

Oaks of Righteousness Belief System

Rational Christian Thinking / Renewing the Mind

“Because It’s the way we roll when we’ve been set free”

Sources:

Holy Bible – NIV

Living in the Freedom of the Spirit - Tom Marshall

Rational Christian Thinking - Equipping Ministries

Empowering Ministry & Oaks of Righteousness Workbooks

Why Change Your Belief System

- **Romans 12:2** – “Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is – His good, pleasing and perfect will.” - NIV
- **1 Peter 1:13** – “Therefore, prepare your minds for action; be self-controlled; set your hope fully on the grace to be given you when Jesus Christ is revealed. As obedient children, do not conform to the evil desires you had when you lived in Ignorance.” – NIV
- **Proverbs 3:5-7** – “Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight. Do not be wise in your own eyes; fear the Lord and shun evil. “ - NIV

Belief System

- Belief – *to trust in, to hold a conviction about*
- Belief System – *a reservoir within our mind that contains our values, opinions, perceptions, desires, attitudes, experiences, memories, self-talk, ideas, and thoughts.*



The Johari Window – page 61

Known to Self	Unknown to Self
<p data-bbox="112 482 853 611">Area 1 – We willingly relate and share with others</p> <p data-bbox="340 682 722 759">Open area</p>	<p data-bbox="981 482 1761 616">Area 2 – Others know about us through observation</p> <p data-bbox="1209 682 1591 759">Blind spot</p>
<p data-bbox="112 925 896 1059">Area 3 – What we know but hesitate to share with others</p> <p data-bbox="301 1188 761 1259">Hidden area</p>	<p data-bbox="981 925 1812 1139">Area 4 – This area no one knows and may be considered the deep unconscious</p> <p data-bbox="1190 1188 1607 1259">God knows</p>

Perceptions and Facts

Perceptions

- Personal interpretations of raw data
- **Subjective**
- I believe it; other people may not
- Do not provide common ground for healthy lives and relationships

Facts

- Raw, verifiable data
- **Objective**
- True for all people, in all places, at all times
- Provide common ground for healthy lives and relationships

