

Build the Skill of Belief (In-Depth)

This document is designed to help you build the skill of belief by helping you get rid of false beliefs and strengthen true beliefs by taking an in-depth look at your beliefs. Simply follow the instructions for each section, and you will be well on your way to better, stronger beliefs and a more productive life. You can be as singular or as comprehensive as you want with this document. This document is simply a guide to help you grow. Focusing on one belief at a time or on many beliefs simultaneously are both valid ways of approaching this document. Also, feel free to give a surface-level answer or take a few weeks to investigate and work through this document. You are free to work at the best pace for you!

Remember to **pray** and ask God to help you with this skill.

If you need help answering the questions you can always download my answers from the website to give you a point of reference.

Sources are provided at the end of the document.

An Introduction to Belief:

Belief Definition:

“The Conviction of the truth of a statement”
Or
“The bet on the truth of a sentence”

A true belief corresponds to reality, is logically consistent, often practical, and constant. Or, as Josh Rasmussen puts it, “The simplest theory of truth that accounts for all the cases has the best chance of being true.”

A false belief does not correspond to reality, is not logically consistent, can be practical or impractical (false beliefs often look practical in the short term, but they are never practical in the long term), and or unstable. For example, a true belief is “Family is important.” A false belief is “family is only important when it’s convenient for me.” The challenge is that false beliefs often hide in assumptions, our upbringing, and or our preferences.

Objective vs. Subjective beliefs

Objective beliefs deal with objective truths, while subjective beliefs deal with personal ideas. What’s the difference between objective and subjective truths?

Let’s say we have a jar of skittles. We can agree that there is a certain number of skittles in the jar. That is an objective truth. There is only one answer to this question. Now let’s ask the question, “what’s the best flavor of skittles?” that answer depends on you, the subject. Different people (subjects) could answer the question differently, and the answer would be true for them.



When improving objective beliefs, the goal is to get as close to reality as possible. Since there is only one answer independent of human opinion, our job is to locate that objective answer as best we can.

When improving subjective beliefs, the goal is to improve the quality of that belief. Here we are aiming for an optimal answer. Let's say an objective truth is "family is important." In response to this, one subjective belief might say that we should spend **5 minutes** a week with our family, while another subjective belief would say that we should spend **5 hours** a week with our family. Technically there is no right or wrong answer to the previous beliefs, but there is an optimal answer. When it comes to subjective beliefs, we aim for the optimal answer instead of a right or wrong answer.

Identify which type of belief you are trying to improve. This will help you come to more realistic conclusions while working with your beliefs.

Date: _____



Clarifying Your Beliefs

This section is designed to help you gain a clearer picture of what you actually believe and what you want to believe. The “What You Think You Believe” section is simply there to help you express whom you think you are and what you think you believe. Feel free to write down what you think. Some of the primary categories people like to challenge or improve their beliefs are religion, relationships, work, entertainment, and free time. The “Self-Audit” section is designed to help you gain self-awareness by identifying your behaviors and identifying the beliefs of your friends. Just be as honest as you can. “What You Want to Believe” is your opportunity to aim towards being the person you want to be. Simply write down the beliefs you want to hold.

What You Think You Believe:

What do you think you believe? (Write down the beliefs you want to confirm or investigate)

1. _____
a. Is the belief objective or subjective? _____
2. _____
a. Is the belief objective or subjective? _____
3. _____
a. Is the belief objective or subjective? _____
4. _____
a. Is the belief objective or subjective? _____
5. _____
a. Is the belief objective or subjective? _____

Self-Audit:

In this section, you will inspect your time, spending habits, and friends by simply writing down information about each category. Fill in the calendar below with information about how you spent your time last week.



Audit of Time

Time	Today	Yesterday	Past Day #3	Past Day #4	Past Day #5	Past Day #6	Past Day #7
6:00 am							
7:00 am							
8:00 am							
9:00 am							
10:00 am							
11:00 am							
12:00 pm							
1:00 pm							
2:00 pm							
3:00 pm							
4:00 pm							
5:00 pm							
6:00 pm							
7:00 pm							
8:00 pm							
9:00 pm							
10:00 pm							



Audit of Time:

1. Do you do anything at work besides work? If so, what are those things?

2. If so, how much time do you spend doing non-work-related things?

3. When at home, what percentage of your time is spent by yourself? What percentage is spent with other people?

4. What do you do with your alone time? Should you find ways to make your alone time more productive?

5. Do you think you have an appropriate relationship with entertainment? Why or why not?

6. Do you think you use your free time well? Why or why not?



Audit of Money:

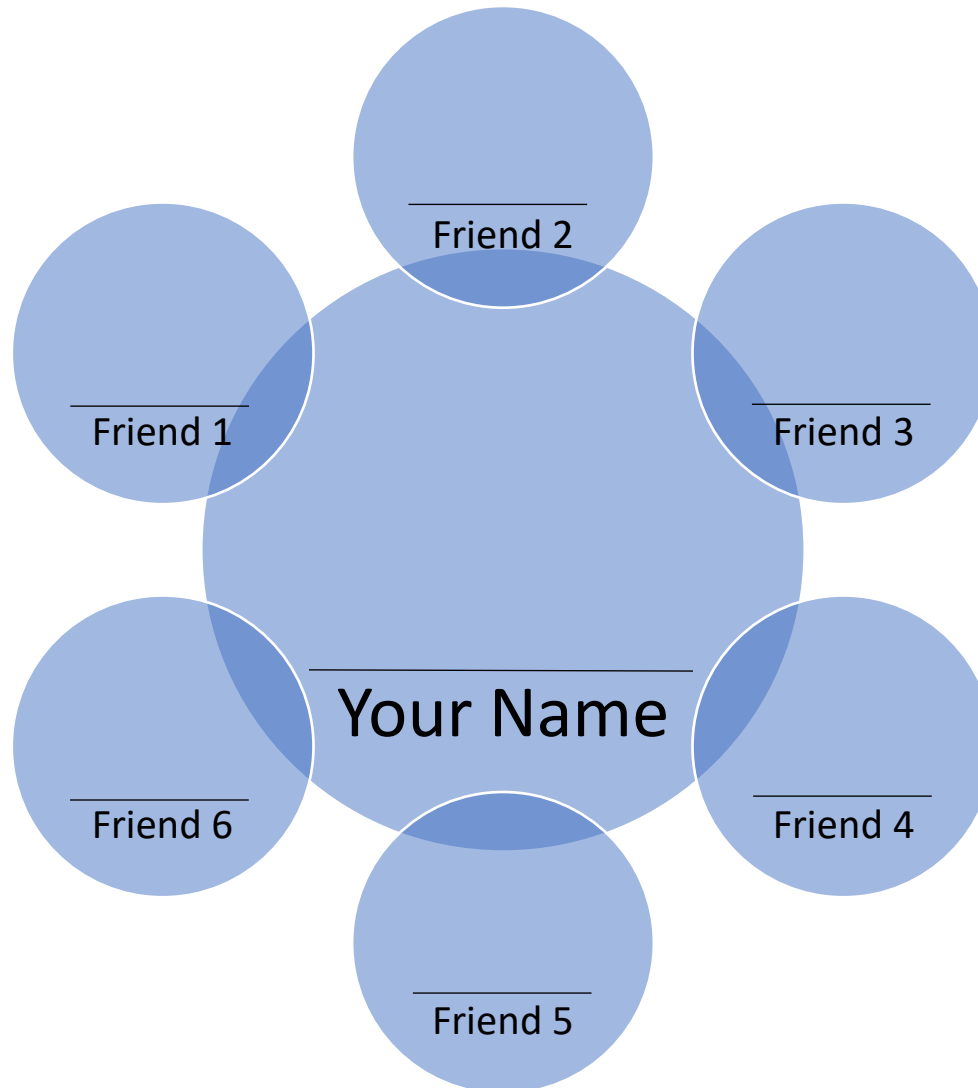
1. What are the top seven things you spent your money on in the last month?

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____

2. What do your money/spending habits tell you about what you believe?



Audit of Friends:



What are the top 3 beliefs of your closest friends?

1. Name:

Top Beliefs:

1. _____
2. _____
3. _____

2. Name:

Top Beliefs:

1. _____
2. _____
3. _____

3. Name:

Top Beliefs:

1. _____
2. _____
3. _____

4. Name:



Top Beliefs:

1. _____
2. _____
3. _____

5. Name:

Top Beliefs:

1. _____
2. _____
3. _____

6. Name:

Top Beliefs:

1. _____
2. _____
3. _____

What do the beliefs of your closest friends say about you?



Audit Conclusion:

Do what you **think** you believe and what the audits **reveal** about what you believe lineup?

If not, why do you think there was a disconnect?

What you want to believe:

Here you simply write down what you want to believe. This may or may not include previous beliefs from the document.



