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# RENOVATE

TO MAKE NEW

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# FLOW OF A RENOVATE SESSION

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## SOCIALIZE (10 MINUTES)

Spend a few minutes getting to know one another and catching up.

## DISCUSS (10 MINUTES – OPTIONAL)

Talk about the homework completed the previous week:

Was anything helpful to you? If so, what?

What was more challenging than you expected?

## WATCH (15 MINUTES)

The video session enhances the materials in the workbook by providing additional content on the topic.

## DISCUSS (45 MINUTES)

The Discussion Questions provided in each session help participants explore the topic in conversation with one another. The questions are designed to allow people the freedom to reveal tensions or struggles with the topic, make personal discoveries, or think more about the subject.

## REVIEW THE HOMEWORK (5 MINUTES)

The *Renovate* experience is different for each person. Some people may choose to skip certain exercises, while others will choose to complete all of them. Assure participants that they have the freedom to do as much or as little of the homework as they desire.

## PRAY (5 MINUTES)

Sharing prayer requests and praying for one another is an important part of the experience. It is also okay for a participant not to share anything. Pressure should never be applied to disclose prayer requests.

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Review the Records

## SESSION 3: REVIEW THE RECORDS

Over the past two sessions, we've been exploring the power of false beliefs and the influences that assist in the construction of those beliefs. In Session 1, we said that you can't simply disregard false beliefs; you have to replace them with new beliefs. In this session, we will talk about how you do that.

The apostle Paul provided clear advice on how to manage the dilemma of false beliefs: "Take every thought captive and make it obedient to Christ" (2 Corinthians 10:5) and "Be transformed by the renewing of your mind" (Romans 12:2).

There is one tool you need to repair a false belief: the truth. Lies fade and disappear when we dispute them with the truth, allowing us to experience new, healthy behaviors and emotions. That's what Paul meant when he wrote about "the renewing of your mind."

Scripture calls us to walk in the truth, love the truth, and believe the truth.

Our culture confuses truth with facts. Truth is factual, but it is more than that. It cannot be changed, but it changes us. It frees us from the false beliefs of the flesh: "Then you will know the truth, and the truth will set you free" (John 8:32).

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### KNOWING YOUR STORY

Understanding your story matters. That's because many of your beliefs were formed by experiences, both positive and negative, during your childhood. Some of those beliefs aren't true. The first step to replacing those false beliefs with truth—the truth of who God is and who you are in Christ—is to identify them. That requires understanding your story.

You can't chart a course to your future until you understand where you are and where you've been. Being physically, emotionally, and spiritually healthy requires knowing how God designed you to be and to live. Too often, we live contrary to how we were

created. We struggle to be something we're not. We allow our personal histories and circumstances to tell us who we are, and then we exhaust ourselves working to be those people. And as you grow in your faith and understanding of your story, you'll be better equipped to interpret your past, which will help you grow even more.

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## A DISTORTED VIEW OF GOD

We believe that the essence of truth is found in the Bible: truth about who we are, truth about others, and truth about God. Your relationship with your earthly father can impact how you view your heavenly Father. One obstacle to a person understanding and believing truth, particularly truth about God, is a defective view of one's heavenly Father.

If we want to live lives grounded and stabilized by truth, we need to have an accurate view of God. A distorted view of God causes major obstructions because it affects every area of our lives.

Your father may have been one of these common father types:

### Absent or Distant:

- Physically: he is not around most of the time and rarely interacts with his child (often due to work, divorce, or death).
- Emotionally: he shows little emotion or affection.

**Children of absent or distant fathers often see God as uninvolved or uninterested in their lives.**

### Abusive:

- He inflicts emotional, physical, verbal, or sexual pain.
- He destroys his child's sense of worth.
- He fosters distrust in his child.

**Children of abusive fathers often have difficulty trusting God or relating to him emotionally.**

### Authoritarian:

- He is concerned with obedience and performance.
- He is uninterested in his child's opinions, ideas, or desires.
- He is intent on his own way.

**Children of authoritarian fathers often end up rebelling against God.**

### Critical or Judgmental:

- He criticizes his children.
- He holds his children to an impossible standard.

**Children of critical or judgmental fathers often believe that God will never be pleased with who they are or what they accomplish.**

### Involved:

- He knows his children well.
- He interacts with his children often.

