

short +

Building the Skill of Belief Weekly Review (Long)

Objective:

The goal of this document is to help you build the skill of BELIEF. In order to do that we must get rid of bad beliefs and strengthen good beliefs.

Process:

In order to remove bad beliefs and strengthen good beliefs we will walk the belief pathway and review the last seven days of our life. The belief pathway says that all **behaviors** are driven by a **belief** and all beliefs have an origin/**beginning**. If we understand where our beliefs come from we can remove bad beliefs and strength good beliefs. When we strengthen our beliefs we can improve our behaviors.

Upon reviewing the previous seven days, we will look at our behaviors in several important areas. Good or bad behaviors will inform us if we have good or bad beliefs. Once we identify that a belief is good, we will look for ways to strengthen that belief. Once we recognize that a belief is bad, we will look for ways to remove it. Included in the document is a list of behaviors and emotions. Emotions are included because they point to an event. If you can identify the emotion, you can work through the event that caused the emotion.

As you are going through this document, remember that you can use the list of behaviors and emotions below to help you reflect on your previous week. Also remember that a behavior is an action, not just a feeling.

Payoff:

If you take the time to improve your beliefs, you will have better behaviors. With improved behaviors, you can now relate to God, yourself, and others better.

Additional Resources:

Website: <https://www.growingtruedisciples.com/man-to-god-skills>

Video Playlist: <https://youtube.com/playlist?list=PLfi2FKt-hTKa4gnvqslA9wOm5CUUP1KKF>



A Review of the Last 7 Days:

How You Spend My TIME:

List a few behaviors and or emotions that come to mind when you think about how you spent your time over the past seven days? The behaviors and emotions can be either good or bad.

Work on website a lot
Nervous about the website

What do you think are the beliefs driving these behaviors and or emotions?

- * I set the launch date for 3-1-22. I want to keep my word.
- * I wonder can I really run a website

Where did these beliefs come from? Is it a good or bad source?

- * The bible. God keeps his word and we should as well
- * Myself, in this instance I think it was a neutral source

If the source is good, how can you strengthen these beliefs? If the source is bad, how can you remove these beliefs? If they are misapplied beliefs (good source but applied incorrectly), how can you apply these beliefs appropriately?

- * Psalm 15:4 It is a really good thing to keep our word
- * I just can't let the nervousness turn to fear



My Relationship with God:

List a few behaviors and or emotions that come to mind when you think about how you interacted with God over the past seven days? The behaviors and emotions can be either good or bad.

Confused

What do you think are the beliefs driving these behaviors and or emotions?

I prayed for a launch date and I believe I heard 3-1-2022, however, the website wasn't ready by then... even though I worked super hard to have it ready. If I heard correctly, why would God give me a date knowing I wouldn't be ready?

The belief is that if God told me a time, then it would surely happen.

Where did these beliefs come from? Is it a good or bad source?

Probably a mix of me and the bible. God's word will not return to Him void. If He said it then it will happen exactly like that.

If the source is good, how can you strengthen these beliefs? If the source is bad, how can you remove these beliefs? If they are misapplied beliefs (good source but applied incorrectly), how can you apply these beliefs appropriately?

I believe this is a misapplied belief. It is good to believe that God honors His word however something else is going on here.

As I reflect on my prayers about the launch date, it was more of an impression than a revelation.

"this is ~~the~~ what the launch date of your website needs to be." I am now starting to wonder if there are different ways in which God communicates to us. Maybe there is nuance in how God communicates. The updated belief is this, get clarity on what God is saying before I hold on to it as gospel truth.



My Relationship with Others:

List a few behaviors and or emotions that come to mind when you think about how you treated other people over the past seven days? The behaviors and emotions can be either good or bad.

- ✱ I called Maynetta to congratulate her on her live stream
- ✱ I wrote Medijah a heartfelt birthday note

What do you think are the beliefs driving these behaviors and or emotions?

- ✱ Honor of Romans 12
- ✱ Honor Romans 12

Where did these beliefs come from? Is it a good or bad source?

The Bible is good ~~source~~ source

If the source is good, how can you strengthen these beliefs? If the source is bad, how can you remove these beliefs? If they are misapplied beliefs (good source but applied incorrectly), how can you apply these beliefs appropriately?

Think of / look for another bible verse about honor (or Bible passage)

1 Peter 2:17-19 talk about ~~honor~~ honor

Matthew 10:42 rewards of honoring a person of God even with a cup



My Relationship with Myself:

List a few behaviors and or emotions that come to mind when you think about how you treated yourself over the past seven days? The behaviors and emotions can be either good or bad.

* I honestly evaluated my feelings and emotions when dealing with not having my ways to go

What do you think are the beliefs driving these behaviors and or emotions?

That I need to be honest with myself and process through emotions

Where did these beliefs come from? Is it a good or bad source?

Emotionally Healthy Spirituality and the Bible.
Good sources

If the source is good, how can you strengthen these beliefs? If the source is bad, how can you remove these beliefs? If they are misapplied beliefs (good source but applied incorrectly), how can you apply these beliefs appropriately?

