

# Beliefs Worksheet | God's Character

For each statement below, circle the number that best describes your level of belief. Rate each statement based on *how you actually live your life*—not on how you think you are supposed to respond or what you were taught. Just because God's Word tells us that something is true doesn't mean our heart really believes it. The Bible says that God loves us, but when we have been deeply wounded, we may believe that God doesn't love us. So be honest, not correct.

1 I definitely do not believe this	2 I have some doubts about this	3 I am not sure what I believe	4 I believe this is mostly true	5 I have no doubt that this is true
--	---------------------------------------	--------------------------------------	---------------------------------------	---

## God Is Good, Loving, and Holy

- |  |   |   |   |   |   |   |
|--|---|---|---|---|---|---|
| 1. God is good.                              | 1 | 2 | 3 | 4 | 5 | <a href="#">Ps 100:5, Nah 1:7</a>       |
| 2. God is kind.                              | 1 | 2 | 3 | 4 | 5 | <a href="#">Jer 9:24, Hos 11:3-4</a>    |
| 3. God can be trusted.                       | 1 | 2 | 3 | 4 | 5 | <a href="#">Ps 9:10, Isa 26:4</a>       |
| 4. God cares about us.                       | 1 | 2 | 3 | 4 | 5 | <a href="#">Ps 145:9, Lam 3:22-23</a>   |
| 5. God has a passionate love for us.         | 1 | 2 | 3 | 4 | 5 | <a href="#">1 John 3:1, 1 John 4:9</a>  |
| 6. God's love for us is without limit.       | 1 | 2 | 3 | 4 | 5 | <a href="#">Deut 7:9, Jer 31:3</a>      |
| 7. God is gracious and gives us good things. | 1 | 2 | 3 | 4 | 5 | <a href="#">Ps 34:9-10, Ps 37:4</a>     |
| 8. God loves pouring gifts on us.            | 1 | 2 | 3 | 4 | 5 | <a href="#">Jer 32:40-42, Matt 7:11</a> |
| 9. God's favor is on us.                     | 1 | 2 | 3 | 4 | 5 | <a href="#">Prov 8:35, Eph 2:7</a>      |
| 10. God never lies.                          | 1 | 2 | 3 | 4 | 5 | <a href="#">Num 23:19, Heb 6:18</a>     |
| 11. God's heart is absolutely pure.          | 1 | 2 | 3 | 4 | 5 | <a href="#">Deut 32:4, Ps 145:17</a>    |

## God Is Just and Merciful

- |  |   |   |   |   |   |   |
|--|---|---|---|---|---|---|
| 12. God's idea of justice is always right.                   | 1 | 2 | 3 | 4 | 5 | <a href="#">2 Chr 19:7, Ps 98:9</a>                   |
| 13. God is a good and righteous judge.                       | 1 | 2 | 3 | 4 | 5 | <a href="#">Ps 99:4, Ps 145:17</a>                    |
| 14. God is offended when sin is committed.                   | 1 | 2 | 3 | 4 | 5 | <a href="#">Ps 51:4, Isa 43:24</a>                    |
| 15. God is merciful and does not punish as our sins deserve. | 1 | 2 | 3 | 4 | 5 | <a href="#">Ps 103:11-12, Mic 7:18, Ezek 20:16-17</a> |

## God Is Powerful and Wise

- |   |   |   |   |   |   |  |
|---|---|---|---|---|---|--|
| 16. God is King of the universe and above all things.   | 1 | 2 | 3 | 4 | 5 | <a href="#">Deut 4:39, 1 Chr 29:12</a>       |
| 17. There is nothing created that God didn't make.      | 1 | 2 | 3 | 4 | 5 | <a href="#">Ecc 11:5, Amos 4:13</a>          |
| 18. God's power to help us is unlimited.                | 1 | 2 | 3 | 4 | 5 | <a href="#">Jer 32:27, Eph 3:20-21</a>       |
| 19. God has unlimited resources to help us.             | 1 | 2 | 3 | 4 | 5 | <a href="#">Ps 50:9-12, Acts 17:25</a>       |
| 20. God has the ability to heal anything.               | 1 | 2 | 3 | 4 | 5 | <a href="#">Ps 30:2, Luke 6:18-19</a>        |
| 21. God made us and therefore knows what's best for us. | 1 | 2 | 3 | 4 | 5 | <a href="#">Ps 100:3, Isa 64:8, Mal 2:10</a> |
| 22. God's way of doing things is better than ours.      | 1 | 2 | 3 | 4 | 5 | <a href="#">Isa 55:8-9, Rom 9:20</a>         |
| 23. God is qualified to lead our lives.                 | 1 | 2 | 3 | 4 | 5 | <a href="#">Exod 19:4, Deut 33:26-27</a>     |
| 24. God makes the right decisions.                      | 1 | 2 | 3 | 4 | 5 | <a href="#">Rom 11:33, Rom 16:27</a>         |

