

Truth Over Lies Journal

Silence the enemy with the Word of God

Written by Latasha Milton

A free faith resource from Heavenly Host Creations



Welcome to the Truth Over Lies Journal

You Don't Have to Believe the Lies Anymore.

Have you ever noticed how loud the enemy's voice can feel? He whispers words of doubt, shame, and fear — hoping you'll forget who you are and whose you are. He says you're not enough, too broken, too late, too far gone. But those words are not truth... and they were never meant to define you. This journal is your space to pause, breathe, and remember what God actually says about you.

Each page will help you:

- ✨ Recognize the lie that's been holding you hostage.
- 🌿 Replace it with God's unshakable truth.
- 🌟 Respond in faith and freedom, knowing your worth is rooted in His Word.

As you write, you'll begin to feel the shift — from heaviness to hope, from confusion to clarity, from lies to lasting truth. This is your sacred space to lay it all down and let God rebuild your confidence from the inside out. Because you are not what the enemy says. You are loved. You are chosen. You are still worthy.

💖 Scripture to Begin:

"Then you will know the truth, and the truth will set you free."
— John 8:32

How to Use This Journal

Let truth do the work of healing.

This journal is designed to help you **replace the enemy's lies with God's truth** — one page, one prayer, one promise at a time. You don't have to rush through it. Each section is meant to be a moment of reflection and restoration — a sacred space where honesty meets grace.

Here's how to get started:

Recognize the Lie

Start by naming the words or thoughts that have been weighing on your heart. Maybe it's a fear that says, "I'll never be enough," or a whisper that says, "It's too late for me." Write it down — not to give it power, but to bring it into the light. Lies lose their strength when they're no longer hidden.

Replace It with God's Truth

Now, search Scripture for what God actually says. You'll find examples throughout this journal, but you can also explore verses that speak directly to your season. When you write His Word over your fears, you begin to build a foundation that can't be shaken.

Example:

The enemy says, "You'll never measure up."

God says, "My grace is sufficient for you." — 2 Corinthians 12:9

Let His Word speak louder than every doubt.

Respond in Faith

Turn that truth into a declaration of faith. Write a sentence, prayer, or affirmation that aligns your heart with God's promise.

Example:

"I may feel weak, but His strength is made perfect in me."

As you write, pray over what you've declared.

Ask God to help you believe His words more than the lies that once held you captive.

How to Use This Journal

Reflect and Revisit

Come back to these pages often. Truth is not just a one-time revelation — it's a daily renewal.

Each time you open this journal, you're strengthening your faith muscles, quieting fear, and rewriting the narrative the enemy tried to write for you.

Remember This

- *You are not too broken.*
- *You are not behind.*
- *You are not forgotten.*
- *You are loved, chosen, and being renewed — one truth at a time.*

Let this journal be your daily reminder that God's Word is stronger than any lie you'll ever face.

Truth Over Lies Journal -Day 1

THE ENEMY SAYS:

"You're too broken to be used."

GOD SAYS:

"He *makes beauty from ashes.*" — Isaiah 61:3

REFLECTION PROMPT:

- Take a moment to breathe and be honest about where you feel broken.
- What moments, words, or experiences made you believe that you've gone too far or failed too deeply to be used by God?

TRUTH TO REPLACE THE LIE:

- Write the truth that God's Word speaks over your life in this area.
- What verse, promise, or reminder do you want to hold onto instead?

MY FAITH DECLARATION:

- Turn that truth into a statement of faith and confidence.
- Example: "I may have cracks, but God's glory shines through them."

PRAYER WHISPER:

"Lord, remind me that my brokenness is not the end of my story. You turn ashes into beauty and weakness into witness. Use me for Your glory — even in the places that once hurt the most."

Truth that spoke to me today.....





A series of horizontal dashed lines for writing, spanning the width of the page. The lines are evenly spaced and provide a guide for letter height and placement.



A series of horizontal dashed lines for writing, arranged in a single column across the page.

Truth Over Lies Journal -Day 2

THE ENEMY SAYS:

"You'll never measure up."

