

SERIES: TALK BACK
Part 2: Examine Your Beliefs

2 Corinthians 10:5:

“We take captive every thought to make it obedient to Christ

Romans 12:2

“Be transformed by the renewing of your mind.”

“Then you will learn from your own experience how God’s ways really satisfy you.”

- **My beliefs determine my feelings.**
- **My misbeliefs are the cause of most of my emotional struggles and unhappiness.**
- **My misbeliefs can be corrected and changed by the truth**
- **The Source of truth for my beliefs must be God and His Word!**
- **Truth-shaped beliefs are the key to healthy emotions and behaviors!**

Secret #1: Discover the Triggering Event!

Ruth 1:1-2

“In the days when the judges ruled there was a famine in the land, and a man from Bethlehem in Judah, together with his wife and two sons, went to live for a while in the country of Moab. The man’s name was Elimelech, his wife’s name was Naomi, and the names of his two sons were Mahlon and Kilion.”

v.5 “Naomi was left without her two sons and her husband.”

Secret #2: Identify the Underlying Misbeliefs!

It’s not what happens to you, but what you tell yourself about what happens to you that shapes your emotional outlook on life more than anything else.

v.19 “Can this be Naomi?”

vv.21-22 “‘Don’t call me Naomi,’ she said to them. ‘Call me Mara because the Almighty has made my life very bitter. I went away full, but the Lord has brought me back empty. Why call me Naomi? The Lord has afflicted me; the Almighty has brought misfortune upon me.’”

Secret #3: Renounce the Mental Stronghold!

2 Corinthians 10:4

“The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds.

Secret #4: Replace the Lies with Truth

Philippians 4:8, “Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.”