



## CHAPTER THREE: Choosing to Believe

### *Time to Stretch Questions*

1. What major life circumstances, experiences, or relationships have shaped your beliefs, both in terms of those that fall into the "core lies" category and those that reflect God's truths?

2. As you look at the results of your beliefs quiz, which two or three lies are most troubling to you — or surprise you? Would you be willing to pray about those right now and discuss them with your mom or mentor?

3. What top three truths from the "truths list" do you feel God wants you to concentrate on embracing personally? Write down those key verses below and journal a bit about why you think these matter so much.

4. Can you think of certain statements or beliefs that you finding yourself saying, which weren't in the list, that might be inconsistent with Scripture? Write those down and seek out an older Christian to help you search the Bible to find the counter-truth.

5. Read Romans 12:2 and 2 Corinthians 10:5 below, and then write out those Scriptures in the form of a prayer. Ask God to teach you how to believe His Word so that His Truth shapes your identity.

*Romans 12:2 NIV*

*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.*

*2 Corinthians 10:5 NIV*

*We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.*