

Revolution 2010

20100228 – Week 4
Rehabilitating Core Beliefs

Many thoughts/statements in this article are taken from "Learning to Tell Myself the Truth" by William Backus

Exercise #12

We all too frequently fall into the trap of thinking/assuming that our feelings and reactions are caused by external factors-frustrating encounters, difficult relationships, past experiences, etc. In reality, the *cause* of our emotional ups and downs comes from within us-not what happens to us, but what we tell ourselves as we interpret what's happening to us. However, this concept goes against everything we've previously thought and believed, and, therefore, takes a little practice to begin with. For each of the examples of reasoning below, write a more likely causal explanation, or, if you prefer, a more direct and changeable cause:

Every morning Jan takes a shower and about twenty minutes later she goes to work; so, the warm water in the shower must *cause* Janet to go to work.

Better explanation of cause: _____

Whenever her pastor preaches on giving money away, Lynn gets a knot in her stomach and feels furiously angry; so, the pastor's stewardship sermon is the *cause* of Lynn's distress.

Better explanation of cause: _____

The classic example is the rooster's proud misbelief: "Every morning I crow and then the sun rises; so, my fine crowing *causes* the sun to rise. "

Better explanation of cause: _____

"I don't spend enough time with my family," said Norm. "It must be because my dad never spent time with me."

Better explanation of cause: _____

"Every time we go to a band concert in the park, the mosquitoes bite. It must be the music causing the mosquitoes to go on the rampage!"

Better explanation of cause: _____

"I must have inherited my bad temper from my grandfather," Ulysses would tell people. "He had an awful temper. His temper is in my genes, so I just can't control my temper, no matter what I do. It's a lost cause."

Better explanation of cause: _____

Marilyn frequently complained about her husband's domineering behavior. "He is totally controlling of me and makes me do whatever he wants – the same way his father bossed his mother around. It's awful," said Marilyn.

Better explanation of cause:
(Hint: Is any adult really controlled by another, or does it take two people to create a situation where one dominates another?) _____

Exercise #13

To forge a new core belief requires several Scriptural exercises that must intentionally be worked. This rehabilitation of belief is simple, but not always easy. Take the following points and dig into how you are able to process them in your life. This is a five point series of exercises of hearing, understanding, choosing, meditating and acting. Then train yourself to take positive steps with intentional thoughts.

1. HEAR

Rom 10:17 NKJV *So then faith comes by hearing, and hearing by the word of God.*

If faith comes by hearing and hearing by the Word of God, then we can assume that there is a supernatural effect upon our hearts to renew our core beliefs. So what are you hearing... (the Word, the radio, office talk, etc.)? Do you hear the Word of God or tradition (things you always thought and heard about the Bible that may not even be true)?

Define in what ways you are hearing the Word of God in your life (the reference to the Word of God is to specific teachings and Scriptures that can be applied to the specific emotional/behavioral issues in your life).

Share what ways you could begin today intentionally retooling your core beliefs with God's Word. What specific exercises could you do to train your heart (attend Sunday Worship Services or teaching Small Groups, listen to Bible teaching mp3s, train with spiritual disciplines using God's Word, etc.) Also, remember that these exercises don't gender favor for us from God, they don't merit grace but are ours to steward our hearts in health.

Exercise #14

2. UNDERSTAND

Matt 13:19, 23 NKJV *When anyone hears the word of the kingdom, and does not understand it, then the wicked one comes and snatches away what was sown in his heart. This is he who received seed by the wayside... 23 But he who received seed on the good ground is he who hears the word and understands it, who indeed bears fruit and produces: some a hundredfold, some sixty, some thirty."*

In two of the four heart conditions Jesus metaphorically taught in the “sower sows the Word” we see the first, wayside ground which didn’t produce anything, that the difference maker was that the hearer didn’t understand what he had heard. The last one, the good ground that produced great fruit, the hearer heard the Word and was able to understand it.

The word “understand” means “to bring together again; to separate or to distinguish.” The idea is that when the Word of God appears we are to be able to connect the dots for what it means in the specific application to our lives. In other words the Word of God isn’t effective until we are able to connect those dots of personal application in the specific areas of our lives.

Taking that concept let’s do an exercise to help you work through misbeliefs.

Example: Every time your gradeschooler gets on the bus you are filled with anxiety about something bad happening to them.