Perception or Fact

The phone rang at 5:15am

• Objective

My son was very disrespectful to me last night

• Subjective

This tea is too sweet

• Subjective

I made a right turn at the red light

• Objective

I had a devastating car accident

• Subjective

It is immoral for women to wear makeup

• Subjective

The thunderstorm lasted from 9:30 to 11:00

• Objective

My wife snored like a chainsaw all night long

• Subjective

Feeling or Belief

I feel happy to see you today

• Feel

What do you feel I should do

• Believe

I feel it is wrong to marry a non-Christian

• Believe

Cindy felt scared when she heard the loud noise

• Feel

I feel that I could have done a better job

• Believe

Carlos feels excited about graduating from college

• Feel

I feel that people should be on time for their appointments

• Believe

Andrea felt angry when the car cut her off in traffic

• Feel

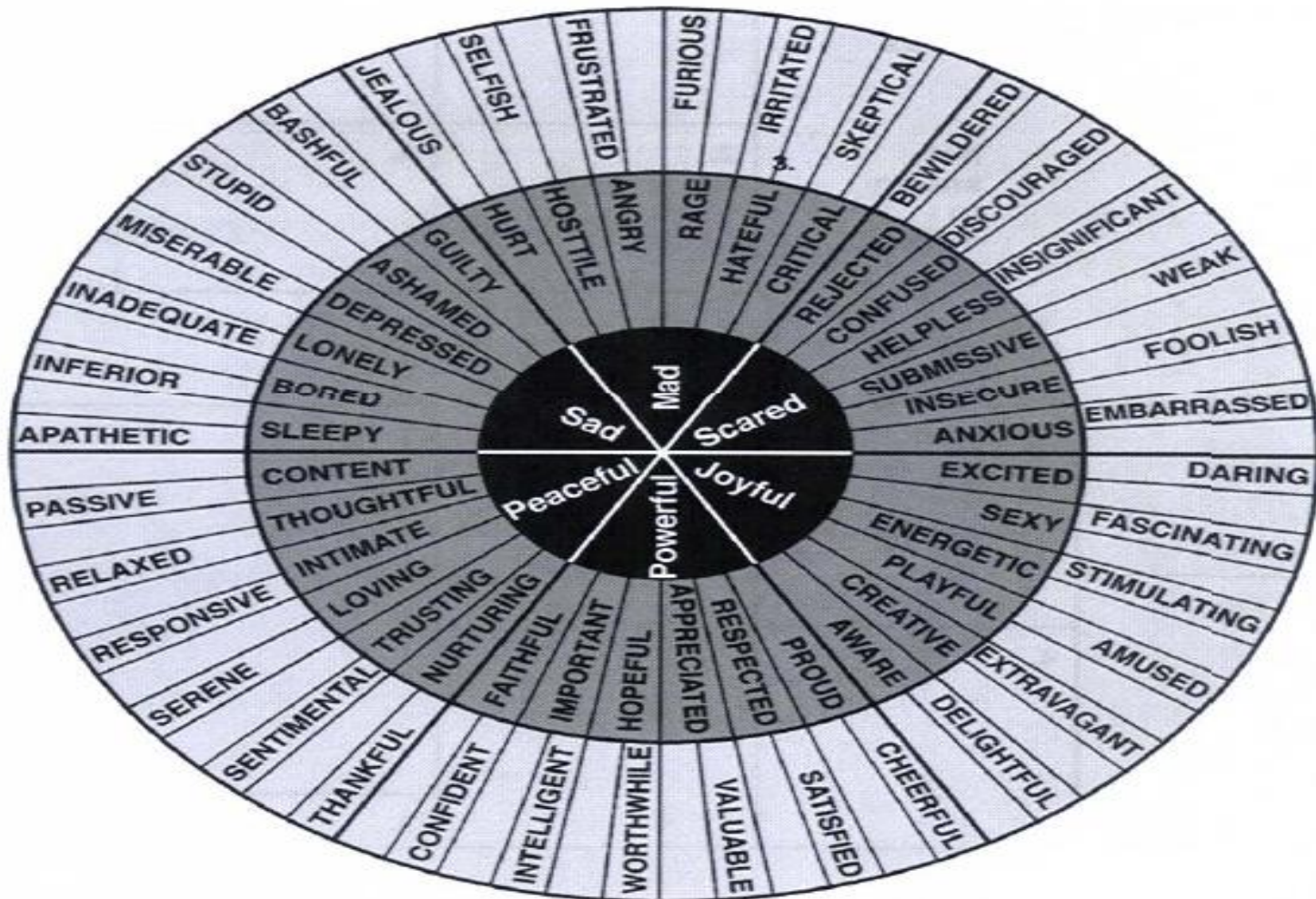
Five Rules or Rational Thinking – page ___ 3 of the 5 must be answered “yes”

- Is this thought based on objective reality (Biblical principle)?
- Is this thought nurturing my physical, emotional, and spiritual life?
- Is this thought helping me to achieve my goals?
- Is this thought keeping me out of inappropriate conflict with others?
- Is this thought keeping me out of inappropriate conflict with my myself?

