

A monastic handbook for combatting demons.

From John Mark Comer, *Live No Lies*, 259-262.

Box 1: write out an obsessive thought that keeps coming to mind, a lie that you just can't shake, a toxic feeling (like shame or worry), or a sensation in your body.

What's the thought, feeling and/or sensation?

example: I'm worried about losing my job and not being able to make my car payment.

Box 2: See if you can identify the lie behind the thought, feeling or sensation. Identifying the lie can help expose areas of misplaced trust or attachment.

What's the lie beneath the thoughts, feeling, and/or sensation that reveals your attachment?

example: My safety and my security are in my job; owning new nicer things will make me happy.

Box 3: Write out a word from Scripture and/or a word that God's Spirit speaks to your heart that counters the lie. Ask God to help you to know this truth (with head and heart) and live it out.

What's the truth?

example: Heb 13:5 - "Keep your lives free from the love of money and be content with what you have, because God has said, 'Never will I leave you or forsake you.'"