

Learning How Our Belief Systems Hold Us Back from Living Fully Free

Lesson 5

In the first four lessons you have learned:

1. Why identity matters and how it effects every single relationship in our lives.
2. The signs and symptoms that could be related to a broken identity.
3. Your IF and where you fall on the pendulum of wearing the world's labels or being steady in the reflection of Christ.
4. To identify those situations or people that trigger your feelings of shame and insecurity.
5. To uncover the roots of shame and insecurity in your life and commit to digging deeper though professional counseling and self-help books.

Today we will discuss belief systems. Through coaching questions, you will be challenged to acknowledge and adjust those belief systems.



They say the average person is exposed to enough bad information, experiences, and influences by age 6 to tarnish their beliefs, thoughts, and emotions for life.

By age 6!

As the Mama of a little girl raised in a Bulgarian orphanage until almost age 5, I can attest to the power of those bad experiences and influences. It's a daily battle for her and for us.

What we experience forms our world view and our belief system. Which, in turn, determines what we do and how we act.

In their training and coursework, Daryl and Janet Daughtry of Life Breakthrough Academy note the process of why we do what we do, as such:

1. **Trigger:** We experience someone or something with one or more of our senses.
2. **Belief:** That encounter or event filters through one or more of our beliefs.
3. **Thought:** Thoughts form in our mind based on our personal belief system.
4. **Emotion:** The thoughts stimulate corresponding emotions.
5. **Action:** We then decide to take actions driven by emotions.
6. **Outcome:** Our actions result in good or bad outcomes.

So, let's take an identity formed by a reflection of the world and see how it works.

A young girl just entering her teenage years is frequently on social media. She's a beautiful girl and many have told her so, yet because her body shape and skin color is different than the most "popular" girl at school, she's not sure she measures up.

All her friends post selfies what seem like all the time. They have cute shots of each other as they hang out and since it's summertime, there's an abundance of poolside shots. She thinks she probably needs

to post one, too. After all, it is the “cool” thing to do and having people like and comment on her picture would feel good.

She knows her mom wouldn’t be crazy about the idea, but they hadn’t had many conversations about it so she couldn’t be too against it. So, she has a friend snap the bikini shot and in a blink of an eye it’s on her favorite social media platform.

Within seconds the likes begin to pop up. But then the comments do, as well. There are several compliments and friends telling her she is beautiful, but then there’s that one. The one comment that ravaged her heart. The one that told her she was “fat and ugly” – that nobody really liked her and that she had no business putting her bikini body out there.

For a young girl who doesn’t know how wonderfully created as a child of God she is, this world reflection makes a lasting impact. Had she been living in the loving reflection of Christ, she probably wouldn’t have posted a bikini picture simply out of the pressure to do so. She would have known that with each hair delicately placed on her head, God designed her as His creation – with His workmanship.

For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them. -Ephesians 2:10

But without that knowledge, this young girl’s choices in life may be significantly altered as such:

1. Trigger: Demeaning comment on social media
2. Belief: Our value is determined by how people view us and what the world says about us.
3. Thought: I am not enough because some people do not think I am pretty.
4. Emotion: Shame, insecurity, sadness
5. Actions: Accepting treatment by boys and then men that is less than respectful.
6. Outcomes: Broken and unhealthy relationships.

But what about you? Work through the following coaching questions to reach toward that goal of living steady in the reflection of Christ!

1. What outcomes are you experiencing because of an unhealthy and untrue belief system?
2. Are there feelings you experience that dictate your actions? If so, can you replace those feelings with truth? We confuse feelings as truth. They are not. They are indicators, but often our heart leads us astray.
3. Does your belief system cause you to jump to conclusions? Do you personalize everything?
 - a. If so, how well is this mindset working for you?
 - b. Can you track back through your emotions and belief system to determine what is driving your response or action?
 - c. Is there a healthier way to think?
 - d. What does the Bible say about this?
 - e. What does it look like from God’s perspective?
4. If you didn’t believe the current lie that is holding you back, what would life look like? And what would be your first step toward that goal?
5. What is your harmful belief pattern? How is it holding you back? What is the truth that disputes that lie?
6. What are 2 or more Bible verses you can claim as reminders that reinforce the truth?

Prayer

Heavenly Father, We come to You today in thanksgiving for the opportunity to hold onto our worth in spite of what the world often tells us we are. Lord, thank You for creating us each uniquely and wonderfully. We ask You today to reveal to us what belief systems we hold that are harmful and untrue. Give us Your wisdom to see the truth and to begin to transform those beliefs with that truth. Father, we want to live free and whole. And in Your name, we want the chains holding us back released so that we may freely pursue and live in the purpose for which You have designed us. We love You and praise You. Amen.



In the Next Lesson

You will be given resources and strategies for replacing a negative thought life with a healthy thought life. You will learn to dispute lies with truth.