## God Is Faithful

- |  |   |   |   |   |   |  |
|--|---|---|---|---|---|--|
| 25. God is always on the job even in the worst of times. | 1 | 2 | 3 | 4 | 5 | <a href="#">Ps 71:20-21, Gen 50:20</a>       |
| 26. God is always present with his children.             | 1 | 2 | 3 | 4 | 5 | <a href="#">Ps 139:8, Jer 23:23-24</a>       |
| 27. God's faithfulness will never let us down.           | 1 | 2 | 3 | 4 | 5 | <a href="#">Deut 7:9, Ps 33:4</a>            |
| 28. God follows through on all his promises.             | 1 | 2 | 3 | 4 | 5 | <a href="#">Num 23:19, Ps 145:13</a>         |
| 29. God is protecting us 24/7.                           | 1 | 2 | 3 | 4 | 5 | <a href="#">Ps 34:7, Ps 91:4, Ps 121:3-4</a> |

# Beliefs Worksheet | My Relationship with God

For each statement below, circle the number that best describes your level of belief. Rate each statement based on *how you actually live your life*—not on how you think you are supposed to respond or what you were taught. Just because God's Word tells us that something is true doesn't mean our heart really believes it. The Bible says that God loves us, but when we have been deeply wounded, we may believe that God doesn't love us. So be honest, not correct.

1	2	3	4	5
I definitely do not believe this	I have some doubts about this	I am not sure what I believe	I believe this is mostly true	I have no doubt that this is true

## God Can Be Trusted

- |  |   |   |   |   |   |   |
|--|---|---|---|---|---|---|
| 1. I can trust everything God says in his Word.                | 1 | 2 | 3 | 4 | 5 | <a href="#">Ps 18:30, Ps 19:7-11</a>    |
| 2. No struggle in my life is too big for God to handle.        | 1 | 2 | 3 | 4 | 5 | <a href="#">Jer 32:27, Luke 1:37</a>    |
| 3. God is on my side.  | 1 | 2 | 3 | 4 | 5 | <a href="#">Isa 41:10, Rom 8:31</a>     |
| 4. God will never leave me or forsake me.                      | 1 | 2 | 3 | 4 | 5 | <a href="#">Mat 28:20, Heb 13:5</a>     |
| 5. I am safe in the shadow of his wings.                       | 1 | 2 | 3 | 4 | 5 | <a href="#">Ps 91:1-4, Ps 121:5-8</a>   |
| 6. The way God works in my tough situations is perfect.        | 1 | 2 | 3 | 4 | 5 | <a href="#">2 Sam 22:31, Isa 55:8-9</a> |
| 7. What God expects of me is realistic and appropriate.        | 1 | 2 | 3 | 4 | 5 | <a href="#">Deut 5:29, Isa 64:8</a>     |
| 8. God will always give justice to my offenders.               | 1 | 2 | 3 | 4 | 5 | <a href="#">Ps 103:6, 2 Thess 1:6-7</a> |
| 9. God only allows consequences in my life for a good purpose. | 1 | 2 | 3 | 4 | 5 | <a href="#">Rom 8:28, Heb 12:10-11</a>  |

## God Wants Relationship with Me

- |  |   |   |   |   |   |   |
|--|---|---|---|---|---|---|
| 10. God is never too busy for me.                  | 1 | 2 | 3 | 4 | 5 | <a href="#">Isa 30:19, Eph 2:18</a>       |
| 11. No one is more important to God than me.       | 1 | 2 | 3 | 4 | 5 | <a href="#">Acts 10:34, Rom 10:12</a>     |
| 12. God is wild about spending time with me.       | 1 | 2 | 3 | 4 | 5 | <a href="#">Ps 149:4, Zeph 3:17</a>       |
| 13. When I sin, I hurt God.                        | 1 | 2 | 3 | 4 | 5 | <a href="#">Ps 41:4, Ps 51:4, Is</a>      |
| 14. Unforgiveness blocks my relationship with God. | 1 | 2 | 3 | 4 | 5 | <a href="#">43:24 Ps 66:18, Is 59:1-2</a> |

## God Accepts and Loves Me

- |  |   |   |   |   |   |  |
|--|---|---|---|---|---|--|
| 15. God accepts me no matter what I've done.         | 1 | 2 | 3 | 4 | 5 | <a href="#">Rom 8:1, Acts 10:34-35</a> |
| 16. God considers me pure when I confess my sins.    | 1 | 2 | 3 | 4 | 5 | <a href="#">Ez 36:25, Rom 8:1</a>      |
| 17. God receives me as his precious son or daughter. | 1 | 2 | 3 | 4 | 5 | <a href="#">John 1:12, 1 John 3:1</a>  |
| 18. God never stops loving me, even for a second.    | 1 | 2 | 3 | 4 | 5 | <a href="#">Isa 54:10, Jer 31:3</a>    |

