

Harnessing Your Thoughts (part 4)
Change your personal belief system!
12.15.2019

Review

We are spiritual beings living in physical bodies. We are created to fellowship with heaven while on earth.

Part 1 - November 24: 30 Symptoms of a Renewed and Unrenewed Mind

1. You are a spirit, you have a soul, and you live in a body.
2. The new birth transforms the spirit nature.
3. The mind must be renewed for the spirit to be free.
4. The mind resists change! You have to force it to obey God!

Part 2 - December 1: Four Steps to Mind Renewal

1. Locate the wrong thought.
2. Find scriptures that refute the wrong thinking and feeling and meditate.
3. Catch yourself when thinking and acting on the thoughts.
4. Siege the thoughts.

Part 3 - December 8 - Meditation Will Change you!

1. The Word is more powerful than your thoughts!
2. The Bible encourages meditation, not just reading.
3. Meditation speaks words over and over either within or out loud.
4. Find scriptures that specifically refute wrong thinking that you are experiencing.

Part 4 - Change your personal belief system!

Last week, we looked at the importance of meditation in the Word. Meditate the Word. Don't just read. Meditation takes the Word and places it in your spirit. What you meditate, you will practice.

Joshua 1:8 (NKJV)

This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.

John 15:7 (NKJV)

If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be

done for you.

Meditation in the Word takes the Word and places it in your personal belief system.

If you don't change your personal belief system after you come to Jesus, you will NEVER live a life of freedom!

Numbers 33:55 (NLT)

But if you fail to drive out the people who live in the land, those who remain will be like splinters in your eyes and thorns in your sides. They will harass you in the land where you live.

Joshua 23:11-13 (NLT)

So be very careful to love the Lord your God. (12)“But if you turn away from him and cling to the customs of the survivors of these nations remaining among you, and if you intermarry with them, then know for certain that the Lord your God will no longer drive them out of your land. Instead, they will be a snare and a trap to you, a whip for your backs and thorny brambles in your eyes, and you will vanish from this good land the Lord your God has given you.

Judges 2:2-3 (NLT) For your part, you were not to make any covenants with the people living in this land; instead, you were to destroy their altars. But you disobeyed my command. Why did you do this? 3 So now I declare that I will no longer drive out the people living in your land. They will be thorns in your sides, and their gods will be a constant temptation to you.”

1. We have a deeper level of thinking that rules our behavior.

Our underlying thought patterns, our values or belief system, rule how we live.

1 John 3:20-22 (NKJV)

For if our heart condemns us, God is greater than our heart, and knows all things. (21) Beloved, if our heart does not condemn us, we have confidence toward God. (22) And whatever we ask we receive from Him, because we keep His commandments and do those things that are pleasing in His sight.

This is referring to our conscience, or, our personal values system, or you could call it our personal belief system. It can condemn us when God is not condemning us.

It has to be retrained.

Ephesians 4:22-24 (NKJV)

that you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, (23) and be renewed in the spirit of your mind, (24) and that you put on

the new man which was created according to God, in true righteousness and holiness.

Colossians 3:8-10 (NKJV)

But now you yourselves are to put off all these: anger, wrath, malice, blasphemy, filthy language out of your mouth. (9) Do not lie to one another, since you have put off the old man with his deeds, (10) and have put on the new man who is renewed in knowledge according to the image of Him who created him,

All of us are equal before God, but not all have an equal start in life.

2. Home is where the heart is.

Our personal belief system, personal values system, or conscience, is trained mostly in our home before age 6.

85% of our adult behavior patterns are firmly set by our 6th birthday.

Happiness is a Choice, p. 59

Our personal belief system, conscience, or personal values system is our personal subconscious set of rules about how life works. It is how you view God, yourself, and others.

Home is where the heart is.

Deuteronomy 6:4-9 (NLT)

Listen, O Israel! The Lord is our God, the Lord alone. (5) And you must love the Lord your God with all your heart, all your soul, and all your strength. (6) And you must commit yourselves wholeheartedly to these commands that I am giving you today. (7) Repeat them again and again to your children. Talk about them when you are at home and when you are on the road, when you are going to bed and when you are getting up. (8) Tie them to your hands and wear them on your forehead as reminders. (9) Write them on the doorposts of your house and on your gates.

You are most comfortable with what is most familiar to you.

Some people *choose dysfunction* because it is *for them* the most comfortable, the easiest way to live...it's their default. They learned it at home.

What you learned at home is what you are most familiar with, and what comes natural to you. It's your default setting on life and how you deal with it.

This does not change without intentional effort.

And if we choose not to change our belief system, we pass it down to our children.

Exodus 34:7 (NLT)

I lavish unfailing love to a thousand generations. I forgive iniquity, rebellion, and sin. But I do not excuse the guilty. I lay the sins of the parents upon their children and grandchildren; the entire family is affected— even children in the third and fourth generations.”
(Exodus 20:5; Deuteronomy 5:9).