Testing Your Beliefs

Testing Your Beliefs Directions:

The goal of this section is to help you investigate your beliefs. By examining your beliefs, you will begin to uncover assumptions you have about a belief and uncover additional information about the belief. Usually, our false beliefs are based on faulty assumptions or false information. If a belief fails the truth test, it may need to be updated or altogether abandoned.

Someone can go through these questions and still hold on to a false belief. This exercise does not prevent us from believing lies. Investigating our beliefs is a **great attempt** to help us remove our assumptions concerning our beliefs, but it's not foolproof.

Take as much time as you would like in this section. You don't have to answer all the questions, but the more you answer, the better clarity and confidence you will have about your belief. Not only that, but the more thorough you are with your answers, the more confident you will be concerning a belief.

When clarifying your beliefs, you could focus on many beliefs. When testing your beliefs, however, you generally want to focus on one belief at a time.

Questioning Your Beliefs:

1. What is it I actually believe or want to believe? (Specify the belief, use beliefs from earlier if applicable) Is this an objective or subjective belief?

2. Who or what source of information gave me this belief?

3. What is the historical origin of this belief? (you are encouraged to use one familiar and one unfamiliar source)



4. When did I start to believe this?

5. Why do I believe this or want to believe this?

1. What about this belief makes it worth holding?

6. Based on the data above, is this a true or false belief? If a conclusion can't be drawn or the conclusion is true, continue to the next section. Can you update the belief to make it more plausible if the belief is false?



Falsifying your beliefs:

Name any scenarios that could falsify your belief? In other words, what would prove this belief to be false?

1. _____

2. _____

3. _____

Are any of the falsification scenarios able to be shown? In other words, can you verify the scenario that falsifies your belief? If so, explain below.

1. _____



2. _____

3. _____

Do Unto Others

If Applicable, would you want this belief done to you? Why or why not?

Other test for truth:

Does this belief correspond to reality? Why or why not?



Is this belief coherent? Is it internally consistent? (For example; Married bachelors are great people. This is internally incoherent as a married bachelor doesn't exist) If not, can it be resolved?

Is this belief practical or useful? Why or why not?

What is my bias concerning my belief? (We ALL have a bias)

What do opponents to this belief say?



What is the best version of their arguments against this belief?

Do their claims have any merit? Why or why not?

Do their claims disprove my belief?

What would it mean for me if my belief was incorrect?



Would you be willing to follow the truth even if it meant abandoning your current belief and completely changing your life?

***Answering all of these questions does not guarantee that your belief is true. Keep an open mind and be willing to change your beliefs if you get better, more accurate information. ***



Investing in Your Belief:

This section is dedicated to cultivating an atmosphere where this belief can grow. By identifying what can help this belief grow and holding yourself accountable for helping this belief grow, you set yourself up to have great confidence in your belief and great corresponding behaviors to that belief.

Studying your belief:

What books, podcasts, websites, or YouTube channels can you use to help you learn more about this belief? For disciples of Jesus, what bible passages or themes can you study to help you understand your beliefs that pertain to God better?

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

What quotes or sayings can you memorize to help fortify this belief? For disciples of Jesus, what bible verses can you memorize to help you strengthen beliefs about God?

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

Would you be willing to commit weekly time to study this belief? If so, how much time and on what day(s)?



Live It Out:

How can you live out this belief? Or, to put it another way, where can you put this belief into practice?

When will you start to put it into practice?

What would prevent you from putting this belief into practice?

Where can you listen to and interact with people who hold different beliefs than you?

1.

2.

3.

1. How can I steel man opposite beliefs? (How can I deal with the strongest, clearest, most accurate version of my opponent's beliefs instead of dealing with beliefs that other people don't actually hold?)



If applicable, how much time will I commit to praying about improving and strengthening this belief? On what days will I pray?

Clarify your doubts:

1. What lingering doubts do I have about this belief?

2. Who or what source of information gave you this doubt?

3. Why do I consider this doubt possible?

4. What is the historical origin of this doubt?

5. When did I start to believe this?

6. What can I do to investigate this doubt?



Sources

1. What is Belief? <https://youtu.be/PiZwTR3oc2o>
2. How to Build the Skill of Belief <https://youtu.be/orSZEUSF5ik>
 - a. Website: <https://www.growingtruedisciples.com/man-to-god-skills>
 - b. Playlist: <https://youtube.com/playlist?list=PLfi2FKt-hTKa4gnvqslA9wOm5CUUP1KKF>
3. Objective vs. Subjective Truth: <https://youtu.be/IVlwBKWrQn4>
4. Objective vs. Subjective Truth: <https://youtu.be/jlutlCrVQN4>

