your story, whether you isolate or connect, whether you numb or stay present.

Small choices, repeated over time, can form a new rhythm. A new posture. A new way of walking in the light. Truth isn't just something you believe. It's something you practice. That's what today's key verse invites us to do: "We demolish arguments and every pretension that sets itself up against the knowledge of God ..." (2 Corinthians 10:5). We do this not by ignoring the lies but by bringing them into the presence of God and measuring them against what He says is true.

You're not behind. You're not failing. You're right where light begins to work. So today, instead of rushing to fix yourself, pause and ask: What belief shows up when I'm tired, anxious, or afraid?

Prayer: God, show me the lie I've been living under. Give me the courage to name it and bring it into Your light. Replace what is false with what is true, and help me walk in freedom today. In Jesus' Name, Amen.

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