3. What is your personal belief system background?

Dysfunctional Families

Alcoholism, drug addiction, workaholicism, divorce, eating disorders, sexual disorders, absent father, absent mother, neglect, verbal abuse, emotional abuse, physical abuse, sexual abuse, domineering father/passive mother, domineering mother/passive father, condemnation, rejection, destructive criticism, manipulation, neglect, unreality, denial, lack of objectivity, warped sense of responsibility, control, guilt, hurt and anger, loneliness.

Functional Families

Unconditional love, unconditional acceptance, forgiveness, laughter, time to work and play together, attention, fun, freedom to express emotions appropriately, sense of personal worth, compassion, comfort, honesty, freedom to have your own opinion and your own identity, objectivity, affirmation, friendship, appropriate responsibility, loving correction.

Family Chart

4. We often can't see who we really are.

We see life through colored glasses.

Psalms 90:8 (AMPC)

Our iniquities, our secret heart and its sins [which we would so like to conceal even from ourselves], You have set in the [revealing] light of Your countenance.

Psalms 139:23-24 (TPT)

God, I invite your searching gaze into my heart. Examine me through and through; find out everything that may be hidden within me. Put me to the test and sift through all my anxious cares. (24) See if there is any path of pain I'm walking on, and lead me back to your glorious, everlasting ways — the path that brings me back to you.

Chip Judd Quote

God wants to identify, challenge, and change any patterns of thought, belief, or behavior that are contrary to His will. Many of these patterns are so much a part of us that we can't see them without the revelation of God's Spirit and the help of other loving Christians.

Small groups are a great place to learn who you are as you relate to others.

5. God created you to be loved!

Matthew 22:36-40 (NLT)

"Teacher, which is the most important commandment in the law of Moses?"(37) Jesus replied, "'You must love the LORD your God with all your heart, all your soul, and all your mind.' (38) This is the first and greatest commandment. (39) A second is equally important: 'Love your neighbor as yourself.' (40) The entire law and all the demands of the prophets are based on these two commandments."

We're created to have a healthy love for God, self, and others.

6. Without unconditional love, our belief system will be fear-based.

Fear of God:

You won't open up to Him.

You will feel as though you never measure up.

You will perform to please - you will have a *works*-based personality.

**My issue - God has to love me whether He wants to or not.*

(my answer was John 16:27 Amplified).

Fear of others:

You may live by dominating or manipulating others - pride.

You may live by wearing a mask - saying and doing what will make you feel accepted.

**My issue - I projected strength and would show no need or weakness to anyone. (Pride)*

Fear of exposure:

You may isolate yourself from others.

Or you may withdraw and not let others see who you really are - project to others what you are really not.

You may have the mindset that *if you really knew me you would not like me.*

*My issue - *I was afraid to get close to people and open up to them.*

7. Getting acquainted with love will begin to reset your personal belief system.

I CORINTHIANS 13:4 – 7

Let me describe love. Love is slow to lose patience; love stays in difficult relationships with kindness, and love always looks for ways to be constructive. There is no envy in love. Love is not possessive and never boils over with jealousy. Love makes no parade of itself; it never boasts, nor does it puff up with pride. Love is never arrogant and never puts itself on display, because it is neither anxious to impress, nor does it cherish inflated ideas of its own importance. Love never gets irritated and is never resentful.

Love holds no grudges, and love keeps no record of evil done to him/herself. Love refuses to be provoked and never harbors evil thoughts.

Love is not rude or grasping or overly sensitive, nor does love search for imperfections and faults in others. Love does not compile statistics of evil or gloat over the wickedness of other people. On the contrary, love is glad with all good men when truth prevails. Love celebrates what is real and not what is perverse or incomplete.

Love never does the graceless thing. Love has good manners and does not pursue selfish advantage. Love never insists on his/her own rights, never irritably loses his/her temper, and never nurses his/her wrath to keep it warm. Love is not touchy.

Love can stand any kind of treatment because there are no limits to love's endurance, no end to love's trust. Love bears up under anything; love perseveres in all circumstances. Love's first instinct is to believe in people. If you love someone, you will be loyal to them no matter what the cost. Love will always believe in them, always expect the best in them, and always stand its ground in defending them. Love never regards anyone or anything as hopeless. Love keeps up hope in everything. Love's hope never fades.

Love keeps on keeping on! It trusts in God in every situation and expects God to act in all circumstances. Love goes on forever. Nothing can destroy love. Nothing can happen that can break love's spirit. In fact, love will keep on standing when all else has fallen.

Action Points:

1. Open your heart and ask God to show you your wrong beliefs (Psalm 90:8; Psalm 139:23-24).
2. Find a person you can talk to and pour out your heart about yourself.
3. Ask God to develop His love in your belief system. Read the love quote out loud every day.