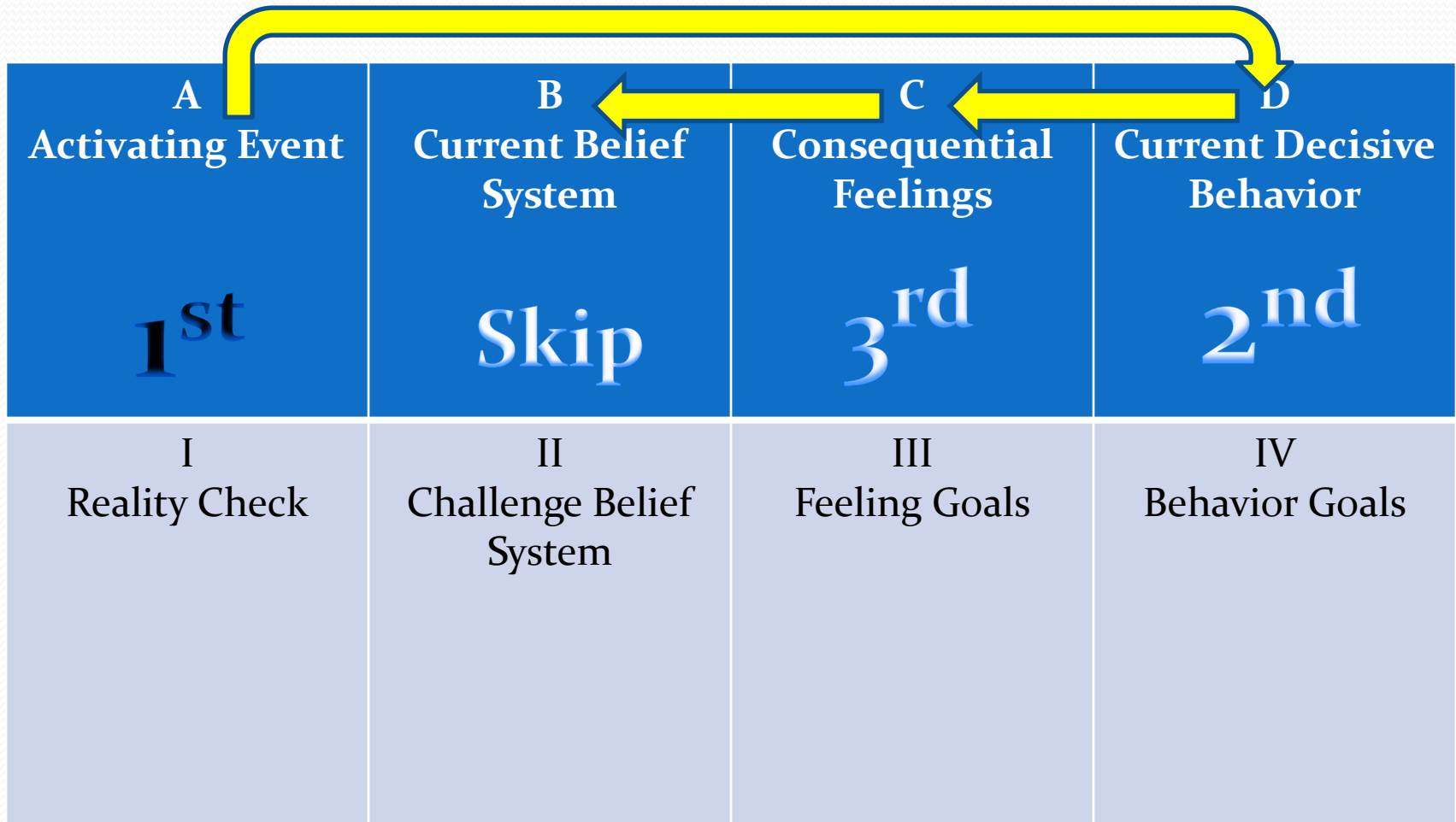
Renewing our Mind – 5 Step Process

- Identify the false belief
- Look for the roots of the false beliefs, who to forgive
- Acknowledge the false beliefs as lies ask God to forgive you for believing the lies and renounce them
- Pray to God, I choose today to believe what your word says about me
- Take a stand and persevere. Use scripture to instill truth and set us free from deception.

