

BELIEF ASSESSMENT

The purpose of this assessment is to identify what positive beliefs God wants to **strengthen** and what negative beliefs the Lord might want to **replace**. The goal is self-awareness that leads to belief transformation. We believe the key to transformation in our behavior and our spiritual walk begins with transformation in our beliefs. As we are aware of negative beliefs, we can choose to nail them to the cross. As we are more aware and able to articulate positive beliefs, we are able to walk in greater faith and grace in our lives.

We will be teaching you simple tools to help you recognize, remove, and replace negative thoughts with God thoughts. As you go through the assessment, ask the Holy Spirit to show you lies to replace and declarations to confess.

Put number 1-5 to indicate your level of response to the statements below.

1. Never agree (This is a non-issue)
2. Seldom agree (An occasional thing)
3. Regularly agree (You go back and forth kind of 50/50)
4. Often agree (This is now a developing habit of thinking)
5. Always agree (This is an established mindset)

EVALUATION:

Negative Statements: The “a” after each number is a negative belief (e.g. 1a., 2a., 3a...) The higher the score on the negative, the more God wants to help you know His unconditional, never-ending love for you. The lower the score, the deeper your roots can grow in His love for you and the world around you.

Positive Statements: The lower the score on the positive statements, “b” – “e” (e.g. 8b, 8c. 8d.), the more God wants to help you know His unconditional, never-ending love for you. The higher the score, the deeper your roots can grow in His love for you and the world around you.

BELIEFS ABOUT GOD

- _____ 1a. I feel God is often in a bad mood when I approach Him.
- _____ 1b. I intentionally believe and declare that God’s goodness is running after me all of the days of my life.
- _____ 2a. I think fear of punishment is a main way God likes to motivate people to be good.
- _____ 2b. I know when I’m aware of His love getting bigger in me, my fears are shrinking.
- _____ 3a. I think my circumstances are God’s way of punishing me for bad behavior.
- _____ 3b. God’s presence surrounds me like the ocean. I’m like a sponge and can absorb His peace, love, and joy right now.
- _____ 3c. I am convinced that God is completely good and that everything He wants for me and how He directs things on my behalf is perfectly and fabulously good.

- _____ 4a. God is continuously deciding how He will treat me according to my performance. If I do bad, He pulls back; if I do good, He gives me points and helps me more.
- _____ 4b. I know God loves me to such a degree that I could never doubt my salvation.
- _____ 4c. God loves me as He loves Jesus. He absolutely delights in me.
- _____ 5a. I feel I have to solve my problems, so I try to fight my own battles.
- _____ 5b. Because God's power is infinite, every finite problem is equal for Him to handle.
- _____ 5c. God causes the worst attack of the enemy to be turned around and used to my advantage, as I'm trusting in Him.
- _____ 6a. When people reject me, my identity is shattered and I feel devastated.
- _____ 6b. God is the permanent inward Fountain of my love, joy, peace, righteousness, and delight, making sure my cup is always running over.
- _____ 7a. God isn't concerned about every detail of my life, so I worry about details.
- _____ 7b. God has written every day of my life in His book. He has planned where I step; as I stay with Him, I am swept along to His perfect destiny.
- _____ 7c. God is not just a contributor to my life; He is the very Source of my life.
- _____ 7d. I am continuously accessing who He is for me in every situation. He is not only all wise, Christ is my wisdom, sanctification, and righteousness.

BELIEFS ABOUT MYSELF

- _____ 1a. I feel like I'm a disappointment to God and He just tolerates me.
- _____ 1b. I know I am totally forgiven and I'm Father's beloved son/daughter in whom He is well pleased.
- _____ 2a. I believe the more people see the imperfections in me, the less they will like and accept me.
- _____ 2b. God's approval of me frees me from putting my emotional health in any human hands. People's acceptance or rejection of me does not affect my self-worth.
- _____ 3a. I often believe the lie and fear that I am going to fail, let others down and become unwanted and unneeded.
- _____ 3b. I am convinced that because God is for me and on my side, I am not only able but destined to come out on top and completely fulfill God's best plan for my life.
- _____ 4a. I often fear that Satan's attacks on my life are bigger than I have the power and authority to defeat.
- _____ 4b. I know that temptations of the world, flesh, and the devil and the ugly thoughts that come in my mind are not who I am in Christ. By agreeing with God about who I am and rejecting these temptations in Jesus' name, they lose all their power in me.
- _____ 4c. Because Christ is in me, I love righteousness and hate sin and compromise. When I recognize sin in my life, I see it as a hole in my boat and immediately do what I need to make it right.

