

# False Beliefs

**Renewing my mind is a lifelong process  
The process of renewing your mind never ends**

1. Find one belief you have been struggling with.

*This is the statement you have believed.*

## **Hurtful Circumstance**

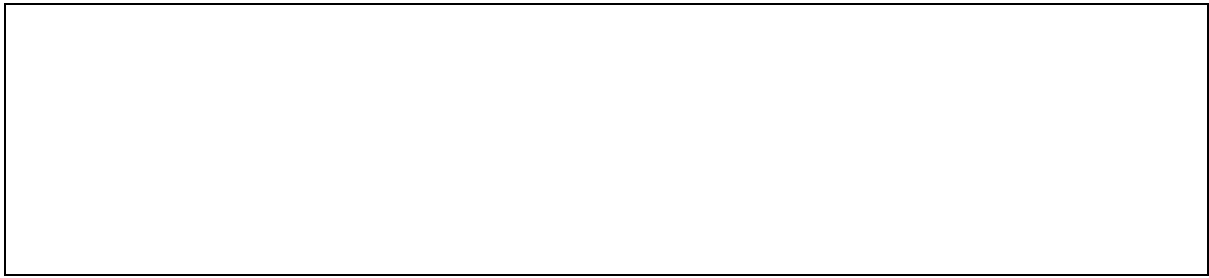
*The hurtful circumstance(s) that encouraged you to believe this statement.*

## **Thoughts**

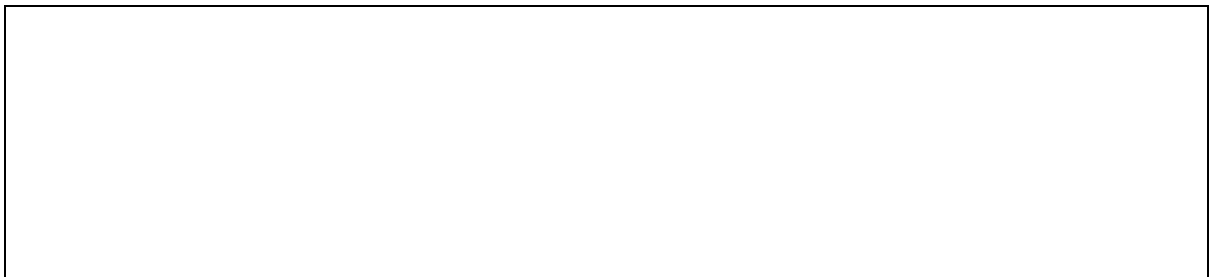
*The thoughts that have come as a result of this belief and hurtful circumstances.*

**Emotions**

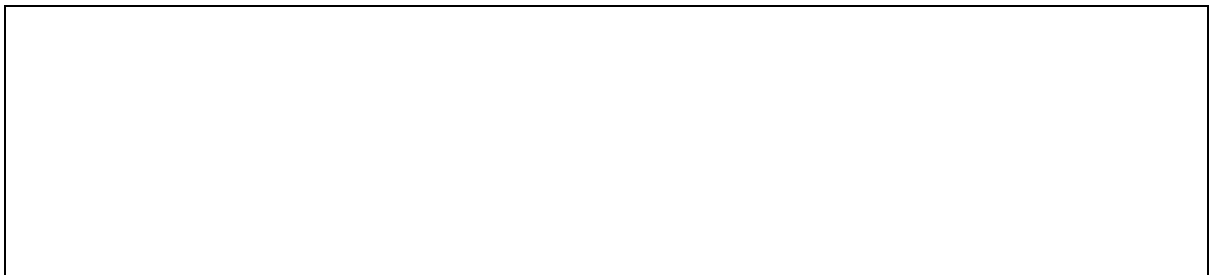
*The emotions that have come as a result of thinking this way.*

