

Breaking Agreement With Lies

And How to Renew Your Mind

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What Have You Agreed To?

Have you ever caught yourself thinking, “I’m not enough,” and realized you’ve believed that for years — maybe your whole life? Or noticed that certain thoughts about yourself feel less like thoughts and more like facts, even when you know, deep down, they can’t be true?

Those thoughts aren’t random either. They’re agreements — places where a lie was spoken over you, or into you, and you said yes to it without realizing what you were doing. Over time, agreement is what gives a lie its power. And agreement is exactly what can be broken.

“We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.” — 2 Corinthians 10:5

Step One: Notice the Lie You Keep Repeating

Every one of us carries a sentence or two we say about ourselves on repeat. Common ones include:

- “I’m not enough.”
- “I’ll always be alone.”
- “I’m broken.”
- “I have to earn love.”
- “If people really knew me, they wouldn’t stay.”

Don’t judge yourself for having believed it. Just notice it. Ask the Holy Spirit, “What lie have I agreed with?” He is faithful to show you (John 16:13).

Step Two: Trace Where the Agreement Began

Lies rarely arrive out of nowhere. A comment someone made. A rejection. A failure you never fully recovered from. A moment you decided, “That’s just how it is for me.”

“Above all else, guard your heart, for everything you do flows from it.” — Proverbs 4:23

You don’t have to relive the moment in detail. Just recognize that a moment exists — a place where you first said yes to something that was never true.

Step Three: Recognize the Fruit of the Agreement

A lie you’ve agreed with doesn’t stay quiet — it shapes how you live. Ask yourself:

- Where do I hold back because I already “know” how it will go?
- Where do I perform, please, or overfunction to compensate?
- Where do I withdraw before anyone has the chance to reject me?
- Where do I sabotage something good because part of me doesn’t believe I deserve it?

These aren’t character flaws. They’re fruit — and fruit always points back to a root. Jesus isn’t afraid of that root, whatever it is.

Step Four: Renounce the Agreement

This is the part people are tempted to skip — but silently deciding a thought isn’t true is not the same as breaking agreement with it out loud. Speak it plainly:

“Lord, I see that I agreed with the lie that I am _____. I renounce that agreement, and I break it in Jesus’ name.”

Say it out loud, not just in your head. There is something about speaking it that closes the door you opened by speaking the lie over yourself in the first place.

Step Five: Replace the Lie With Truth

A broken agreement leaves an empty space — and that space needs to be filled, or the old lie will quietly move back in. This is where renewing your mind comes in.

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.” — Romans 12:2

Ask the Lord, “What is the truth You want me to know instead?” Find the scripture that speaks directly against that lie, and return to it — not once, but again and again, until it becomes the thing you reach for automatically instead of the old agreement.

A Word of Encouragement

You didn’t choose the lie the first time. It was spoken over you, or into you, before you had the discernment to question it. But you get to choose now.

Every lie you’ve agreed with can be un-agreed with. God is not surprised by what you’ve believed about yourself, and He’s not put off by it. He came, walked through every kind of suffering, and rose again so that no lie — not shame, not fear, not a pattern formed in pain — would have the final word over your life.

“So if the Son sets you free, you will be free indeed.” — John 8:36

That freedom isn’t just a future promise — it’s available today, one broken agreement at a time.

Consider keeping a simple journal: What lie did I notice today? Where did it begin? What fruit has it produced in my life? What truth is God replacing it with?