

## BLAZING LIES

We dare you to take a {little quiz}  
that will wake you up!

**From the time she was in junior high**, when her parents divorced, our friend Erin Davis struggled with panic attacks. They came mostly at night and were spurred on by horrific nightmares. When she awoke, she could barely breathe and had to rely on someone to calm her. As a result, she could never sleep alone. She went to college and married her high school sweetheart, a fantastic youth pastor, but she was still plagued by panic and fear.

Several summers ago, she finally asked some friends to pray with her about what might be causing these recurring, sudden bouts of paralyzing fear. The friends asked what kinds of thoughts ran through her mind during her panic attacks. As Erin shared what she felt during those times, it became obvious that her panic attacks were reactions to thoughts and underlying beliefs that simply *weren't true*. Her feelings were very real, but they were based on some pretty serious—and destructive—*lies*. Lies like:

- LIE #1:** Everyone leaves.
- LIE #2:** I have to take care of myself.
- LIE #3:** I can't wear my heart on my sleeve or it'll be crushed.

It was easy for Erin's friends to see that these statements were contrary to God's Truth, but *she* needed to see it. As they prayed together, her friends asked her to consider what God would say to her about those things. Here's what she concluded.