

### **Beliefs Worksheet #1—God’s Character**

Ask your **heart**, not your head, what you truly believe. It is much more important to be honest than to choose an answer because you think that is what you are supposed to believe. Just because God’s Word tells us that these things are true, it doesn’t mean our heart really believes it. We know that the Bible says God loves us. However, when we have been deeply wounded, we often believe that we have been excluded from God’s love, so be honest, not “correct.” Scripture references are provided in case you want to read verses that refer to any of the beliefs.

Circle the one that best describes your level of belief.

**1**=I definitely do not believe this

**2**=I have some doubts about the truth of this

**3**=I am not sure what I believe about this

**4**=I believe this is mostly true

**5**=I have no doubt that this is truth

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|---|---|---|---|---|---|--|
| 1. God’s idea of justice is always right.                   | 1 | 2 | 3 | 4 | 5 | 2 Chr. 19:7, Ps. 98:9                    |
| 2. God is always on the job even in the worst of times.     | 1 | 2 | 3 | 4 | 5 | Ps. 71:20-21, Gen. 50:20                 |
| 3. God is always present with his children.                 | 1 | 2 | 3 | 4 | 5 | Ps. 139:8, Jer. 23:23-24                 |
| 4. God is merciful and does not punish as our sins deserve. | 1 | 2 | 3 | 4 | 5 | Ps. 103:8-12, Mic. 7:18<br>Ezk. 20:16-17 |
| 5. God is gracious and gives us good things.                | 1 | 2 | 3 | 4 | 5 | Ps. 34:9-10, 37:4                        |
| 6. God can be trusted.                                      | 1 | 2 | 3 | 4 | 5 | Ps. 9:10, Is. 26:4                       |
| 7. God is kind.   | 1 | 2 | 3 | 4 | 5 | Jer. 9:24, Hos. 11:3-4                   |
| 8. God follows through on all his promises.                 | 1 | 2 | 3 | 4 | 5 | Num. 23:19, Ps. 145:13                   |
| 9. God has unlimited resources to help us.                  | 1 | 2 | 3 | 4 | 5 | Ps. 50:9-12, Acts 17:25                  |
| 10. God made us, therefore, he knows what is best for us.   | 1 | 2 | 3 | 4 | 5 | Ps. 100:3, Is. 64:8, Mal. 2:10           |
| 11. God loves pouring gifts on us.                          | 1 | 2 | 3 | 4 | 5 | Jer. 32:40-41, Mat. 7:11                 |
| 12. God is qualified to lead our lives.                     | 1 | 2 | 3 | 4 | 5 | Ex. 19:4, Deut. 33:26-27                 |
| 13. God cares about us.                                     | 1 | 2 | 3 | 4 | 5 | Ps. 145:9, Lam. 3:22-23                  |
| 14. God is protecting us 24/7.                              | 1 | 2 | 3 | 4 | 5 | Ps. 34:7, 91:4, 121:3-4                  |
| 15. God has the ability to heal anything.                   | 1 | 2 | 3 | 4 | 5 | Ps. 30:2, Luke 6:18-19                   |
| 16. There is nothing created that God didn’t make.          | 1 | 2 | 3 | 4 | 5 | Ecc. 11:5, Amos 4:13                     |
| 17. God never lies.   | 1 | 2 | 3 | 4 | 5 | Num. 23:19, Heb. 6:18                    |
| 18. God’s faithfulness will never let us down.              | 1 | 2 | 3 | 4 | 5 | Deut. 7:9, Ps. 33:4                      |
| 19. God has a passionate love for us.                       | 1 | 2 | 3 | 4 | 5 | 1 John 3:1, 4:9                          |
| 20. God’s heart is absolutely pure.                         | 1 | 2 | 3 | 4 | 5 | Deut. 32:4, Ps. 145:17                   |
| 21. He is King of the universe and above all things.        | 1 | 2 | 3 | 4 | 5 | Deut. 4:39, 1 Chr. 29:12                 |
| 22. God makes the right decisions.                          | 1 | 2 | 3 | 4 | 5 | Rom. 11:33, 16:27                        |
| 23. God is offended when sin is committed.                  | 1 | 2 | 3 | 4 | 5 | Ps. 51:4, Is. 43:24                      |
| 24. God’s power to help us is unlimited.                    | 1 | 2 | 3 | 4 | 5 | Jer. 32:27, Eph. 3:20-21                 |
| 25. He is a good and righteous judge.                       | 1 | 2 | 3 | 4 | 5 | Ps. 99:4, 145:17                         |
| 26. God’s love for us is without limit.                     | 1 | 2 | 3 | 4 | 5 | Deut. 7:9, Jer. 31:3                     |
| 27. God is good.  | 1 | 2 | 3 | 4 | 5 | Ps. 100:5, Nah. 1:7                      |
| 28. His way of doing things is better than our way.         | 1 | 2 | 3 | 4 | 5 | Is. 55:8-9, Rom. 9:20                    |
| 29. God’s favor is on us.                                   | 1 | 2 | 3 | 4 | 5 | Pro. 8:35, Eph. 2:7                      |

## **Beliefs Worksheet #2—My Relationship with God**

Circle the one that best describes your level of belief.