**Old Behaviour**

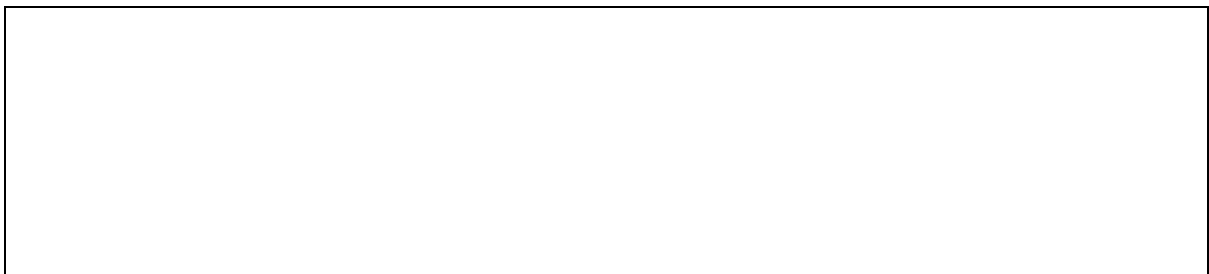
*The behaviour patterns that have come as a result of these emotions.*

**Truth**

*This is the truth you are going to believe.*

**New Behaviour**

*How you are going to act now that you know the truth.*



Neuroscience has shown that our thoughts create pathways in our brains that help foster future thoughts. This means we need to intentionally choose the pathways our thoughts take, rather than allowing them to go however life or other influences determine for us.

Write your answers to the following question:

- What do you want your life to look like as you grow in renewing your mind?

Emotions do not necessarily represent the truth. Our emotions are just one part of the process of being. The process looks a bit like a math equation: Our circumstances + our beliefs = our thoughts, which lead to our emotions, which lead to our actions. Our circumstances aren't always within our control, but they are affected by our actions.

It's important to emphasize that emotions are good. God created us to be emotional beings. But our emotions shouldn't run the show. They should, however, be acknowledged, otherwise we won't discover our underlying beliefs

As you begin this process, remember this encouragement: While thoughts and beliefs may appear to change quickly, emotions can be the slowest to change. So, don't get discouraged or give up

- What did you think about the statement, "Our emotions do not represent the truth"?
- Why is it helpful to know that emotions aren't random, but come from our thoughts?
- What stands out to you about the process of changing your thoughts and emotions by cultivating right beliefs?
- Why is it important to know that emotions are good, especially when talking about renewing our minds?

An emotion is a **reaction** to **thoughts** that is typically followed by an **action**.

### Examples

Happy	Calm	Glad	Pleased	Sad	Content
Angry	Discouraged	Peaceful	Disappointed	Afraid	Encouraged

Disgusted	Excited	Anxious	Satisfied	Surprised	Frightened
Jealous	Uneasy	Embarrassed	Comfortable	Frustrated	Rejected

*This is a short list. There are thousands of words to describe our emotions. In many cases, you can experience multiple emotions at once.*

1. Write down up to five emotions that you frequently experience.

2. List the thoughts, beliefs, and circumstances causing these emotions to occur.

This exercise can be practiced on an ongoing basis. You will get to the point where you don't even need to write it out. You will be able to use how you are feeling to gauge what you are thinking about and believing

- How do you feel about knowing that transforming your life will only happen as you change the way you think?
- If strongholds are patterns of thoughts, then how do you think positive or negative strongholds develop?
- What could be some benefits of developing positive strongholds in our thoughts?

There are many things people are commonly afraid of, and not all fears are bad. However, living in fear will keep you from the best God has for you. Everything you've been created for—every promise, hope, dream, relationship, and freedom— is on the other side of fear.

Write down three things you are afraid to do. They can be big or small and should not be life-threatening. Now, do those three things you are afraid to do. It could be as simple as having a difficult conversation you don't want to have, introducing yourself to someone, speaking up in a meeting, riding a rollercoaster, etc. As you step into your fears, you will find that they are oftentimes self-imposed and not as scary as you imagined.

Create a playlist of songs that declares God’s love. Listen to this playlist repeatedly over the next week. As you listen, pay close attention to the words of the songs, and see God loving you in that way.

Consider the situations where you most feel the need to prove yourself. Where do these situations take place? Are they at work? At home? With specific people? When you have some clarity in answering these questions, begin to form a strategy for how to remind yourself of God’s truths in the moments and places you need it most.

Emotional health is a state of being that allows you to do what you need to do. In other words, without emotional health, you cannot fully function in the regular tasks of life. Because emotional health is that important, it can be devastating when we let others take responsibility for our emotional health.

