

Belief Determines Behavior

What you believe, determines how you will behave.

John 8:31-32

³¹ To the Jews who had believed him, Jesus said, "If you hold to my teaching, you are really my disciples. ³² Then you will **know the truth**, and the **truth** will set you **FREE.**" (NIV)

If we know the truth, believe in truth, come into agreement with that truth and orient our lives around truth...we will experience **Freedom in Life.**

What you believe, determines how you will behave.

Jesus says...

Truth - Leads to Freedom

If I believe and come into agreement with something is true - I will act or behave in a way that affirms that truth that I believe.

The opposite of Freedom is Lies so then

Non-truths or Lies – Lead to Bondage

Any time I come into agreement with a lie, I will behave in a way that affirms that lie – and it will lead me into bondage – through fear, anxiety, guilt, shame, doubt, defeat, lack of confidence, and behaving in accordance to that lie I believe.

What you believe determines how you will behave.

That's why it's so important that we know the TRUTH, and come into agreement with that truth, so that we can behave and act in a way that leads to freedom.

Rom 12:2

² Do not **conform 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)

Rom 12:2

² **Don't copy the behavior** and customs of this world, but **let God transform you** into a new person by **changing the way you think**. Then you will learn to **know God's will for you**, which is **good** and **pleasing** and **perfect**. NLT

How are we transformed? **By the Renewing of our minds...with Truth.** Rejecting and renouncing lies I've believed and replacing them with the **TRUTH...that sets us FREE.**

What I want to share with you today is a diagram that helps us to see where some of the lies we believed came from. Sometimes they are subtle, sometimes not. But there can be things that we have felt were truth...but actually were lies, and they can be ingrained in our thinking. And if we don't correct them – they will continue to lead us and keep us in bondage.

Draw Diagram – Hurt / Wound that happens

Pain – Ouch, that was so hurtful / painful / traumatic / confusing

Interpretation – Why did that happen, what's the meaning of it?

Beliefs - I'm not loved, I'm not acceptable, it was my fault, I'm worthless, I'm forever messed up, I'm damaged goods, if people know me they will reject me, I'm a loser, I'm not good enough, other...

Attitudes – I'll never let myself get hurt/rejected like that again, I'll do whatever it takes to be loved, I'll never allow myself to need someone, I'll hurt you before you hurt me, I'll protect myself at all costs, I can't be vulnerable, I'll never trust _____ (women, men, authority, family, friends, etc) again, I'll never let myself be embarrassed by crying again, I won't hope for the best because I will never allow myself to be disappointed again, I'll never conquer this, I'll never be like my father/mother, other...

Father, I nail _____ (lie/belief/attitude) to the cross.

I break all agreements I've made with _____ (lie/belief/attitude) known or unknown, and I repent of joining with _____ (lie/belief/attitude)

Father as you send _____ (lie/belief/attitude) away from me, what is the truth that you want me to know in place of _____. (lie/belief/attitude)

Adapted from Barry & Lori Byrne / nothinghidden.com

Write down the Truths that God shows you.

- Do they line up with scripture?
- Do they resonate in your heart?
- If you're not sure - ask a trusted spiritual brother – Does this sound like Jesus?

Make a Truth wall in your room, have them on index cards and put them where you can see them and review them, have them on your phone or computer that you can easily access them.

You are Loved, You are accepted, You are worthy of love, You are valuable, You are a winner, If you've accepted God's free gift of salvation – you have a new identity as a dearly loved son of the King, and MUCH, MUCH more.

Remember...What you believe determines how you will behave!

Speak those truths (that God has shown you) loud every day for 90 days. Ask God to PLANT those truths deeply & firmly in your heart. CHOOSE to BELIEVE and ACT in accordance with God's TRUTH...Because you will know the TRUTH...and the TRUTH will set you... **FREE!**