- _____ 5a. I feel like I always fall short of being good enough. Because I've been rejected in my past, I fear and expect that to keep happening.
- _____ 5b. I know God loves me and favors me not because I'm good but because He is good. I know God's feelings and commitments to me don't fluctuate based on how I feel.
- _____ 5c. I know that because I have God's favor, I can expect the favor of God to be with me in everything, including my family, work, school, and ministry.
- _____ 6a. I struggle with believing that past choices are the indicator of my future potential.
- _____ 6b. I have totally left behind the regrets of my past at the cross. When the enemy tempts me to condemn myself, I slam shut the mouth of the accuser by speaking the truth of God's word.
- _____ 7a. I'm tempted to believe that I am too (old, young, unattractive...) to expect people to listen to me or be able to impact their lives.
- _____ 7b. I believe the saying, "You can't teach an old dog new tricks" does NOT and will not ever apply to me. I am a learner, a grower, and am getting better in God continuously.
- _____ 8a. I feel God could only use people who have much greater faith than me.
- _____ 8b. I believe I am salt and light and by the Spirit I have influence on people wherever I go. I can even influence highly successful and influential people.
- _____ 8c. I know through Christ I have the right word, thought, or idea to fully bless, help, and encourage others around me.
- _____ 8d. Yes, I can do all things through Christ, moreover, I don't just believe it, I try things that seem impossible, with the strength of Christ in me.
- _____ 8e. I know that I have and possess, in Christ, the power and authority to cast out demons, heal the sick, bring people to salvation, and impart the blessing of the Holy Spirit to people in Jesus' name.
- _____ 9a. I feel inadequate like I don't have enough. I believe that if I had more, I would do more for the Lord.
- _____ 9b. I am not a pauper but a partner with God able to give out of His pocket.
- _____ 9c. God and I are always the majority in any situation we face.
- _____ 9d. Because God is my source, I'm a person who knows I always can draw out of God's pocket to help and add value to other people.
- _____ 10a. I don't have the wisdom to make the right decisions.
- _____ 10b. I know there are many solutions to every problem I will face. I'm always going to be able to identify the solutions through the wisdom of Christ in me.
- _____ 10c. I believe that I am so favored and loved that God will do whatever it takes to make sure I know what His voice is in my life.
- _____ 10d. Because I have the resilience of Christ in me, I'm confident and sure that I can adapt when circumstances change.

BELIEFS ABOUT HOW TO TAP INTO GOD'S ABUNDANCE THROUGH FAITH

- _____ 1a. I feel it's unlikely that a prayer of faith or a positive declaration will have a significant effect on my circumstances.
- _____ 1b. I don't let my feelings, fears, and doubts control me because the Spirit of faith that is in me sees the eternal and is not moved by the temporal.
- _____ 1c. By faith I know I have authority over my soul and mind and I have the authority and power to disempower every negative thought.
- _____ 1d. I am totally at peace knowing that even when I feel faithless, He remains faithful.

- _____ 2a. I believe God sends sickness and calamity to shape my character so there's no reason to pray for a miracle.
- _____ 2b. I am absolutely sure that the greatest days and the greatest miracles I will ever see in my life are yet to happen.
- _____ 2c. As I'm doing what I can naturally to serve the Lord; I can and will expect God to step in to do the supernatural through me at any moment.

- _____ 3a. I imagine everything about my future is already decided and can't change by praying.
- _____ 3b. I regularly yield my imagination to be an instrument of faith. I dare to imagine and ask God to help me see through His lens. I imagine and count, not how many seeds are in the apple, but how many apples and orchards are in the seed.