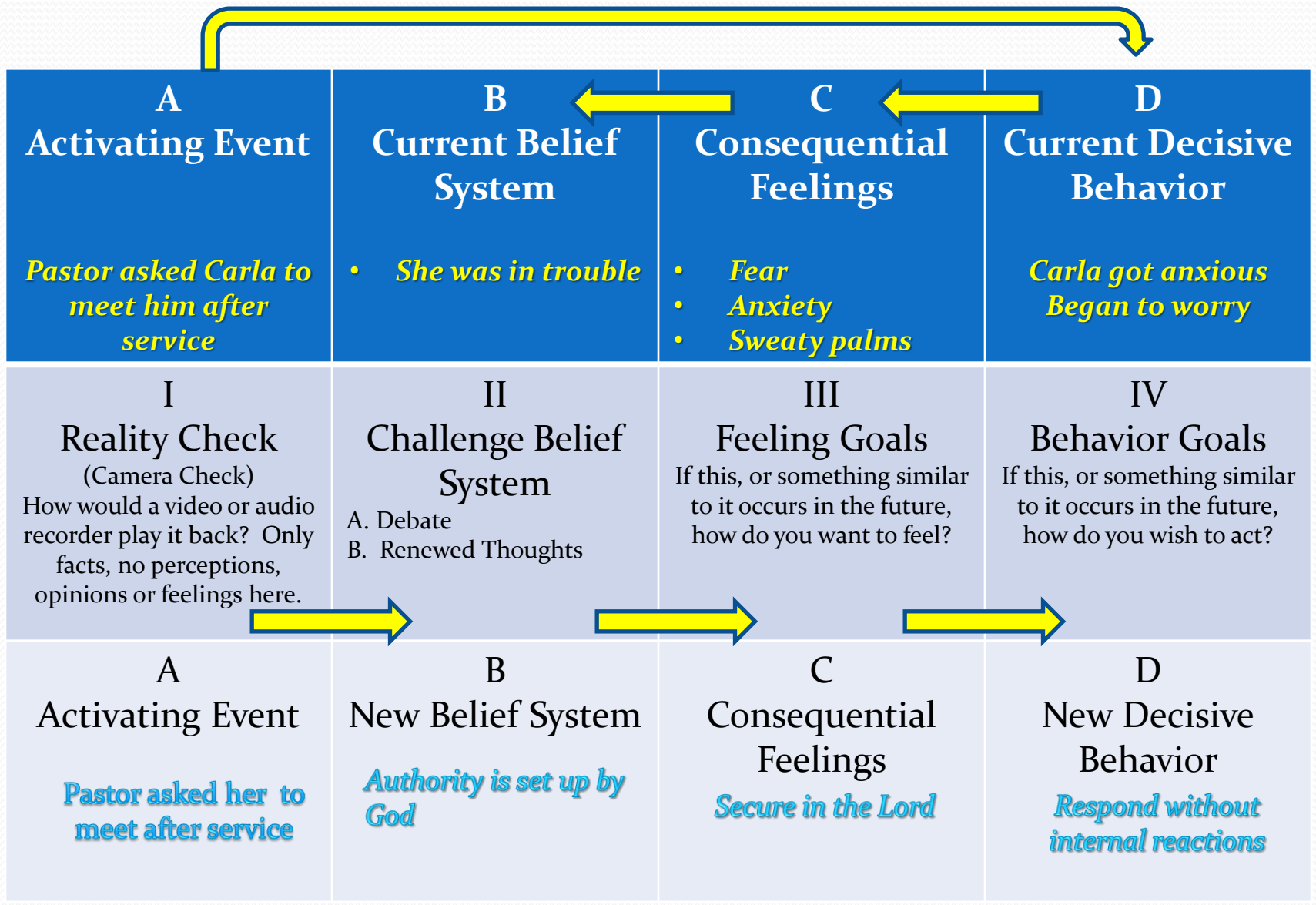
Feeling Wheel – page 62



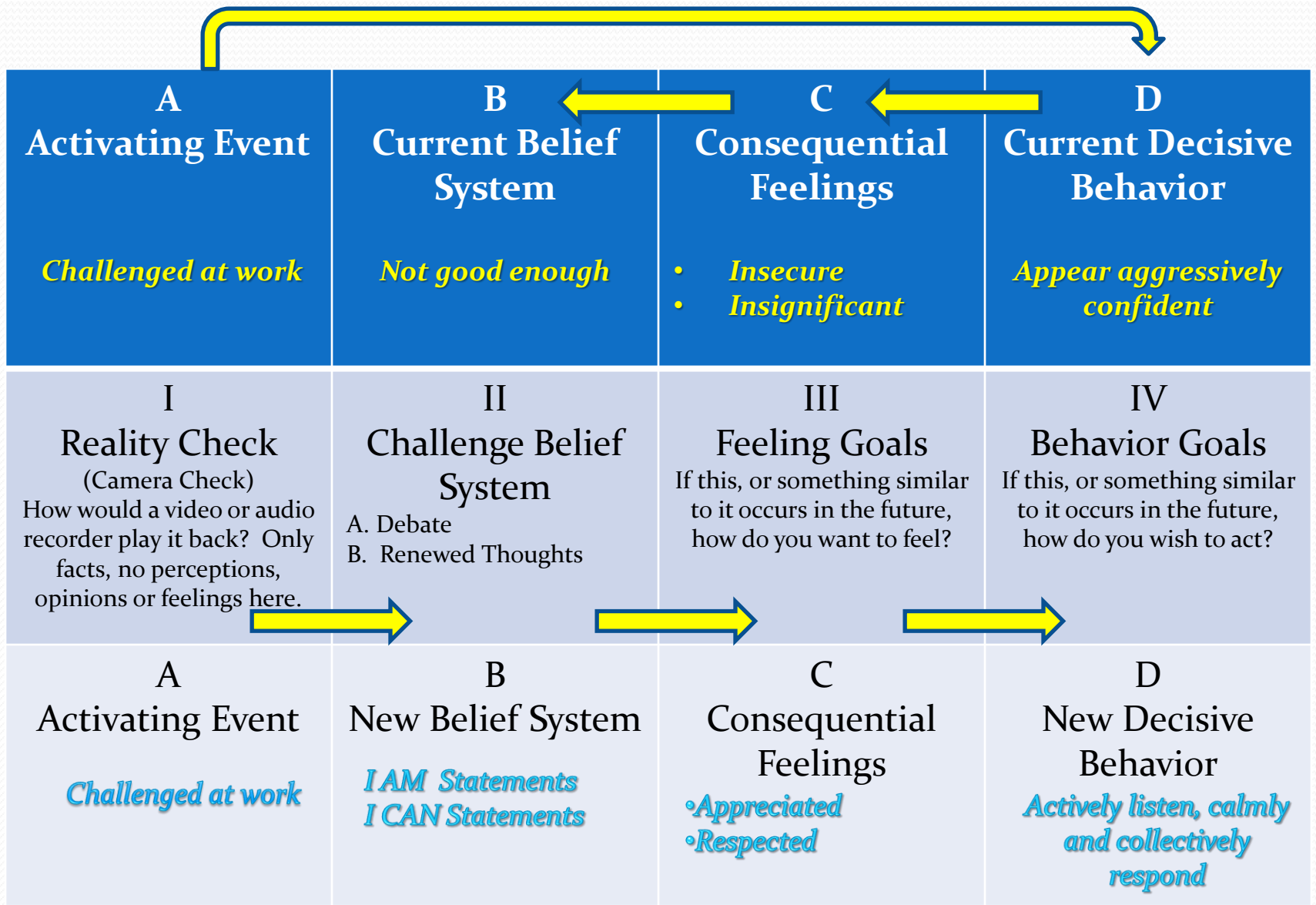
Life Event Revelation Chart



Life Event Revelation Chart



Life Event Revelation Chart



Life Event Revelation Chart– page __

LIFE EVENT REVELATION CHART (Part 1)

A Activating Event	B Belief System (Old Man)	C Consequential Feelings	D Decisive Behavior

Life Event Revelation Chart— page 69

LIFE EVENT REVELATION CHART			
A Event	B Belief	C Feeling	D Behavior
(What happened?)	(What did you believe?) Is what you believed truth?	(How did you feel?)	(What did you do?) Was your behavior out of balance with what happened?
	Is there any time in your life you felt like this before?		
Was your perception of the event an objective view?	What would you need to believe to have different feelings?	How would you need to feel to have a good response?	In a similar event how would you like to respond?

Oaks of Righteousness Belief System – Session 2

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Renewing our Mind – 5 Steps (review)

- Identify the false belief
- Look for the roots of the false beliefs and where they came from or who (who to forgive)
- Recognize the false beliefs as lies ask forgiveness for believing the lie (or curse) and renounce it
- Pray and declare, God I choose to believe what your word says about me
- Take a stand and persevere. Use scripture to instill truth and set us free from deception.

