

04 False Beliefs

SECTION

Beliefs

LISTEN FOR THE STORY FORMING

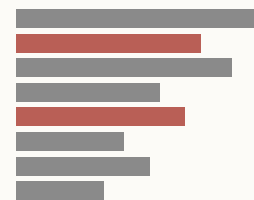


TABLE OF DECISION / HOT SEAT

SELF
OTHERS
GOD
WHAT IS TRUE?



A false belief is a value statement about self, others, or God that begins defining the event.

Good Questions

- What were you believing about yourself?
- What did this event seem to say about your worth or value?
- What felt exposed?
- What accusation did you hear about yourself?
- What were you believing about the other person?
- What story did you tell yourself about their motives or character?
- What did you assume they intended toward you?
- What were you believing about God?
- How close or far away did God feel?
- What did this event seem to suggest about God's posture toward you?

Rules of Thumb

- Write false beliefs as claims: "I do not matter," "People leave," "God is absent."
- Listen for identity, value, motive, and character statements.
- A false belief may contain a sliver of truth that has been twisted or enlarged.
- One or two clear beliefs may be enough to keep moving.
- Do not replace the person's words with polished theological language.

REMEMBER

Write false beliefs as claims: "I do not matter," "People leave," "God is absent."