- _____ 4a. I feel sometimes I am in a hopeless situation with no solution.
- _____ 4b. I am not intimidated by any situation because I know that through Christ, I am bigger on the inside than what I see or feel on the outside.
- _____ 4c. I believe God will put me in seemingly impossible situations and ask and assign me impossible tasks to show me and the world what He can do through me.
- _____ 4d. I am absolutely sure that there is an answer to every problem and that God has planned the solution before the problem. What looks like a hopeless situation is God's platform to show His glory.

- _____ 5a. When people speak against me, I inwardly hold a grudge.
- _____ 5b. I forgive continually by faith and I give up my right to retaliate or hold a grudge trusting, God will completely vindicate me, and what others have meant for evil will still be turned around by God for my good.

- _____ 6a. I find myself holding on to what I have in fear of not having enough, whether it is position, relationships or possessions.
- _____ 6b. In Christ there is always enough and I always have enough. I'm not afraid to give the last piece of pie because my Father is the Baker, always baking another pie. By faith I am comfortable living as a river not a reservoir.

- _____ 7a. I don't step out to speak, pray or act because I might fail and look foolish or reckless.

- _____ 7b. I don't wait for the water to part to step into it; I know when God tells me to step into the water, He will make the water part.
- _____ 7c. How God can use me is not based on my ability but on His ability and unlimited ways.
- _____ 8a. I try hard to hear God's voice and stress out when it seems I can't hear His direction.
- _____ 8b. I know my ability to hear God's voice is dependent on His willingness and ability to help me hear, not my ability to listen. So, I rest in knowing that I will always know what I need to do.
- _____ 9a. I often feel too weak and afraid to take the next step.
- _____ 9b. I believe that even when I feel empty, lacking, and exhausted I still have more than enough unseen resources because God's grace is sufficient in my weakness and when I'm at my weakest, His strength will be at my greatest.

BELIEFS ABOUT GIVING, GENEROSITY AND STEWARDSHIP

- _____ 1a. I just can't afford to give because if I do there won't be enough for me.
- _____ 1b. I believe that even when it seems there is nothing in my pocket, there is always something in God's pocket to give others.
- _____ 1c. I am committed to being faithful with little. I am managing my life in a way that puts Christ first in everything.
- _____ 2a. Someday, I will tithe when the bills are paid and I have taken care of my needs.
- _____ 2b. I am sure that as I put first the kingdom of God, what I give won't just come back to me, it will come back and go forward multiplied beyond measure.
- _____ 2c. I don't just give what I should or could; I give what I would by making a faith commitment because I know God will honor my giving with His promises.
- _____ 3a. I am threatened by the success of others. If others are winning, I'm losing. If people are better at something or have more than me, I am less important.
- _____ 3b. I am a person who is not just focused on climbing my ladder but building ladders for others. I know that whenever I lift the arms of others my arm goes higher.
- _____ 3c. When I see another person or ministry succeed, I rejoice and am overwhelmed with gratitude for the contribution to the work of the Kingdom of God.
- _____ 4a. The atmosphere where I work is depressing so I keep to myself.
- _____ 4b. I continuously have positive attitude towards serving whether at work, home, or church because I do it as an act of worship to Jesus.
- _____ 4c. I am confident that I can diffuse negativity and overcome evil with good. I deliberately claim the power of choice and God's presence in me to positively change the atmosphere of rooms and situations I walk into.
- _____ 5a. I see outsiders taking what rightfully belongs to us.

- _____ 5b. I know that I can have everything I really want and need in life, if I'm willing to help enough other people to have what they need.
- _____ 6a. I can't trust people. I have been disappointed so I expect people to let me down. I feel it is safer to have low expectations so I don't suffer disappointment.
- _____ 6b. I know and believe that the happiest most joyful and delightful opportunities of my life is to add value to others. I am a charged up, enthusiastic giver.
- _____ 7a. I am negative and critical of people with opinions different than mine.
- _____ 7b. I always look for that which unites us and affirm what makes us one. I celebrate and magnify the unity we have in Christ and minimize the differences.
- _____ 7c. I believe disagreements, with enough humility, honesty, and willingness to surrender to the Holy Spirit can mend dividing fences.
- _____ 8a. Honestly, I am so busy; I do not have time or energy to say an encouraging word.
- _____ 8b. I believe I have the emotional and relational intelligence to be a plus not a zero or a minus in every relational context.
- _____ 9a. I have a hard time believing for my provision, and rarely think about other's lack.
- _____ 9b. I live in the flow of God's generosity towards others and I am always looking to build new aqueducts through which God's provision can flow through me.
- _____ 9c. I walk through life with a "Johnny Appleseed" mindset, always looking for a place to sow seed.
- _____ 10a. I have not taken the time to write a personal growth plan.
- _____ 10b. I am passionate about growing my faith, wisdom, relationship skills, and attitude every day since growth gives me a greater capacity to help others.

