

F

acts

A current challenge that you tangibly experience as a physical reality (Ex; You can see, hear, smell, feel, or taste it).
Facts are 'earth's reality'.

L

ies

Lies the enemy is whispering in general & also specific lies about the character of who God is.

T

ruth

Truth is heaven's reality!
Ask Jesus;
"What's your Truth over me?"
Listen for His love words, & any scripture He brings to mind, and then paraphrase it.
Make a declaration card.



Lies;
Agreements
that become a lens.