## God Feels My Pain

- |   |   |   |   |   |   |                                       |
|---|---|---|---|---|---|---------------------------------------|
| 19. God sees everything that happens to me.                                       | 1 | 2 | 3 | 4 | 5 | <a href="#">Job 31:4, Heb 4:13</a>    |
| 20. God knows my every tortured thought and hard emotion.                         | 1 | 2 | 3 | 4 | 5 | <a href="#">Exod 3:7, 1 Chr 28:9</a>  |
| 21. God feels pain when I am suffering.   | 1 | 2 | 3 | 4 | 5 | <a href="#">Isa 63:9, Jer 8:21</a>    |
| 22. I can weep with God because he comforts me.                                   | 1 | 2 | 3 | 4 | 5 | <a href="#">Ps 34:18, Jer 8:18</a>    |
| 23. I can trust God with the darkest places of my heart.                          | 1 | 2 | 3 | 4 | 5 | <a href="#">Ps 139:1, 1 Pet 5:7</a>   |
| 24. Turning my anger, pain, and bitterness over to God is always the best choice. | 1 | 2 | 3 | 4 | 5 | <a href="#">Ps 55:22, Jer 30:17</a>   |
|   |   |   |   |   |   | <a href="#">Ps 138:8, Phil 1:6</a>    |
|   |   |   |   |   |   | <a href="#">Isa 61:1, Jer 29:12-1</a> |

## God Has Good Plans for Me

- |  |   |   |   |   |   |                                       |
|--|---|---|---|---|---|---------------------------------------|
| 25. God is able to accomplish his purposes in my life.                     | 1 | 2 | 3 | 4 | 5 |                                       |
| 26. God can and wants to set me free from bondage.                         | 1 | 2 | 3 | 4 | 5 |                                       |
| 27. God can and will meet all my physical, spiritual, and emotional needs. | 1 | 2 | 3 | 4 | 5 | <a href="#">Rom 8:32, Phil 4:19</a>   |
| 28. God wants to bless me.   | 1 | 2 | 3 | 4 | 5 | <a href="#">Ps 21:1-3, Eph 1:3</a>    |
| 29. God has planned a life for me that is good.                            | 1 | 2 | 3 | 4 | 5 | <a href="#">Jer 29:11, John 10:10</a> |

# Beliefs Worksheet | My Identity

For each statement below, circle the number that best describes your level of belief. Rate each statement based on *how you actually live your life*—not on how you think you are supposed to respond or what you were taught. Just because God's Word tells us that something is true doesn't mean our heart really believes it. The Bible says that God loves us, but when we have been deeply wounded, we may believe that God doesn't love us. So be honest, not correct.

1 I definitely do not believe this	2 I have some doubts about this	3 I am not sure what I believe	4 I believe this is mostly true	5 I have no doubt that this is true
--	---------------------------------------	--------------------------------------	---------------------------------------	---

## I Am Loved

- |  |   |   |   |   |   |   |
|--|---|---|---|---|---|---|
| 1. God truly loves me.                               | 1 | 2 | 3 | 4 | 5 | <a href="#">Rom 8:32-39, Eph 3:17-19, 1 John 4:10</a> |
| 2. God wants to be really close to me.               | 1 | 2 | 3 | 4 | 5 | <a href="#">Ps 34:18, Ps 145:18, Acts 17:27</a>       |
| 3. God feels compassion toward me.                   | 1 | 2 | 3 | 4 | 5 | <a href="#">Ps 103:4,8; Lam 3:22-23</a>               |
| 4. God is faithful to me.                            | 1 | 2 | 3 | 4 | 5 | <a href="#">Deut 7:9, Ps 89:24, 2 Thess 3:3</a>       |
| 5. God wants to help me with my life.                | 1 | 2 | 3 | 4 | 5 | <a href="#">Ex 15:13, Ps 91:14-15, Is 42:16</a>       |
| 6. God has the power and desire to help me.          | 1 | 2 | 3 | 4 | 5 | <a href="#">Jer 32:40-41, Eph 3:20-21</a>             |
| 7. God will give me a life that is good and blessed. | 1 | 2 | 3 | 4 | 5 | <a href="#">Jer 29:11, John 10:10</a>                 |
| 8. God's promises are for me.                        | 1 | 2 | 3 | 4 | 5 | <a href="#">Rom 10:12, 2 Pet 1:3-4</a>                |