**1**=I definitely do not believe this

**4**=I believe this is mostly true

**2**=I have some doubts about the truth of this

**5**=I have no doubt that this is truth

**3**=I am not sure what I believe about this

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| 1. God will never leave me or forsake me.  | 1 2 3 4 5 | Mat. 28:20, Heb. 13:5               |
| 2. No one is more important to God than me.  | 1 2 3 4 5 | Acts 10:34, Rom. 10:12              |
| 3. God is on my side.  | 1 2 3 4 5 | Is. 41:10, Rom. 8:31                |
| 4. God wants to bless me.  | 1 2 3 4 5 | Ps. 21:1-3, Eph. 1:3                |
| 5. God considers me pure when I confess my sins.   | 1 2 3 4 5 | Ezk. 36:25, Rom 8:1                 |
| 6. What God expects of me is realistic and appropriate.                                    | 1 2 3 4 5 | Deut. 5:29, Is. 64:8                |
| 7. God feels pain when I am suffering.   | 1 2 3 4 5 | Is. 63:9, Jer. 8:21                 |
| 8. I am safe in the shadow of his wings.   | 1 2 3 4 5 | Ps. 91:1-4, 121:5-8                 |
| 9. God has planned a life for me that is good.   | 1 2 3 4 5 | Jer. 29:11, John 10:10              |
| 10. God can and will meet all my physical, spiritual and emotional needs.                  | 1 2 3 4 5 | Rom. 8:32, Phil. 4:19               |
| 11. God knows my every hard emotion and tortured thought.                                  | 1 2 3 4 5 | Ex. 3:7, 1 Chr. 28:9                |
| 12. God receives me as his precious daughter.  | 1 2 3 4 5 | John 1:12, 1 John 3:1               |
| 13. God never stops loving me, even for a second.  | 1 2 3 4 5 | Is. 54:10, Jer. 31:3                |
| 14. God sees everything that happens to me.  | 1 2 3 4 5 | Job 31:4, Heb. 4:13                 |
| 15. The way God works in my tough situations is perfect.                                   | 1 2 3 4 5 | 2 Sam. 22:31, Is. 55:8-9, Hos. 14:9 |
| 16. God never allows consequences in my life, except what is for a good purpose.           | 1 2 3 4 5 | Rom 8:28, Heb. 12:10-11             |
| 17. God is never too busy for me.  | 1 2 3 4 5 | Is. 30:19, Eph. 2:18                |
| 18. There is no struggle in my life too big for God to handle.                             | 1 2 3 4 5 | Jer. 32:27, Luke 1:37               |
| 19. It is always the best choice to turn my anger, woundedness and bitterness over to God. | 1 2 3 4 5 | Ps. 55:22, Jer. 30:17               |
| 20. God will always give justice to my offenders.  | 1 2 3 4 5 | Ps. 103:6, 2 Thes. 1:6-7            |
| 21. Unforgiveness blocks my relationship with God.   | 1 2 3 4 5 | Ps. 66:18, Is. 59:1-2               |
| 22. God is able to accomplish his purposes in my life.                                     | 1 2 3 4 5 | Ps. 138:8, Phil. 1:6                |
| 23. God accepts me, no matter what I've done.  | 1 2 3 4 5 | Rom. 8:1, Acts 10:34-35             |
| 24. I can trust God with the deepest and darkest places of my heart.                       | 1 2 3 4 5 | Ps. 139:1, 1 Pet. 5:7               |
| 25. I can trust everything God says in his Word.   | 1 2 3 4 5 | Ps. 18:30, 19:7-11                  |
| 26. God is wild about spending time with me.   | 1 2 3 4 5 | Ps. 149:4, Zep. 3:17                |
| 27. When I sin, I hurt God.  | 1 2 3 4 5 | Ps. 41:4, 51:4, Is. 43:24           |
| 28. God can and wants to set me free from bondage.   | 1 2 3 4 5 | Is. 61:1, Jer. 29:12-14             |
| 29. I can weep with God because he comforts me.  | 1 2 3 4 5 | Ps. 34:18, Jer. 8:18                |

### Beliefs Worksheet #3—My Identity

Circle the one that best describes your level of belief.