GOD SAYS:

"My grace is sufficient for you, for My power is made perfect in weakness."
— 2 Corinthians 12:9

REFLECTION PROMPT:

- Where have you felt "not enough"?
 - Write about the moments, expectations, or comparisons that have made you question your worth or abilities.
 - What have those thoughts stolen from you — peace, joy, confidence?
-
-
-

TRUTH TO REPLACE THE LIE:

- What does God's grace mean to you personally?
 - How does it remind you that you don't have to earn His love or approval?
 - Write the truth that you will choose to believe instead.
-
-
-

MY FAITH DECLARATION:

- Turn this truth into a declaration you can speak aloud.
 - Example: "God's grace covers what I cannot. I am enough because He is with me."
-
-
-

PRAYER WHISPER:

"Lord, thank You for loving me beyond my weaknesses. When I fall short, Your grace lifts me up.
Teach me to rest in who You've made me to be, not in who the world says I should be."

Today I choose grace over comparison...



A series of horizontal dashed lines for writing, spanning the width of the page. There are 15 lines in total, providing ample space for a journal entry.





A series of horizontal dashed lines for writing, arranged in a single column across the page.

Truth Over Lies Journal -Day 3

THE ENEMY SAYS:

"You're alone in this.

GOD SAYS:

"The Lord Himself goes before you and will be with you; He will never leave you nor forsake you."

— Deuteronomy 31:8

REFLECTION PROMPT:

- Think about a moment when you felt forgotten, abandoned, or like no one understood what you were carrying.
- What did that season teach you about isolation — and what do you wish someone had reminded you of then?
- Let your heart be honest here.

TRUTH TO REPLACE THE LIE:

- Write out what God's Word says about His presence in your life.
- What does it mean that He goes before you and with you?
- How does this truth change the way you see your current season?

MY FAITH DECLARATION:

- Turn your reflection into a faith statement.
- Example: "Even when I can't feel it, God is with me. His presence surrounds me and steadies my heart."

PRAYER WHISPER:

"Lord, thank You that I am never alone. When my heart feels heavy and the silence feels long, remind me that You are near. You go before me, You walk beside me, and You hold me steady in every step."

Moments I've seen God's presence even in my loneliness...



A series of horizontal dashed lines for writing, spanning the width of the page. The lines are evenly spaced and provide a guide for handwriting practice.



Handwriting practice lines consisting of multiple sets of three horizontal dashed lines.



Truth Over Lies Journal -Day 4

THE ENEMY SAYS:

"It's too late for you."

GOD SAYS:

"See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland." -- Isaiah 43:19

REFLECTION PROMPT:

- When have you felt like your chance passed you by — like the dream, the calling, or the relationship you hoped for is gone for good?
- Write about what "too late" has looked like in your life and how it has shaped your faith or fear.

TRUTH TO REPLACE THE LIE:

- God's timeline is never delayed — it's divine.
- What "new thing" might He be trying to grow in you or around you right now?
- Write what His Word reminds you about waiting, renewal, and purpose.

MY FAITH DECLARATION:

- Turn your truth into a statement of hope and trust.
- Example: "I'm not behind — I'm right where God needs me to be. His plan is unfolding even in the waiting."

PRAYER WHISPER:

"Lord, thank You that it's never too late for Your goodness. Where I've seen dead ends, You see beginnings. Teach me to recognize the new things You're growing in me and give me faith to move forward in Your timing."

New beginnings I see God stirring in my life...



A series of horizontal dashed lines spanning the width of the page, providing a guide for handwriting. The lines are evenly spaced and extend across most of the page, leaving small margins at the top and bottom.



A series of horizontal dashed lines for writing, arranged in a single column across the page.



A series of horizontal dashed lines for writing, arranged in groups of three across the page.

Truth Over Lies Journal -Day 5

THE ENEMY SAYS:

"Your dreams are dead.

GOD SAYS:

"Then Jesus called in a loud voice, 'Lazarus, come forth!' The man who had died came out."

