



# Truth Encounter Journal – Worksheet

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## Theme: Addiction

### 1. Identified Lie or False Belief

"I will never change. My addiction defines me."

### 2. Root Issue (check what applies)

Desire for control and comfort through substance use

Fear of failure and rejection

Trapped in an identity of behavior ("I am an addict, I am an alcoholic")

### 3. Biblical Truth to Confront the Lie

"Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come." — 2 Corinthians 5:17

"For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery." — Galatians 5:1

### 4. Truth-Based Affirmation (write your own)

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### 5. Practical Steps of Renewal (check and practice)

Memorize 2 Corinthians 5:17 and recite it during temptation

Journal daily victories and moments of surrender to Christ

Share this truth with a trusted accountability partner

Replace addictive routines with spiritual disciplines

### 6. Prayer of Surrender and Renewal (write or pray aloud)

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### 7. Reflection Notes

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## Theme: Shame

### 1. Identified Lie or False Belief

- "I am too broken and dirty for God to love me. My past disqualifies me."

### 2. Root Issue (check what applies)

- Seeking worth through perfection or performance
- Believing identity is shaped by failure rather than redemption
- Idolizing others' approval over God's grace

### 3. Biblical Truth to Confront the Lie

- "There is therefore now no condemnation for those who are in Christ Jesus." — Romans 8:1
- "As far as the east is from the west, so far does he remove our transgressions from us." — Psalm 103:12
- "Those who look to him are radiant, and their faces shall never be ashamed." — Psalm 34:5

### 4. Truth-Based Affirmation (write your own)

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### 5. Practical Steps of Renewal (check and practice)

- Write a letter to God expressing the shame you've carried, then symbolically release it
- Meditate on Psalm 34:5 each morning and visualize your face lifted in His light
- Replace self-condemning thoughts with Scripture-based affirmations
- Share with someone the reason for the hope you have (1 Peter 3:15)

### 6. Prayer of Surrender and Renewal (write or pray aloud)

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### 7. Reflection Notes

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# Theme: Fear

## Purpose of the Journal

- Identify and confront fear-based lies
- Replace them with biblical truth
- Reflect on God's promises and character
- Build spiritual resilience through journaling and prayer

### 1. Opening Reflection

Prompt: "What fears are currently shaping my thoughts, decisions, or relationships?"

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### 2. Lie vs. Truth Encounter

Fear-Based Lie	Biblical Truth	Scripture Reference
"I'm not safe."	God is my refuge	Psalm 46:1
"I'll fail again."	God strengthens me	Philippians 4:13
"I'm alone."	God will never leave me	Hebrews 13:5

Write your own:

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### 3. Truth Meditation Pages

- Write out full verses
- Sketch visual metaphors
- Reflect on how the truth applies today

### 4. Journal Prompts for Fear

- "If I weren't afraid, I would..."
- "Describe a time you faced fear and overcame it. What did you learn?"
- "What does being 'fearless' mean to you in light of God's promises?"
- "What fear is holding you back from living fully in Christ?"

### 5. Prayer & Praise Section

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**6. Weekly Truth Review**

Prompt: "Which truth has anchored me most this week?"

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