## I Am Accepted, Significant, and Secure

- |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|
| 9. When I reach out to God, he accepts and receives me.   | 1 | 2 | 3 | 4 | 5 | <a href="#">Ps 27:10, Eph 1:5-6</a>                 |
| 10. I am significant and important to God.  | 1 | 2 | 3 | 4 | 5 | <a href="#">1 Cor 6:19-20, Eph 1:5, Eph 2:6</a>     |
| 11. I am a valuable person and worth getting to know.   | 1 | 2 | 3 | 4 | 5 | <a href="#">Ps 139:14, Eccl 3:11</a>                |
| 12. God thinks I am precious and valuable.  | 1 | 2 | 3 | 4 | 5 | <a href="#">John 3:16, Eph 1:4-5, 1 Pet 1:18-19</a> |
| 13. God believes I am worth embracing as his child.   | 1 | 2 | 3 | 4 | 5 | <a href="#">John 1:12, Rom 8:15-17</a>              |
| 14. God considers my life worth healing.  | 1 | 2 | 3 | 4 | 5 | <a href="#">Isa 61:1, Jer 33:6, Hosea 11:3-4</a>    |
| 15. God did an excellent job in how He created me, including my face, hair, coloring, and body. | 1 | 2 | 3 | 4 | 5 | <a href="#">Ps 139:13-14, Eph 2:10</a>              |
| 16. God protects me because I matter to Him.  | 1 | 2 | 3 | 4 | 5 | <a href="#">Ps 91:14-15, Ps 121</a>                 |
| 17. I can ask God for what I want and need.   | 1 | 2 | 3 | 4 | 5 | <a href="#">John 15:15-16, 1 John 5:14</a>          |

## I Am Forgiven

- |   |   |   |   |   |   |  |
|---|---|---|---|---|---|--|
| 18. God's truth applies to me no matter what has happened.                | 1 | 2 | 3 | 4 | 5 | <a href="#">John 3:18, Rom 1:16, Rom 8:1-2</a> |
| 19. There is no sin I have committed that God won't forgive.              | 1 | 2 | 3 | 4 | 5 | <a href="#">Ps 103:3, 1 John 1:9</a>           |
| 20. I am not a bad person even though I have done bad things.             | 1 | 2 | 3 | 4 | 5 | <a href="#">Isa 57:15-18, Ezek 36:24-30</a>    |
| 21. The horrible things I have experienced or done don't define who I am. | 1 | 2 | 3 | 4 | 5 | <a href="#">2 Sam 11:14-17, Acts 13:22</a>     |

## I Can Choose

- |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|
| 22. I always have choices even if I don't like any of them.                                 | 1 | 2 | 3 | 4 | 5 | <a href="#">Josh 24:15, Prov 1:28-33, Isa 30:21</a> |
| 23. I am always responsible for my choices regardless of what others have done.             | 1 | 2 | 3 | 4 | 5 | <a href="#">Mic 6:8, John 21:22</a>                 |
| 24. Through Christ, I can accomplish what he asks of me.                                    | 1 | 2 | 3 | 4 | 5 | <a href="#">Isa 41:10, Phil 4:13</a>                |
| 25. With God's power, I can make positive changes in my life.                               | 1 | 2 | 3 | 4 | 5 | <a href="#">Jer 7:3-8, James 4:17</a>               |
| 26. Striving for balance in all areas of my life is healthy.                                | 1 | 2 | 3 | 4 | 5 | <a href="#">Josh 22:5, Ps 119:9-11, Ecc 7:18b</a>   |
| 27. My role in relationships is to be patient and loving—never manipulative or controlling. | 1 | 2 | 3 | 4 | 5 | <a href="#">Zec 7:9-10, Mark 9:35, Eph 4:1-3</a>    |

# Processing Worksheet for Beliefs

## EXERCISE 1

**Truth Statement** Write a truth from the *Beliefs Worksheet* that you struggle to believe.

**What I Honestly Believe** Write what you actually believe. This is your false belief.

**Truth from Scripture** Write a Scripture that speaks truth about this area of doubt or unbelief. Refer to the Scriptures from the *Beliefs Worksheet* or find others that are helpful.

## EXERCISE 2

**Truth Statement** Write a truth from the *Beliefs Worksheet* that you struggle to believe.

**What I Honestly Believe** Write what you actually believe. This is your false belief.

**Truth from Scripture** Write a Scripture that speaks truth about this area of doubt or unbelief. Refer to the Scriptures from the *Beliefs Worksheet* or find others that are helpful.

## EXERCISE 3

**Truth Statement** Write a truth from the *Beliefs Worksheet* that you struggle to believe.

**What I Honestly Believe** Write what you actually believe. This is your false belief.

**Truth from Scripture** Write a Scripture that speaks truth about this area of doubt or unbelief. Refer to the Scriptures from the *Beliefs Worksheet* or find others that are helpful.