What are the specific fears (self-talk statements rooted in misbelief):

1. **You are afraid a bus crash will happen**
2. **You are afraid that she won’t be accepted by peers like your gradeschool experience**
3. **You are afraid a virus going around could get into your child and then imminent death**
4. **You are afraid you won’t be able to know when God is leading you to avert such an event**

Understanding - Response:

Fear in general – Anxious fear is never God’s will for me to think on (1Tim 1:7)

1. **You are afraid a bus crash will happen**
 - a. **Psalm 91 – Physical protection**
 - b. **Jer 29:11 – God’s plans of hope and a future**
 - c. *New Statement: I have nothing to be anxiously afraid of for God has given His angels control over my daughter. God is her protection and has given her a hope and a future both now and throughout eternity.*
2. **You are afraid that she won’t be accepted by peers like your gradeschool experience**
 - a. **Jer 29:11 – God’s plans of hope and a future**
 - b. **Prov 3:3-4 – God gives my child favor and good understanding with peers**
 - c. *New Statement: I have nothing to worry about for God has supernaturally endowed my daughter with favor. The peers that haven’t accepted her I will view as being protection from God for relationships that might not be in His plan for her calling in life. She will fulfill her calling with full satisfaction and hope and a beautiful future.*
3. **You are afraid a virus going around could get into your child and then imminent death**
 - a. **Psalm 91 – Physical protection / vs 10 neither will any plague (virus) come near her**
 - b. **Jer 29:11 – God’s plans of hope and a future**
 - c. *New Statement: I have nothing to be anxiously afraid of for God has given His angels control over my daughter. No virus will come near her. God is her protection and has given her a hope and a future both now and throughout eternity.*
4. **You are afraid you won’t be able to know when God is leading you to avert such an event**
 - a. **Ps 37:23-24 – God directs my steps**
 - b. **Jn 10:27-28 – God’s sheep hear His voice**
 - c. *New Statement: I am God’s sheep therefore my trust is in Him to help me consciously and unconsciously know what steps to take in my life. If there is ever any urgent matter I must take care of He will make my heart know with a motivation of boldness not anxiety.*

Your turn: Having identified certain statements of self-talk rooted in misbeliefs, now follow this exercise for your specific issue.

What is your self-talk statement(s) from one issue?

1. _____
2. _____
3. _____

Understanding – Response:

Taking God’s Word (you might want to Google search “Bible promise for _____”) find Scriptures that pertain to your issue. Be sure to narrow the concept in Scripture down to your exact issue. The goal is to have exact new self-talk statements that are based in truth not misbeliefs. Using the above numbered self-talk statements now rewrite the statements from a core belief of God’s Word about it.

1. _____

2. _____
3. _____

Exercise #15

3. CHOOSE

The Roman Centurion

Mark 5:35-43 ESV While he was still speaking, there came from the ruler's house some who said, "Your daughter is dead. Why trouble the Teacher any further?" 36 But overhearing what they said, **Jesus said to the ruler of the synagogue, "Do not fear, only believe."**

Mark 9:21-23 ESV And Jesus asked his father, "How long has this been happening to him?" And he said, "From childhood. 22 And it has often cast him into fire and into water, to destroy him. **But if you can do anything, have compassion on us and help us.**" 23 And Jesus said to him, **"If you can! All things are possible for one who believes."**

Vs 23 – "If thou canst believe..." –

- **AMP** – "And Jesus said, [You say to Me], **if You can do anything?** [Why,] all things can be (are possible) to him who believes!"
- **NLT** - "**What do you mean, 'If I can'?**" Jesus asked. "Anything is possible if a person believes."

The above Scriptures show how faith is a choice. You have to choose to believe truth. It isn't a random happening for our core beliefs to change. You have to recognize truth and then choose to embrace it as a new way of living.

After you have heard the Word and have connected the dots of understanding it is now a matter of raw choice of what you will believe in the future. The beginning choice is what you are doing right now by going through this Revolution process. You are choosing to train new truth-based beliefs into your heart. Keep in mind, your exercise simply positions you in God's abiding grace to do what only He can do to your heart's core beliefs. God does it, you just provide the time and proximity.

When you have experienced another event that provokes consuming emotions it is imperative at that exact point to remember what the truth is in God's Word and has been broken down into exact self-talk statements (like above). Then you say to yourself (out loud or under your breath if necessary), "I CHOOSE to believe..." and quote the exact truth-based self-talk statement.

Think through this past week when an event happened that inflamed your emotions in misbeliefs. Write down one example.

Example: _____

What were your self-talk exact statements?

1. _____
2. _____
3. _____

New self-talk statements

In retrospect how would you now choose to believe new self-talk statements? Write down the new statements you would use if you were in that situation again. ("I CHOOSE to believe...") Then say those statements out loud to yourself with a sense of intentionality, fervency and emotional impetus.

I CHOOSE TO BELIEVE _____
 I CHOOSE TO BELIEVE _____
 I CHOOSE TO BELIEVE _____

Exercise #16

4. MEDITATE

Josh 1:8-9 NKJV This Book of the Law shall **not depart from your mouth**, but you shall **meditate** in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success. 9 Have I not commanded you? **Be strong** and of **good courage**; **do not be afraid**, nor be **dismayed**, for the LORD your God is with you wherever you go."