**1**=I definitely do not believe this

**4**=I believe this is mostly true

**2**=I have some doubts about the truth of this

**5**=I have no doubt that this is truth

**3**=I am not sure what I believe about this

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| 1. I am important to God.  | 1 2 3 4 5 | 1 Cor. 6:19-20, Eph. 1:5, 2:6              |
| 2. When I reach out to God, he accepts and receives me.                                      | 1 2 3 4 5 | Ps. 27:10, Eph. 1:5-6                      |
| 3. I am always responsible for my choices regardless of what others have done.               | 1 2 3 4 5 | Mic. 6:8, John 21:22                       |
| 4. It is God's desire to be faithful to me.  | 1 2 3 4 5 | Deut. 7:9, Ps. 89:24, 2 Thes. 3:3          |
| 5. God thinks I am precious and valuable.  | 1 2 3 4 5 | John 3:16, Eph. 1:4-5, 1 Pet. 1:18-19      |
| 6. God feels compassion toward me.   | 1 2 3 4 5 | Ps. 103:4, 8, Lam. 3:22-23                 |
| 7. I am not a bad person even though I have done bad things.                                 | 1 2 3 4 5 | Is. 57:15-18, Ez. 36:24-30                 |
| 8. God believes I am worth embracing as his child.   | 1 2 3 4 5 | John 1:12, Rom. 8:15-17                    |
| 9. God did an excellent job in how he created me including my face, hair, coloring and body. | 1 2 3 4 5 | Ps. 139:13-14, Eph. 2:10                   |
| 10. God truly loves me.  | 1 2 3 4 5 | Rom. 8:32-39, Eph. 3:17-19 1 John 4:10, 16 |
| 11. There is no sin I have committed that God won't forgive.                                 | 1 2 3 4 5 | Ps. 103:3, 1 John 1:9                      |
| 12. God's truth applies to me no matter what has happened to me.                             | 1 2 3 4 5 | John 3:18, Rom. 1:16, 8:1-2                |
| 13. Even though I may have experienced or done horrible things, they don't define who I am.  | 1 2 3 4 5 | 2 Sam. 11:14-17 & Acts 13:22               |
| 14. God wants to help me with my life.   | 1 2 3 4 5 | Ex. 15:13, Ps. 91:14-15, Is 42:1           |
| 15. I can ask God for what I want and need.  | 1 2 3 4 5 | John 15:15-16, 1 John 5:14                 |
| 16. I always have a choice even if I don't like any of them.                                 | 1 2 3 4 5 | Jos. 24:15, Pro 1:28-33, Is. 30:21         |
| 17. God's promises are for me.   | 1 2 3 4 5 | Rom. 10:12, 2 Pet. 1:3-4                   |
| 18. God protects me because I matter to him.   | 1 2 3 4 5 | Ps. 91:14-15, Ps. 121                      |
| 19. God will give me a life that is good and blessed.  | 1 2 3 4 5 | Jer. 29:11, John 10:10                     |
| 20. God has the power and desire to help me.   | 1 2 3 4 5 | Jer. 32:40-41, Eph. 3:20-21                |
| 21. God considers my life worth healing.   | 1 2 3 4 5 | Is. 61:1, Jer. 33:6, Hos. 11:3-4           |
| 22. Through Christ I can accomplish everything he asks of me.                                | 1 2 3 4 5 | Is. 41:10, Phil. 4:13                      |
| 23. He wants to be really close to me.   | 1 2 3 4 5 | Ps. 34:18, 145:18, Acts 17:27              |
| 24. With God's power, I can make positive changes in my life.                                | 1 2 3 4 5 | Jer. 7:3-8, James 4:17                     |
| 25. My role in relationships is to be patient and loving— never manipulative or controlling. | 1 2 3 4 5 | Zec 7:9-10, Mark 9:35, Eph 4:1-3           |
| 26. It is healthy to strive for balance in all areas of my life.                             | 1 2 3 4 5 | Jos. 22:5, Ps 119:9-11, Ecc 7:18b          |
| 27. I am a valuable person and worth getting to know.  | 1 2 3 4 5 | Ps. 139:14, Ecc. 3:11                      |

### Processing Worksheet for Beliefs

**Step A:** Choose three truths from either Beliefs Worksheet #1, #2, or #3, that had a lower score and write them on this worksheet.

**Step B:** Write a statement that reflects what you really believe. This will be a false belief. The possibilities are endless. There are no right or wrong answers. Just try to make the statement reflect what you really believe.

**Step C:** Find a Scripture that speaks the truth about this area of doubt or unbelief. I have included a list of verses on the Beliefs Worksheet that you may find helpful for this step.

*Example: **Step A** God accepts me, no matter what I've done.*

***Step B** God accepts other people, but I never quite measure up to be accepted by him.*

*(or) God has never accepted me—only judged me.*

*(or) I believe God will accept me as soon as I get my life together.*

***Step C** ...neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord (Romans 8:39).*

#### #1

Step A \_\_\_\_\_

Step B \_\_\_\_\_

Step C-Scripture \_\_\_\_\_

#### #2

Step A \_\_\_\_\_

Step B \_\_\_\_\_

Step C-Scripture \_\_\_\_\_

#### #3

Step A \_\_\_\_\_

Step B \_\_\_\_\_

Step C-Scripture \_\_\_\_\_