— John 11:43-44

REFLECTION PROMPT:

- What dream, hope, or part of your purpose feels buried right now?
- Was it something you gave up on because of fear, failure, or timing?
- Write about the things you once prayed for that now feel out of reach — and how that loss has affected your heart.

TRUTH TO REPLACE THE LIE:

- God specializes in resurrection — not just of bodies, but of dreams, desires, and destinies.
- What might He be inviting you to "come forth" from in this season?
- Write the truth or Scripture that reminds you your story isn't over.

MY FAITH DECLARATION:

- Turn your reflection into a declaration of hope and renewal.
- Example: "God, breathe life into every dream I thought was over.
- What You started in me, You will finish."

PRAYER WHISPER:

"Lord, I give You the places that feel lifeless and forgotten. Call forth the dreams You planted in me and help me believe again. Let what was buried rise in Your timing and for Your glory."

Dreams I'm asking God to revive...



Handwriting practice lines consisting of horizontal dashed lines for text entry.



A series of horizontal dashed lines for writing, arranged in a single column across the page.



Truth Over Lies Journal -Day 6

THE ENEMY SAYS:.....“You have no purpose.

GOD SAYS:

“For I know the plans I have for you,” declares the Lord, plans to prosper you and not to harm you, plans to give you a hope and a future.” – Jeremiah 29:11

REFLECTION PROMPT:

- When have you questioned your purpose?
- Write about moments when life felt uncertain, meaningless, or out of alignment – when you wondered if God had forgotten your story.
- What voices or experiences made you doubt your value or direction?

TRUTH TO REPLACE THE LIE:

- God’s plan for you never expired – it’s evolving.
- Write the truth or verse that reminds you your life still has divine meaning, even in seasons that feel unclear.
- What part of His promise do you need to cling to today?

MY FAITH DECLARATION:

- Example: “Even when I can’t see the plan, I trust the Planner.
- God’s purpose for my life is unfolding in every step I take.”
- Now write your own statement of belief.

PRAYER WHISPER:

“Lord, thank You that You created me on purpose, for purpose. When I can’t see where You’re leading, help me to walk in trust. Remind me that every part of my story matters in Your hands.”

Areas where I want to rediscover God's purpose for my life...



A series of horizontal dashed lines for writing, spanning the width of the page. The lines are evenly spaced and provide a guide for handwriting.



Handwriting practice lines consisting of multiple sets of three horizontal dashed lines.



A series of horizontal dashed lines for writing, arranged in a single column across the page.

Truth Over Lies Journal -Day 7

THE ENEMY SAYS.....“You’re not enough.”

GOD SAYS:

“I can do all things through Christ who strengthens me.” — Philippians 4:13

REFLECTION PROMPT:

- When have you felt like you didn’t measure up — as a woman, mother, friend, leader, or believer?
- What situations have made you feel inadequate or unqualified?
- Write about how those feelings have shaped your confidence and how you’ve seen God meet you in your weakness.

TRUTH TO REPLACE THE LIE:

- God never asked you to be enough on your own — He asked you to be available.
- Write the truth that reminds you that His strength fills every gap, every flaw, and every failure.
- What does it look like to lean on His power instead of your own?

MY FAITH DECLARATION:

- Example: “In my weakness, His power is made perfect.
- I may not have it all together, but I have Christ — and that’s more than enough.”
- Now write your own truth statement:

PRAYER WHISPER:

“Lord, when I feel small or unworthy, remind me that Your strength is my source. Fill every empty space with Your grace. Let me rest in the truth that You are enough — and that makes me enough too.”

Moments I've seen God make up the difference in my life....



A series of horizontal dashed lines for writing, spanning the width of the page. The lines are evenly spaced and provide a guide for handwriting.





A series of horizontal dashed lines for writing, arranged in a single column across the page.

Truth Over Lies Journal -Day 8

THE ENEMY SAYS:.....“You’re too far gone.”

GOD SAYS:

“I am convinced that nothing can ever separate us from God’s love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow— not even the powers of hell can separate us from God’s love.” — Romans 8:38–39

REFLECTION PROMPT:

- Have you ever felt like your mistakes, past, or pain placed you beyond God’s reach?
- Write about the moments you’ve struggled to believe you could still be loved or forgiven.
- What do those moments reveal about what you’ve believed about grace?

