

# RENEWING OUR MINDS W/ RENEWED BELIEFS

Our beliefs (especially *subconscious* ones!) shape our actions. And the *most* powerful beliefs we have are the ones we have about God and ourselves.

To align our beliefs with truth, it's not enough to just keep stacking truths - we need to specifically *remove* offending thoughts (like weeds) to REPLACE them with God's truth (healthy seeds).

Otherwise, no matter how much truth we try to force ourselves to believe, the underlying FALSE beliefs are still there and keep us stuck.

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*What are offending thoughts?*

Every one of us is driven by 3 core needs: to be loved, to be worthy, & to be enough.

Our false beliefs about what makes us loved, worthy, & enough *outside of God* cause internal conflict, reinforce unhealthy patterns, & *hold us back in fear* (instead of safety) from fully, freely, & confidently stepping into what God calls us to do.

1. **Identify an OFFENDING THOUGHT:**

Take a few minutes now to ask God to reveal an area of insecurity / self-doubt you have and the offending thought underneath it - without judgment or shame, just observing them with curiosity & compassion. Honestly identify the thought by filling in what your mind tends to think:

"I am only [worthy / loved / enough] when [false condition]."

Therefore, [the thing God is calling you to do] is not safe."

Examples:

- "I am only worthy when others are impressed. Therefore, speaking up in meetings is not safe."
- "I am only enough when I achieve and produce. Therefore, rest is not safe."
- "I am only loved when I fit in with others. Therefore, being my authentic self is not safe."
- "I am only loved when my parents approve of me. Therefore, making my own decisions is not safe."
- "I am only enough when I have \$X. Therefore, giving generously to others is not safe."

2. **Write a RENEWED BELIEF STATEMENT:**

Now, acknowledge and replace your offending thought with TRUTH by asking God what HIS truth is. Use the structure below. (If you need help, you can ask the group (or feel free to text Grace) to help brainstorm!)

"It's true that in the past, I only felt worthy / loved / enough (from above) when I false condition (from above)].

I'm thankful God tells me I'm already worthy / loved / enough right now, and I don't need to default reaction that happens out of fear].

Therefore, it's safe for me to the thing God is calling you to do (from above)]."

Examples:

- "It's true that in the past, I only felt enough when I accomplished things. I'm thankful God tells me I'm already enough right now, and I don't need to prove my worth. Therefore it's safe for me to rest."
- "It's true that in the past, I only felt loved when I fit in with others. I'm thankful God tells me I'm already loved unconditionally right now, and I don't need to pretend to be someone I'm not. Therefore it's safe for me to be my authentic self."

3. **Speak the RENEWED BELIEF STATEMENT out loud every day:**

Write your RENEWED BELIEF STATEMENT down & put it somewhere you can see it (e.g. post-it note at your desk, post-it note on your bathroom mirror, note card in your Bible/journal, etc.).

Read it *out loud* to yourself every day this week! (Our spoken words SHAPES our beliefs!) Ideally, do this in the morning after you wake and/or before you go to bed (which is when your brain is scientifically most malleable).

Next week, we'll share our experience and impact from doing this.

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Other Scriptural references:

- God doesn't shame us into change, deny the painful truth, or tell us to ignore what we're feeling.  
*He cares about us & wants to take care of what's really happening inside of us.*
  - Isaiah 40:11
  - John 8:3-11
  - Matthew 11:28
  
- God created the brain's process of how beliefs are formed. Since he knows that what we think about determines how we live, *he places great value on getting rid of any thought, emotion, or belief that doesn't line up with his truth.*
  - Matthew 12:34
  - Matthew 15:18
  - Proverbs 23:7
  - Proverbs 4:23
  
- Therefore, *God commands us to lovingly pay attention to our thoughts & actively remove any lies* in order to cultivate a mindset that allows us to build behavioral patterns of godliness & holiness.
  - Psalm 13:23
  - Philippians 2:15
  - 1 Peter 3:1-2
  - Romans 12:2