**Children of involved fathers tend to assume that God is loving and cares for them individually.**

Regardless of the type of father you had, that relationship likely influenced how you view God. Sometimes, even the best earthly fathers leave us with some false beliefs about God.

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## CONCLUSION

Whatever your false beliefs about God, your next step is to begin to replace them with the truth. God is the perfect Father. He knows, loves, and disciplines you perfectly. To change the way you think about God, yourself, and others, begin by renewing your mind and reviewing what the Bible says is true.

## VIDEO NOTES

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### SESSION 3 COMMUNICATOR: JOHN WOODALL

John Woodall is the Director of (7) and Men's Groups at North Point Community Church. Previously, John served as a senior pastor in Florida and Virginia. John and his wife, Debbie, have been married for 40 years. They have three sons, one daughter, and eleven grandchildren.

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# IN-SESSION ACTIVITY

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It is important to understand your story. Many of your beliefs were formed by influential experiences and relationships, both positive and negative. Your “story,” or your “history,” is often a summary of the moments and relationships that influenced you the most.

The following questions are designed to help you think through your story. Consider the things you’ve wanted—career, family, adventure, spiritual experiences—and the obstacles you’ve faced while pursuing them.

1. Who are 1–2 people that have greatly influenced me?

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2. What is one of my most memorable successes?

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3. What obstacles did I overcome to achieve that success?

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4. What is one of my most memorable failures?

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5. What did I learn from that failure?

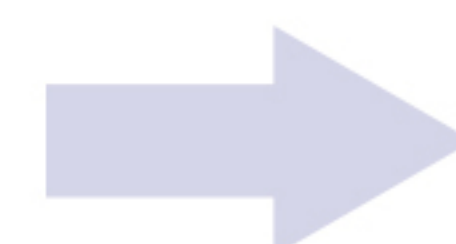
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Once you have completed the activity, begin the *Discussion Questions*.



# DISCUSSION QUESTIONS

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1. Talk about a time when you learned from failing. Did it change your perspective on failure? If so, how?

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2. Is the idea that *your experiences during the first two decades of life have influenced your current behavior* new to you? Do you believe that's true? Why or why not?

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3. What kind of relationship did you have with your father when you were growing up? How do you think that relationship influenced what you believe about yourself and how you behave?

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4. What is a success you listed when working through the *In-Session Activity*? What did you have to overcome to achieve that success? What did you learn in the process?

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5. What is one truth about God you have difficulty believing? What is one thing you can do this week to begin renewing your mind when it comes to your false belief about God?

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## PRIMER:

### THE HOMEWORK FOR THIS WEEK

- Complete the *False Beliefs vs. Truths* exercise, pp. 40–45. (20 minutes)
- Read Session 4, pp. 48–49. (5 minutes)

## SECOND COAT:

### IF YOU WANT MORE

- Complete the *Full History Questionnaire* located in the Appendix, pp. 98–106. (60 minutes)

# HOMework: FALSE BELIEFS VS. TRUTHS

Look back at the false beliefs you checked on pages 15–16 and select the corresponding boxes below. Take some time to read through the opposing truths that relate to the beliefs you selected. Next time the false belief crops up, see if you can focus your mind around the truth instead of giving that false belief power over your thoughts and actions.

FALSE BELIEF	TRUTH
<input type="checkbox"/> 1. I must be in control to be safe, secure, or significant.	I do not need to be in control because God is in control. Many are the plans in a person's mind, but it is the Lord's purpose that prevails. Proverbs 19:21
<input type="checkbox"/> 2. I must please other people to be loved or accepted.	I am to please God, rather than seek the approval of people. Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ. Galatians 1:10
<input type="checkbox"/> 3. I must overcome and make it; I must be tough and independent to survive.	I am dependent on God. Apart from him, I can do nothing. I [Jesus] am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. John 15:5
<input type="checkbox"/> 4. To be safe and secure, I must be guarded and not risk intimacy.	Christ's peace will guard my heart and mind. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:7
<input type="checkbox"/> 5. Emotions always represent truth.	Emotions can and will deceive me. The heart is deceitful above all things and beyond cure. Who can understand it? Jeremiah 17:9