TRUTH TO REPLACE THE LIE:

- Nothing can separate you from His love — not your past, not your pain, not your failures.
- Write the truth or scripture that reminds you that redemption isn’t earned — it’s given.
- How can you let His love reach the parts of your heart that still carry shame?

MY FAITH DECLARATION:

- Example: “God’s love has no limits and no conditions.
- I am forgiven, chosen, and fully restored by His grace.”
- Now write your own declaration of belonging and renewal.

PRAYER WHISPER:

“Lord, thank You for meeting me in the places I thought were too far gone. Your love reaches deeper than my failures and stronger than my fears. Help me rest in the truth that nothing — nothing — can separate me from You.

Ways I've seen God's love pull me closer again...



A series of horizontal dashed lines for writing, spanning the width of the page.



A series of horizontal dashed lines for writing, arranged in a single column across the page.



Handwriting practice lines consisting of multiple sets of three horizontal dashed lines.

Truth Over Lies Journal -Day 9

THE ENEMY SAYS.....“You’ve failed too many times. God’s done with you.

GOD SAYS:

“The steadfast love of the Lord never ceases; His mercies never come to an end; they are new every morning; great is Your faithfulness.” — Lamentations 3:22–23

REFLECTION PROMPT:

- Think about a time when you felt like you’d run out of chances — when guilt, regret, or disappointment made you believe God was finished with you.
 - How did God’s mercy meet you in that moment?
 - What would it look like to start living like you truly believe God’s compassion never runs out?
-
-
-

TRUTH TO REPLACE THE LIE:

- You have not fallen too far or failed too much for God’s grace.
 - His love doesn’t expire when you make mistakes — it expands to meet you there.
 - You don’t have to earn God’s forgiveness; you just have to receive it.
 - Grace meets you in the very place guilt tried to bury you.
-
-
-

MY FAITH DECLARATION:

- “Every day, God gives me a fresh start.
 - I am not defined by what I’ve done but by who He is — faithful, forgiving, and full of grace.
 - His mercy meets me in my weakness and turns my failures into testimonies of His love.”
-
-
-

PRAYER WHISPER:

“Lord, thank You for loving me through every mistake and moment of weakness. Your mercy finds me even when I’ve lost my way. Teach me to walk in the freedom of forgiveness, to wake each morning knowing You’ve already written grace over my yesterday. Great is Your faithfulness — even to me.”

How does knowing His mercy is new every morning change the way you view your mistakes?



A series of horizontal dashed lines for writing, spanning the width of the page. The lines are evenly spaced and provide a guide for handwriting practice.



A series of horizontal dashed lines for writing, arranged in a single column across the page.



A series of horizontal dashed lines for writing, spanning the width of the page.

Truth Over Lies Journal-Day 10

THE ENEMY SAYS.....“You’re too broken for God to care.

God says.....“*The Lord is close to the brokenhearted and saves those who are crushed in spirit.*” – Psalm 34:18

REFLECTION PROMPT:

- Think about a time when heartbreak or disappointment made you feel unseen or alone.
- What did that season reveal about your need for God’s presence?
- Can you remember a moment when His comfort found you — not after you were healed, but in the middle of the hurt?
- Write about what it means to know that God doesn’t wait for your heart to be whole before He draws near.

TRUTH TO REPLACE THE LIE:

- You are not abandoned in your pain.
- God is not distant or disappointed — He is present and tender with those who are hurting.
- Even when you can’t feel Him, He is holding every shattered piece with care and compassion.
- Your brokenness is not the end of your story; it’s where His love begins to rebuild.

MY FAITH DECLARATION:

“Even when my heart feels heavy, I know God is near. His presence is my comfort, His love is my healing, and His faithfulness will write hope into my story again.”

PRAYER WHISPER:

“Lord, thank You for staying close when my heart is broken. When I feel crushed by the weight of disappointment, remind me that You’re still holding me. Help me rest in Your presence and trust that You are healing what I cannot see. Turn my pain into peace and my sorrow into strength. Amen.”

