

## Three Keys for Meaningful Change

### **L**ies must be identified

These are beliefs that have been born out of adversity and trauma i.e. you are no good, you deserve to be hurt, it's all your fault etc. Like a ball and chain they keep you shackled unable to move forward with ease.

### **T**ruth must be received and believed

The strength of a lie can only be broken by the power of the truth.  
John 8:32 Then you will know the truth, and the truth will set you free

### **A**ction must be taken in order to affect desired change

Truth by itself is not enough to bring about change! There must be intentional action that implements the truth that has been received