## FALSE BELIEF

## TRUTH

- | FALSE BELIEF   | TRUTH   |
|--|---|
| <input type="checkbox"/> 6. For me to be content, life must be fair.                       | I can learn to be content in my circumstances through Christ.<br>I am not saying this because I am in need, for I have learned to be content whatever the circumstances.<br>Philippians 4:11      |
| <input type="checkbox"/> 7. I am unworthy of love or acceptance.                           | Nothing can separate me from the love of God in Christ.<br>For I am convinced that... [nothing] will be able to separate us from the love of God that is in Christ Jesus our Lord. Romans 8:38–39 |
| <input type="checkbox"/> 8. I must be right to be significant or to know I am of value.    | My value and significance come from a humble dependence on God.<br>God opposes the proud but shows favor to the humble. 1 Peter 5:5   |
| <input type="checkbox"/> 9. I must be heard to know I am of value.                         | My value comes from God, not other people.<br>God opposes the proud but shows favor to the humble. 1 Peter 5:5  |
| <input type="checkbox"/> 10. I cannot be okay or at peace if those around me are not okay. | My peace comes from the Lord, not other people.<br>Peace I [Jesus] leave with you; my peace I give you. John 14:27  |
| <input type="checkbox"/> 11. I deserve special treatment from other people.                | I am called to value others above myself.<br>In humility value others above yourselves, not looking to your own interests but each of you to the interests of the others. Philippians 2:3–4       |
| <input type="checkbox"/> 12. I must have respect to know I am of value.                    | True respect and honor come from God, not other people.<br>Wealth and honor come from [God; he is] the ruler of all things. 1 Chronicles 29:12  |
| <input type="checkbox"/> 13. I must perform/achieve to be accepted.                        | God accepts me—not because of anything I have done.<br>[God] saved us, not because of righteous things we had done, but because of his mercy. Titus 3:5   |



## FALSE BELIEF

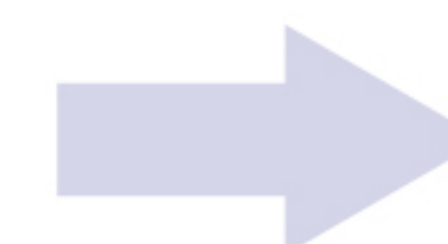
## TRUTH

<input type="checkbox"/> 14. What I do makes me who I am.	What I do does not define who I am. [God] saved us, not because of righteous things we had done, but because of his mercy. Titus 3:5
<input type="checkbox"/> 15. My loved ones must change for me to be content and at peace.	Peace and contentment come from God. Do not be anxious about anything, but... present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7
<input type="checkbox"/> 16. Other people must meet my needs.	God is the ultimate source of provision for all my needs. And my God will meet all your needs according to the riches of his glory in Christ Jesus. Philippians 4:19
<input type="checkbox"/> 17. I must get revenge on those who have wronged me.	Do not repay evil with evil. Do not repay anyone evil for evil... live at peace with everyone. Romans 12:17-18
<input type="checkbox"/> 18. I must be protected to know I am safe and secure.	The Lord is my safety and refuge. The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge. Psalm 18:2
<input type="checkbox"/> 19. I must have the approval of other people to know I am of value. Their opinions of me determine my worth.	My approval comes from God, not from pleasing people. Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ. Galatians 1:10
<input type="checkbox"/> 20. I must be in a relationship or married to be satisfied, secure, or significant.	Only God, not a relationship, will ultimately meet my needs. And my God will meet all your needs according to the riches of his glory in Christ Jesus. Philippians 4:19
<input type="checkbox"/> 21. If I follow the Lord, life will be hard.	Trouble happens to everyone. I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world. John 16:33
<input type="checkbox"/> 22. I am a victim.	I'm a conqueror, not a victim. In all these things we are more than conquerors through [Christ] who loved us. Romans 8:37

