



## Beliefs Quiz

### What do you believe?

So do you know how to find out if your beliefs are based on truth? How about we take a little quiz? Don't worry, you won't be graded! Read through the list of statements below and mark each one as follows:

**A = Always...this is the way I always feel**

**S = Sometimes...this is the way I sometimes feel**

**N = Never...this is never the way I feel**

\_\_\_\_\_ If it feels right, then it must be right.

\_\_\_\_\_ I can only feel good about myself if I do it perfectly.

\_\_\_\_\_ If I can't win, why bother?

\_\_\_\_\_ I hate it when everyone isn't happy with me.

\_\_\_\_\_ I am the way I am.

\_\_\_\_\_ Things never work out for me.

\_\_\_\_\_ Life should be easy, or I must be doing something wrong.

\_\_\_\_\_ I won't be happy unless they do it my way.

- \_\_\_\_\_ I know it is always my fault when things go wrong.
- \_\_\_\_\_ Why doesn't anyone ever consider me?
- \_\_\_\_\_ People never thank me for what I do for them.
- \_\_\_\_\_ A person should have it all, no matter what.
- \_\_\_\_\_ I don't think you should have to wait for what you want.
- \_\_\_\_\_ Relationships shouldn't be hard if they are meant to be.
- \_\_\_\_\_ How well I do something determines how good I feel about myself.
- \_\_\_\_\_ I believe that people are basically good.
- \_\_\_\_\_ If it is hard, I should quit.
- \_\_\_\_\_ It is so hard to trust anyone.
- \_\_\_\_\_ If am I good enough, God will protect me from getting hurt.
- \_\_\_\_\_ God doesn't have time for my problems.
- \_\_\_\_\_ A good Christian doesn't get angry, anxious, or depressed.

Now it's time to total your answers. What was your result?

\_\_\_\_\_ # of A = Always

\_\_\_\_\_ # of S = Sometimes

\_\_\_\_\_ # of N = Never

Can you guess how you're doing on believing lies versus the truth? Well, every one of those statements reflects a core lie. That means, for any that you marked with an A or S reflects thinking that is inconsistent with Biblical truth. Don't despair! Remember, there is no way for you to know the truth if you don't study the Scriptures. That's why we're going through this study! Like a runner in a race, we need to press on to the next mile, even if we'd like a break about now. Let's continue to look at Biblical truths so that we can demolish the lies we believe.