How We Change our Belief System

- Relationship and Trust in Jesus Christ
- Scripture
- I AM Statements
- Forgiveness & Relinquishment
- Identify & Understand Lies (Curses & Vows)
 - Self, Worldly, Marital or Relational, Spiritual
- Remove the Eight Thinking Bugs
- Core Fears
 - Trust or Betrayal , Rejection, Abandonment, Injustice, Control
- Repentance and Forgiveness
- Prayer & Fellowship
- Practice, Practice, Practice
- Limbic Lag – Act Your Way into New Think
- Thinking It + Believing It = Living It

Identify & Understand Lies

Worldly Lies

- You can have it all
- My worth is determined by my performance
- Life should be easy
- Life should be fair
- You shouldn't have to wait for what you want
- People are basically good

Identify & Understand Lies

Marital or Relational Lies

- All my marital problems are my spouse's fault
- If our marriage takes hard work, we must not be right for each other
- My spouse can and should meet all of my emotional needs
- My spouse owes me (for all I do)
- I shouldn't have to change to make our marriage better
- My spouse should be like me

Eight Thinking Bugs

- Should Bug – Remove should and use “I would prefer”
- Perfection Bug (not good enough) – Sets unattainable goals, then pounces on us with shame and humiliation
- Past Bug – *If Only...*
- Future Bug – *What if...*
- Magnifier Bug – Remove global words such as always, never, everybody, nobody, constantly....
- Invalidator Bug – Casts negative shadows “Yes but”
- Mind Reader Bug – Think we can read or anticipate others thoughts and feelings
- Blame Bug – Easier to blame someone else instead of accepting responsibility

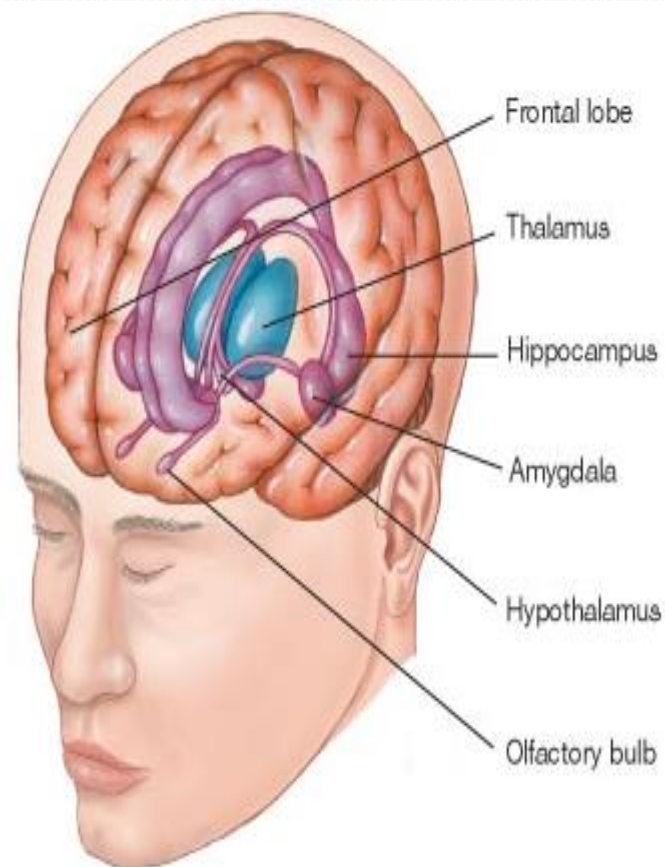
LERC Exercise– page 62

LIFE EVENT REVELATION CHART (Part 1)

A Activating Event	B Belief System (Old Man)	C Consequential Feelings	D Decisive Behavior

Applying Grace – Limbic Lag

- Limbic Lag - Acting your way into new thinking
- Do I receive Grace from God?
 - Have I admitted my shortcoming?
 - Have I confessed my shortcoming?
- Do I give Grace to myself during this process?
- Do I give Grace to others in this same process?
 - Have I availed myself to another person?
 - Have I proven myself gentle and transparent?



Armor of God

Ephesians 6:10-18

- Finally, I will be strong in the Lord and in His mighty power. Put on the full armor of God so that I can take my stand against the devil's schemes. For my struggle is not against flesh and blood (*my wife, boss, kids, or friends etc.*), but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.
- Therefore I will put on the full armor of God, so that when the day of evil comes, I will stand my ground, and after I have done everything, to stand.
- Stand firm then, with the belt of truth buckled around my waist, with the breastplate of righteousness in place, and with my feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which I can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints. – Amen