Start with one of these choices.. (Your choice.)

Ask Father God the question, " Father God, are there any lies I'm believing about You?" Ask The Holy Spirit, "Holy Spirit, are there any lies I'm believing about You?" Ask Jesus, "Jesus, are there any lies I'm believing about You?"

Don't try and work it out for yourself, just ask the question and listen to the answer. You might think, " I can never hear from God." That's a lie by the way He will probably say, " Yes," as we mostly all have them.

Ask Him what the lie is, write down what He says.

Lies we believe about the Father flag up unhealed wounds we have with our dads or dad figures.

Lies about the Holy Spirit are about unhealed mother wounds or wounds with mother figures or teachers.

Lies about Jesus show we have unhealed wounds with our siblings or friends.

For example, Father God might say that you think He is distant, harsh, judgemental and nothing you can do is ever good enough for Him.

Next in this case, is to forgive your earthly father or father figure specifically for these things so you would say,

"I forgive you dad for being distant.

I forgive you dad for being harsh.

I forgive you dad for being judgemental.

I forgive you dad for making me feel that whatever I did was never good enough for you."

It doesn't matter one bit if you're still angry about it and you say it through gritted teeth.

Un-forgiveness is flagged up when you can't say it at all.

Next step is to renounce the lies, so using this example you would say ...

"Father God, I renounce the lie that you are distant. Father God, I renounce the lie that you are harsh. Father God, I renounce the lie that you are judgemental. Father God, I renounce the lie that nothing I do is ever good enough for you."

Then say, "Father God, what is the truth?"

And listen to the answer, (don't try to work the answer out.) The healing comes with the Word from the Godhead when He speaks it over you and of course He always knows exactly what to say to heal you.

If the thought is liberating to you then you heard correctly.

Write the answer down and re read it once daily for 30 days. Lots of people don't do this step but it can be important to re set the old mind set and apparently it takes 30 days to change a habitual thought.

So, in case this isn't clear, any lies we believe about the Holy Spirit mean we need to forgive our mums or teachers and renounce the lies that The Holy Spirit is like these lies. Then ask the Holy Spirit what the truth is and write it down.

Any lies we believe about Jesus mean we need to forgive our siblings or friends and renounce the lies that Jesus is anything like these lies. Then ask Jesus what the truth is and write it down.

Tear up the lies.

An optional but utterly lovely thing to do, is to ask,

"Father God, what do you think about me?"

" Jesus, what do you think about me?"

"Holy Spirit, what do you think about me?"

Write down the answers, soak them up and read daily for 30 days.

Enjoy!