Review Ephesians 4:25 and remember to put off all falsehood because falsehood hurts me and everyone connected to me.



How Did You Spend Your Time Over the Last Seven Days?

My Morning Routine:

List a few behaviors and or emotions that come to mind when you think about your morning routine over the past seven days? The behaviors and emotions can be either good or bad.

* I was not as discipline and proactive as I needed to be. I had to wake up earlier than normal because I had to go to Nashville. Had I thought ahead I could have did most things the night before.

What do you think are the beliefs driving these behaviors and or emotions?

I thought I could handle waking up early but I didn't do it well.

Where did these beliefs come from? Is it a good or bad source?

Me; Bad this time as the belief was ineffective

If the source is good, how can you strengthen these beliefs? If the source is bad, how can you remove these beliefs? If they are misapplied beliefs (good source but applied incorrectly), how can you apply these beliefs appropriately?

I think this is a misapplied belief. I thought I could do it with out ~~actually~~ ~~mean~~ doing a mental walk through. I didn't count the cost. ~~But~~ It's ok to believe in my self, but next time I need to accurately count the cost



My Evening Routine:

List a few behaviors and or emotions that come to mind when you think about your evening routine over the past seven days? The behaviors and emotions can be either good or bad.

- * There was little to no intentionality during my nightly routine
- * I went to bed at reasonable times

What do you think are the belief(s) driving these behavior(s) and or emotions?

- * I can take care of things in the morning
- * I need to be well rested to be at my best

Where did these belief(s) come from? Is it a good or bad source?

- * My self; neutral
- * Doctors; good

If the source is good, how can you strengthen your belief(s)? If the source is bad, how can you remove your belief(s)? If it is a misapplied belief (good source but applied incorrectly), how can you apply this belief appropriately?

- * Misapplied; it's true that I can handle things in the morning, but that doesn't negate the necessity for preparing for things at night. Read Psalms 1 for a few nights. This should help me see the importance of doing things at night.
- * Look at a blog or study on the importance of ~~resting~~ getting enough rest.



How Did You Interact with God Over the Last Seven Days?

Prayer and Reading the Bible:

List a few behaviors and or emotions that come to mind when you think about your prayer life and reading the bible over the past seven days? The behaviors and emotions can be either good or bad.

- ★ I read and listened to 1st Timothy
- ★ I payed attention to when I believe God was trying to get my attention

What do you think are the beliefs driving these behaviors and or emotions?

- ★ That I ~~may~~ need to be prepared when I present information to people & I need to hear from God
- ★ I need to involve the Holy Spirit in my life.

Where did these beliefs come from? Is it a good or bad source?

- ★ Pastor Key as well as many other disciples
- ★ Pastor Jasper

If the source is good, how can you strengthen these beliefs? If the source is bad, how can you remove these beliefs? If they are misapplied beliefs (good source but applied incorrectly), how can you apply these beliefs appropriately?

- ★ Yes; Colossians 3:23 review this verse
- ★ Yes; Review Bible verses that talk about the Holy Spirit or Jesus' relationship with the Father. Jesus did nothing apart from the Father
John 15



How Did You Interact with Others Over the Last Seven Days?

My Interactions with My Friends:

List a few behaviors and or emotions that come to mind when you think about how you interacted with your friends over the past seven days? The behaviors and emotions can be either good or bad.

★ I honored Chris for his hard work with the youth

★ I talked with Marshall on the phone

What do you think are the beliefs driving these behaviors and or emotions?

★ Roman 12 Honor

★ Marshall matters Gen 1:27

Where did these beliefs come from? Is it a good or bad source?

The bible = Good

If the source is good, how can you strengthen these beliefs? If the source is bad, how can you remove these beliefs? If they are misapplied beliefs (good source but applied incorrectly), how can you apply these beliefs appropriately?

★ Review / think about other ways to honor people (Maybe non verbal next time)

★ Philippians 2 = Think of others above your self. Think on and review this verse



How Did I Interact with Myself Over the Last Seven Days?

My Integrity:

List a few behaviors and or emotions that come to mind when you think about keeping your word over the past seven days? The behaviors and emotions can be either good or bad.

- ★ I missed my public start date for the website
- ★ I made it to work on time (2 hours away this week)

What do you think are the beliefs driving these behaviors and or emotions?

- ★ This really isn't a behavior, it's the result of behaviors. I didn't count the cost well enough but still made it ~~to~~ a public announcement
- ★ You can trust people who are on time

Where did these beliefs come from? Is it a good or bad source?

- ★ The business world
- ★ School / The business world

If the source is good, how can you strengthen these beliefs? If the source is bad, how can you remove these beliefs? If they are misapplied beliefs (good source but applied incorrectly), how can you apply these beliefs appropriately?

- ★ Misapplied; it's good to go public so you can build anticipation and hold yourself accountable, but it's hard to do it if you have not appropriately counted the cost. Next time count the cost and THEN go public.
- ★ ~~The~~ The business world can be good and bad. Being punctual is a good thing though. Review Colossians 3:23

