# Practice **Believing**

Meditating on repetitive lies embeds them deeply in our hearts.

> *Have you been believing something God's Word doesn't actually say?*
> *Are you refusing to believe something God has said?*

Pray that God will help you to recognize the lies you have been believing and reject them. But you also need His grace to help you "think Bible"—to replace those lies with truth about God, His Word, and yourself. By God's grace, you can stop "practicing unbelief" and begin "practicing believing" instead.

**How to do this study:**

Use the space in the chart below to **capture your thinking**. Use the first column ("My Thoughts") to write down any thoughts you are struggling with in regards to your grief—such as doubts about God's love for you, anxious thoughts about the future, fear that something else bad may happen to you, or just thoughts of deep despair. While you may be able to write down several of your troubling thoughts right away, keep adding to this column as other troubling thoughts come to mind.

Next, take one thought at a time and **classify your thinking**. Does this thought belong in the category of God's thoughts? Or is this thought wrong according to God's Word? How will you know if this thought is truth or lie? You must compare it to God's Word. In the second column ("God's Truth") write out the truth of God's Word that applies to that specific thought. You may find this step difficult. Remember that God has given you a church family to walk beside you. Invite a godly adult to help you apply the truth of God's Word to your thinking. If you discover that your thought doesn't pass the "truth test," then it must be rejected. Repent of this specific lie by talking to God about it. Ask Him to forgive you for believing a lie, and commit to turn from it with His enabling grace.

Finally, **correct your thinking** by memorizing the specific truth you applied in the second column. When this wrong thought presents itself again (and it will!), you must actively fight against it. It isn't enough to simply *reject* the lies you have practiced believing, you must also *replace* those lies with the truth of God's Word. Correction takes time and effort, especially when you have practiced unbelief for a long period of time. Just like untangling a necklace or computer cables, God will use the truth of His Word to correct your thinking. With time and care, your thinking will straighten out. Keep inviting the help of a trusted, godly adult who can encourage you as you learn to "think Bible."

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# *My Thoughts vs. God's Truth*

| My Thoughts | God's Truth |
|---|---|
| *God is far away. He doesn't hear my prayers.* | *Psalm 116:1-2; Psalm 34:18*<br>*God is near to the brokenhearted. He hears when I cry out to Him.* |
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