**What pieces of your heart do you still need to hand over to God for healing?
Write a few words or a prayer inviting God to meet you where it still hurts.**

Handwriting practice lines consisting of 18 horizontal dashed lines for writing.





A series of horizontal dashed lines for writing, arranged in a single column across the page.



A series of horizontal dashed lines for writing, spanning the width of the page.

Standing in Truth

REFLECTION PROMPT:

- “Which lie has held you the longest, and what truth finally broke it?”
- Take a quiet moment to look back over the pages you’ve filled.
- What words once weighed you down?
- What truth from God’s Word set your heart free?
- Write honestly and let gratitude flow as you recognize how far you’ve come.

JOURNAL REFLECTION:

- How does your life feel different now that you’re walking in truth?
- What will you do moving forward to keep that truth alive in your heart?

CLOSING PRAYER:

“Lord, thank You that Your truth is louder than every lie. Teach me to rest in who You’ve called me to be. I choose faith over fear, truth over lies, and grace over guilt. In Jesus’ name, Amen.”



A series of horizontal dashed lines spanning the width of the page, intended for writing practice.





A series of horizontal dashed lines for writing, arranged in a single column across the page.



A series of horizontal dashed lines for writing, arranged in a single column across the page.





Handwriting practice lines consisting of multiple sets of three horizontal dashed lines.



Handwriting practice lines consisting of 15 horizontal dashed lines.



A series of horizontal dashed lines for writing, arranged in a single column across the page.



A series of horizontal dashed lines for writing, arranged in a single column across the page.



Handwriting practice lines consisting of multiple sets of three horizontal dashed lines.



A series of horizontal dashed lines for writing, arranged in a single column across the page.

Speak Truth Over Yourself Daily

Daily Truth Affirmations

Speak life. Speak light. Speak truth. When the enemy speaks lies, respond with faith. Let these affirmations become your daily reminders that you are loved, chosen, and never forgotten. Say them out loud. Write them in your journal. Speak them until your heart believes them.

10 Truth-Filled Affirmations

- 🌟 I am loved by God — fully, freely, and forever.
- 🌿 I am not what I've been through; I am who God says I am.
- 🕊️ I am still worthy, even in my becoming.
- ❤️ I am not too late — God's timing is perfect for me.
- 🌸 I am strong because His power lives in me.
- 🔥 I am walking in purpose, not perfection.
- 🌅 I am forgiven and free — grace has the final word.
- 💎 I am being refined, not rejected.
- 🌺 I am surrounded by love; I am never alone.
- ✨ I am proof that God restores broken things beautifully.

Encouragement to Close:

“Life and death are in the power of the tongue.” — Proverbs 18:21
Speak these truths daily and watch your heart shift from fear to faith,
from doubt to confidence,
from lies to light.

Keep Walking in Truth

Encouragement Section:

You've done something powerful — you've chosen truth over lies, faith over fear, and grace over guilt. But this isn't the end of your story. It's the beginning of a new chapter where God's promises keep unfolding in your life. If this journal has encouraged your heart, don't stop here. Keep growing in faith and confidence with our other devotionals and journals designed to help you heal, dream, and live boldly in who God created you to be.

You were never meant to walk alone — your journey continues here:
heavenlyhostcreations.org

Continue Your Journey:

📖 Still Worthy — a 30-day devotional to help you rebuild confidence and rediscover your identity in Christ.

🌸 Dream Again: Letters From God's Heart to Yours

🌿 Download More Free Resources

Discover affirmations, devotionals, and journaling printables that keep your faith nourished.

📱 Scan Below:

Use the QR code below to stay connected and receive your free resources straight to your inbox.



Stay Connected:

Follow along for daily encouragement, new releases, and words that speak life over your heart.

Instagram: @HeavenlyHostCreations

TikTok: @HeavenlyHostCreations

Website: heavenlyhostcreations.org

Closing Encouragement:

“The truth you choose to walk in today becomes the peace you'll carry into tomorrow.