

Building the Skill of Belief Weekly Review (Long)

Objective:

This document aims to help you build the skill of BELIEF. To do that, we must eliminate bad beliefs and strengthen good beliefs.

Process:

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**.

The belief pathway = beginning - belief - behavior

If we understand where our beliefs come from, we can remove bad beliefs and strengthen 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 seek ways to remove it. In short, you walk the belief pathway *backward* and then *forward*.

For the disciples of Jesus who go through this document, we can always update bad beliefs with the good beliefs we receive from the Bible. We can always strengthen good beliefs by finding one or two more Bible verses that solidify the belief.

The document includes a list of behaviors and emotions that can help you reflect on your previous week. 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. You can also refer to the “what makes a good/bad behavior” section below for additional help. Finally, remember that a behavior is an action, not just a feeling.

Payoff:

You will have better behaviors if you take the time to improve your beliefs. You can better relate to God, yourself, and others with improved behaviors. This means stronger **connections and relationships** with the parties mentioned above.

Building this skill will allow you to remove negative behaviors such as:

- Believing lies about God
- Unstable relationship with God
- Unsure of what you believe about God
- Unsure of why you believe what you believe about God
- Believe Lies about your ability to grow
- Unsure of what you believe about growth and improvement
- Unsure of why you believe what you believe about growth and improvement
- Believe Lies about people



- Unstable relationships with people
- Unsure of what you believe about others or yourself
- Unsure of why you believe what you believe about others of yourself
- Believe lies about sin
- Unsure of what you believe about sin
- Unsure of why you believe what you believe about sin

Building this skill will allow you to implement or improve positive behaviors such as:

- Believing the truth about God
- Confidence in what you believe about God
- Self-awareness: You know what you believe about God and why you believe it
- A stable relationship with God
- Believe the truth concerning your growth
- Self-awareness: You know what you believe about growth and improvement and why you believe it
- Believe the truth concerning people
- Confident in what you believe about people
- Self-awareness: You know what you believe about people and why you believe it
- Stable relationships with people
- Believe the Truth concerning sin
- Confidence in what you believe about sin
- Self-awareness: You know what you believe about sin and why you believe it.

Additional Resources:

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

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

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.



A List of Behaviors and Emotions:

Identify the negative behaviors and or emotions. (How can I get rid of this?)	Identify the positive behaviors and or emotions. (How can I do this more effectively? How can I do this better?)
Insecurity	Secure in who you are/what you need to do
Jealousy	Contentment
Doubt	Confidence
Fear	Boldness/Courage
Anger	Happy/Joy
Frustration	Calm/even tempered
Irritable	Good humored/easygoing
Rude	Kind/Considerate
Apathy	Purpose driven
Why don't I want to improve?	Visionary/purpose driven
Selfish	Altruistic (I thought about others first)
Division	Unity
Double-minded	Single Minded/Focused
Impatient	Patient
Envious	Content
Greedy	Content
Discontent	Content
Dishonorable	Honorable
Bitter	Happy for others
Holding records of wrong/resentful	Thinking and wanting the best for others
Boastful, arrogant, proud	Humility
Unforgiveness	Forgiveness
Love evil	Hate Evil/Hate Sin
Hate the truth	Love the Truth



Cowardly	Courageous
Self-focused	Others Minded/Altruistic
Give up easily/ No perseverance	Perseverance
Depressed	Joyful
Hopeless	Hopeful
Anxious	At peace
Hateful	Loving
Rough	Gentle
Lack of self-control	Disciplined
Frustrated at work	Happy at work
Complaining and grumbling	Grateful

What makes a GOOD/STRONG belief?

- The belief is reliable and trustworthy.
- The belief is consistent and not easily changed.
- The belief is productive and helpful over time.
- The belief is filled with confidence and goes with reality.

What makes a BAD/WEAK belief?

- The belief is unreliable and not trustworthy.
- The belief is inconsistent and easily changed.
- The belief is unproductive and not helpful over time.
- The belief is filled with doubt and goes against reality.



An Overview of the Last 7 Days:

How You Spend Your *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.

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

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



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.

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

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



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.

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

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



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.

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

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



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.

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

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



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.

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

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

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?



My Free Time:

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

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

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



My Entertainment:

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

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

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



My Goals:

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

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

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



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.

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

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



My Obedience to God:

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

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

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



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.

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

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



My Interactions with My Coworkers:

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

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

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



My Interactions with My Children:

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

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

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



My Interactions with My Spouse:

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

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

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



My Interactions with People in My Community:

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

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

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



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.

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

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



How Did I Treat 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.

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

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

