

Heart Belief

“Heart Belief consists of everything we believe in our hearts. It is the essence of our faith. Lie-based heart beliefs that feel or seem true represent the part of your faith that needs to be refined.” (*Ed and Joshua Smith*)

We have two kinds of beliefs: intellectual beliefs that can be changed with new information, and heart belief that can only be changed by gaining God’s perspective. When our heart belief runs contrary to our intellectual belief, in James 1:8 that is called being double-minded.

Two Kinds of Heart Beliefs

Self-Identity

Who and What
I Believe I Am

State of Being

What I Believe About God
and My Circumstance

Examples of Lie-Based Heart Beliefs

The Perception I Have of Myself

- ◆ “I am worthless.”
- ◆ “I am stupid.”
- ◆ “I am defective.”
- ◆ “I am unlovable.”
- ◆ “There is something wrong with me.”
- ◆ “I am ‘unwantable’”.
- ◆ “I am dirty and shameful.”
- ◆ “I am not good enough.”

The Perception I Have of God and His Involvement In My Life

- ◆ “I am alone.”
- ◆ “My situation is out of control.”
- ◆ “I am powerless and helpless.”
- ◆ “I am trapped.”
- ◆ “I cannot make it stop.”
- ◆ “I am going to die.”
- ◆ “There is no way out.”
- ◆ “My life will always be like this, just hopeless.”

Example of looping question prior to transitioning to the BELIEF box.

“Why does believing that you are worthless make you feel that way?”

Example of looping question prior to transitioning to the BELIEF box.

“Why does believing that you are alone make you feel scared?”