My worth isn’t found in what I’ve done, but in who God calls me.

The labels of my past experiences are lies, but the labels God gives me are truth.

When I learn to see myself the way God sees me, it will set me free from condemnation.

The thing about depression, though, is you don’t want to hope, which means if we’re going to get out of it, we need to choose to hope.

To help maintain hope, we need to write down our vision—what we want our life to look like.

- In your own words, explain why hope is a choice, not a feeling.
- Why is it so helpful to have a specific vision for your future?
- How does knowing the “whys” for our vision strengthen our hope?
- How does hope strengthen us to go through trials without minimizing how difficult they are to go through?

Set aside time to write down your vision. Use these tools to help you get started:

1. The Five Whys: Choose 4–6 things you would say are things you value. For each one, ask yourself (or have someone else ask you) why that is important to you. Repeat this process for each thing you see as important. Doing this will dig deeper, getting to the roots of what is most important to you
2. After asking five whys for each of your initial values, create a new list of 4–6 values based on your answers.
3. 100 Dreams: Write a list of 100 dreams you have for your life (it helps to think in categories—family, travel, learning, career, achievements, etc.). It may take a while, but stick with it until you have 100. Wait a few days, then narrow it down to your top 50. Wait a few days again, then narrow it down to your top 25. Look for themes in these 25, because this will also help reveal what is most important to you in your life. Using these tools will help identify what you feel is most important to you. These will be the things that are easiest for you to guide your vision for your future. Use your answers from these tools to write down your vision for your future.

### **DECLARE**

My future is bright because God is with me. He is guiding me toward a vision that cannot be silenced by any darkness.

**Make a list of every area in your life where you feel weak.** For every area, ask God to describe His strength that helps you and write down what He tells you next to the weakness it applies to.

Rehearsing hope in my thought life gives me energy and sets me free from depression.

- What is the connection between joy and our circumstances?
- How does joy make us stronger?
- How does changing what we think about affect how much joy we experience?
- How would you differentiate between joy and happiness?

Feeling like we don't have enough strength makes us human—at some point, all of us are going to face circumstances that test our strength, whether physically, mentally, or emotionally. During these times, we often feel like we don't have the strength we need to step out, to take necessary risks, to continue on in life,

Why is it important to know that renewing our minds is a process, not something we can achieve and be done with? Revisiting mindsets I've already processed isn't failure in any way. It is normal, and it leads to deeper and new victories.

### **DEALING WITH DISAPPOINTMENTS**

- How do you normally react when you are disappointed?
- The longer we hold onto an offense, the more inward our focus will become.
- The people who can hurt us are often those closest to us.
- Always examine your heart – This is vital.
- Are you holding on to unforgiveness toward someone who has disappointed you?
- Adjust your expectations.
- Don't hold on to disappointments and not dealing with it will result in further pain.
- Pursue oneness.
- What emotions have you had to work through as a result of the disappointment?
- Blaming others or let go of the offense.
- Better or bitter. Don't play the blame game.
- Hold tightly to your dream. What is your dream?
- Character is crucial. What we plant, we will harvest.
- Dealing with people in authority.
- Plant good seeds- making sincere deposits. Our actions and attitudes and words are all seeds that we are planting all the time.
- Sometimes we want to get even. Unfair treatment. How do you define unfair treatment?
- Guard your mouth- Don't hold on to disappointments.
- Release any toxic emotions like anger, shame, grief, regret, guilt, hate
- Take the high road to a better healthier life. The low road leads to pain and bitterness
- Seek reconciliation.
- Pursue peace, don't let any bitterness begin to grow in your heart. Like vows.
- Don't retaliate with insults when people insult you.
- Invest and figure out what other people likes.

- Check your vital signs:
- Take action. Do the course on emotional intelligence. It is a way of life that requires intentionality.
- Live with love in your heart
- Take time to identify positive and encouraging things about people around you. Highlight their strengths and accomplishments. Applaud the character traits that you admire about them

**Source: John Bevere**

## **YOU CAN DO IT**

**DIG DEEPER: COME AND DO THE REST OF THE COURSE WITH ME**

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