

## MIND RENEWAL

When there is conflict between who you are being and who God created you to be there is pain. Pain points to the conflict so it can be reconciled to the Truth.

### YOU ARE WHAT YOU BELIEVE

How we think (what we believe) determines how we view ourselves. Our belief system governs our thoughts and becomes the framework through which we make choices, respond to situations, and fashion our identity.

1) I observe    2) I interpret    3) I conclude    4) I choose    5) I do    6) I am

### DISTORTED SELF-IMAGES

*Misinterpretations*

*Generational curses*

*Word curses*

*Rejection*

*Abandonment*

*Betrayal*

*Deception / Control*

### Discover the Belief

You are what you believe. Your emotions are neither good nor bad, but are a response to what you believe to be true. You can discover a belief by asking God why you feel the way you do. Your actions are a result of what you believe to be true. You can discover a belief by asking God why you act the way you do.

### MIND RENEWAL EXERCISE

<b>Emotion or Action</b>	
<b>What do I believe to be true that causes me to respond this way?</b>	
<b>Belief (It feels true that ...)</b>	
<b>Jesus, what do You have to tell me about this belief, and what is Your truth?</b>	