Matt 17:20-21 NKJV So Jesus said to them, "**Because of your unbelief**; for assuredly, I say to you, if you have **faith as a mustard seed**, **you will say** to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you. 21 However, this kind does not go out except by prayer and fasting."

Overview

Meditate – Definitions

Strong's – Hebrew

- **hagah**, a primitive root [compare Hebrew 1901 (hagiyy)]; to *murmur* (in pleasure or anger); by implication to *ponder* :- imagine, meditate, mourn, mutter, roar, × sore, speak, study, talk, utter.
- **meletao**, from a presumed derivative of Greek 3199 (melo); to *take care of*, i.e. (by implication) *revolve* in the mind :- imagine, (pre-) meditate.

Ways to Meditate

1. Read a short narrative and simply contemplate the contextual message
2. Take a verse and emphasize each word
 - a. Madam Guyon "*If you read quickly, it will benefit you little. You will be like a bee that merely skims the surface of a flower. Instead, in this new way of reading with prayer, you must become as the bee who penetrates into the depths of the flower. You plunge deeply within to remove its deepest nectar.*"
 - b. Use a support resource like an English dictionary or Greek/Hebrew dictionary to find multiple words that will express each individual word better or with more variations of meaning. You might want to write down the words of the text and beside it write as many synonyms as you can gather.
3. Pray the verse back from your heart to God and commune in His presence over it
4. Take a list of promises and visualize with your imagination what that concept should look like in various areas of your life.
5. Proclaim/preach a verse to yourself in a "message" form
6. Make positive affirmations with the verse all day
7. Memorize the verse
8. Take one thought or verse with you through the day

Exercise

1. Take one of your Scriptures that you are using to apply to your life (above in "understanding") and meditate using the various tools in "Ways to Meditate" below.

Scripture: (Write it out!)

Visualize: Visualize with your imagination what the Scriptural concept should look like in various areas of your life. Take the major points and expand them in application of your life. This is an intentional exercise. Visualize it with the desire to engage your emotions. Meditation won't do much good if it only remains conceptual, impersonal and unemotional. When your emotions begin to respond you know your heart is beginning to rehabilitate the misbelief.

Reformat the Scripture into a prayer and slowly, richly, heart moving pray it to God: (Write it out!)

Example: (Jer 29:11 NIV) Dear God, I thank you that you DO know the plans (expand that thought for you application) you have for me, plans to prosper me (expand that thought for you application) and not harm me (expand that thought for you application), plans to give me hope (expand that thought for you application) and a future (expand that thought for you application).

Now you create your Scripture into a personal prayer.

Reformat the Scripture into a memorized personal affirmation you can declare over yourself and situations, as you interpret the events in light of God's Word/Truth. Then declare it over yourself in an out of event interpretation: (Write it out!)

Example: (Jer 29:11 NIV) God has a plan for my life! His plan for me is prosperity. This event will not stop my prosperity. His plan is for me to protect me from harm. So this event will not harm me. His plan for me is to give me hope. This event doesn't change my hope, dreams and future desires. God plans for me to have a future. I will have a great life with great people and the events of my life will not change that!!

Now you create your Scripture into a personal affirmation. Then memorize it to use in event interpretations!

Exercise #17

5. ACT

James 1:22-25 AMP *But be doers of the Word [obey the message], and not merely listeners to it, betraying yourselves [into deception by reasoning contrary to the Truth]. 23 For if anyone only listens to the Word without obeying it and being a doer of it, he is like a man who looks carefully at his [own] natural face in a mirror; 24 For he thoughtfully observes himself, and then goes off and promptly forgets what he was like. 25 But he who looks carefully into the faultless law, the [law] of liberty, and is faithful to it and perseveres in looking into it, being not a heedless listener who forgets but an active doer [who obeys], he shall be blessed in his doing (his life of obedience).*

After hearing, understanding, choosing and meditating on truth, then begin to overtly act upon those truths as though they are true already in your life. You can rationally know truth and yet it never be translated into actions in your life. One way to change that is to simply act like what God said is your final authority of truth. By doing so, especially on the heels of the other 4 exercise points, your heart will begin to form new core beliefs.

Exercise: Looking back at what you "Choose to believe...", take each statement and create "action steps" that you can do anytime an event unfolds testing your core beliefs.

I CHOOSE TO BELIEVE _____

Actions (what I would DO if I really believed this truth?)

1. _____
2. _____
3. _____
4. _____

I CHOOSE TO BELIEVE _____

Actions (what I would DO if I really believed this truth?)

1. _____
2. _____
3. _____
4. _____

I CHOOSE TO BELIEVE _____

Actions (what I would DO if I really believed this truth?)

1. _____
2. _____
3. _____
4. _____