BELIEFS ABOUT CONTENTMENT AND HAVING ENOUGH

- _____ 1a. I often feel that I don't have enough (strength, resources, faith...) and I just never can be good enough for what is needed.
- _____ 1b. All that I lack in my circumstances I have in God. He is all I need and no circumstance can take that away.
- _____ 2a. I am regularly comparing myself with others and wondering why God didn't give me what He gave them.
- _____ 2b. I am finding the way to contentment is being more joyful for what I have than being focused on what I don't have.
- _____ 2c. I am choosing to delight in the Lord and I discover that Jesus is what I really most desire and find most satisfying.
- _____ 3a. I still believe that I'm going to happy someday, when a certain thing happens.
- _____ 3b. I believe that God has given me everything in Him, at this moment, for me to be overflowing with joy and contentment.
- _____ 3c. Because God is with me, I believe today is the best day of my life.

_____ 3d. I wake up daily saying, “This is the day that the Lord has made; I will rejoice and choose joy in it now.”

BELIEFS ABOUT PURPOSE, CALLING, MINISTRY, AND ETERNITY

_____ 1a. I think, “Surely God will not use me, an ordinary, weak person who has failed.”

_____ 1b. I believe the grace and forgiveness of Jesus ministered to people with love can heal any hurt and redeem any pain.

_____ 1c. I see every pain, loss, and sorrow I’ve been through as a ministry tool through which I can let God redeem to help others.

_____ 2a. I feel there are two classes of Christians, the super-spiritual and the rest of us.

_____ 2b. I believe all of God’s people are ministers and have access to the same spiritual power in Christ to make a difference. I believe all of the gifts of the Holy Spirit are within the tool chest God has made available to me.

_____ 3a. I am often impatient and wonder why God isn’t moving.

_____ 3b. It is a regular practice to ask and wait on the Holy Spirit to show me how He may want me to partner with him in prayer or ministry to bring His ministry to someone in need.

_____ 4a. I feel that secular work is separate from spiritual work and not as important.

_____ 4b. I see my vocation as a perfect platform to be a minister of Jesus Christ, “Jesus with skin on” wherever I am.

_____ 4c. God’s anointing and blessing for me to be successful is not limited to spiritual things but is available in every area of my life.

_____ 4d. I believe God can use business, education, science or any vocation as a gift He anoints to change the world.

_____ 5a. I have never prepared my testimony to share whenever and wherever I can.

_____ 5b. I believe the ministry of Jesus is the most important thing happening on the planet and it is my highest priority to be a part of it in whatever way I can.

_____ 5c. I see everywhere I go as a mission field. I get up and put on the uniform of God’s armor to go out and accomplish His mission.

_____ 5d. It is my lifestyle to attempt to do what Jesus would do if He was standing in my shoes.

_____ 6.a. I regularly see the responsibility to bring God’s salvation to the nations of the world as someone else’s responsibility.

_____ 6b. I believe I can ask God for the nations as an inheritance.

_____ 6c. As a part of the HFTW team, I believe I have a powerful contribution to make, helping leaders and hidden heroes make their biggest difference for Jesus’ glory.

_____ 6d. I believe that the Kingdom is at hand, that all of the resources of Heaven are available and accessible to us in Jesus’s name and are just a prayer away.

_____ 7a. I don’t like to think about death, and rarely think about people’s eternal destinies.

- _____ 7b. My present awareness of the amazing beauty and bigness of Heaven shrinks the power of fear and discouragement when I face the warfare of this world.
- _____ 7c. I believe, act, expect that there will be lots of people in Heaven because of me.
- _____ 7d. I see everything I'm doing in light of eternity and prioritize my life around the things that will make the biggest eternal difference