## FALSE BELIEF

## TRUTH

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|---|--|
| <input type="checkbox"/> 23. My past determines who I am.   | My past is not who I am. I am new.<br>If anyone is in Christ, the new creation has come:<br>The old has gone, the new is here! 2 Corinthians 5:17  |
| <input type="checkbox"/> 24. I must meet certain standards to love, accept, and feel good about myself.             | God loves me not based on what I do, but because of his mercy.<br>When the kindness and love of God our Savior appeared, he saved us, not because of the righteous things we had done, but because of his mercy.<br>Romans 5:8 |
| <input type="checkbox"/> 25. I must have a child to fill my emptiness.  | Only God, not a child, promises to fulfill me.<br>And my God will meet all your needs according to the riches of his glory in Christ Jesus. Philippians 4:19   |
| <input type="checkbox"/> 26. I must figure out my future to be secure.  | My future is secured by God.<br>Consider the ravens: They do not sow or reap... yet God feeds them; [so consider] how much more valuable you are than the birds. Luke 12:24  |
| <input type="checkbox"/> 27. I can't handle this.   | I can do all things through Christ.<br>I can do all this through him who gives me strength.<br>Philippians 4:13  |
| <input type="checkbox"/> 28. I must be appreciated to know I am of value.   | God sees what I do, regardless of appreciation from other people.<br>She gave this name to the Lord who spoke to her: "You are the God who sees me." Genesis 16:13   |
| <input type="checkbox"/> 29. I do not measure up.   | Because of Jesus, I am enough.<br>For by one sacrifice [Jesus] has made perfect forever those who are being made holy. Hebrews 10:14   |
| <input type="checkbox"/> 30. I'm worthless. I will never amount to anything.  | I was valuable before I was born.<br>I am fearfully and wonderfully made. Psalm 139:14   |
| <input type="checkbox"/> 31. I am responsible for the happiness of other people, and they are responsible for mine. | I am not responsible for the happiness of other people. God is.<br>May the God of hope fill you with all joy and peace... so that you may overflow with hope.<br>Romans 15:13  |





FALSE BELIEF

TRUTH

32. I must fix problems to know I am secure.

I must be still and wait for the Lord to rescue me.

I waited patiently for the Lord; he turned to me and heard my cry. . . he set my feet on a rock and gave me a firm place to stand. Psalm 40:1–2

33. In order to feel worthy, I must not fail.

My weakness becomes strength by the power of Jesus.

But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.”  
2 Corinthians 12:9

34. I must be the best to know that I am of value.

I am to value others above myself.

In humility value others above yourselves, not looking to your own interests but each of you to the interests of the others. Philippians 2:3–4

35. I must get my way to be satisfied and content.

My satisfaction comes from God.

For [God’s] thoughts are not your thoughts, neither are your ways [God’s] ways. Isaiah 55:8

36. I must earn love.

I am already loved by God.

God demonstrates his own love for us in this: While we were still sinners, Christ died for us. Romans 5:8

37. Real men do not show they need help.

Pride is followed by destruction.

Pride goes before destruction, a haughty spirit before a fall. Proverbs 16:18

38. I cannot be happy unless my circumstances change.

I can be content in my circumstances through Christ who strengthens me.

I am not saying this because I am in need, for I have learned to be content whatever the circumstances. Philippians 4:11

39. I must be understood to have peace and contentment.

I am known and understood by God.

You have searched me, Lord, and you know me. You know when I sit down and when I rise. Psalm 139:1–2

## FALSE BELIEF

## TRUTH

- |   |  |
|---|--|
| <input type="checkbox"/> 40. I cannot allow other people to see my flaws. I must be perfect to know I am of value and to be secure. | <p>Christ's power is made perfect in my weakness.</p> <p>But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness."<br/>2 Corinthians 12:9</p>   |
| <input type="checkbox"/> 41. The shame of my past is my fault, and I am to blame for the consequences of it.                        | <p>I am no longer condemned.</p> <p>Therefore, there is now no condemnation for those who are in Christ Jesus. Romans 8:1</p>  |
| <input type="checkbox"/> 42. I am who I am. I shouldn't have to change.   | <p>God's plan for me is to mature and grow. Speaking the truth in love, we will grow to become in every respect the mature body of [Jesus] who is the head. Ephesians 4:11</p>   |
| <input type="checkbox"/> 43. I deserve what I have. I worked hard for it.   | <p>I am entitled to nothing. It is given as a gift.</p> <p>Every good and perfect gift is from above, coming down from the Father. James 1:17</p>  |
| <input type="checkbox"/> 44. I must prove myself to know my worth.  | <p>I am valuable regardless of my works or successes.</p> <p>For it is by grace you have been saved... it is the gift of God—not by works, so that no one can boast. Ephesians 2:8–9</p>   |
| <input type="checkbox"/> 45. I must take care of myself.  | <p>God will take care of me.</p> <p>The Lord is my strength and my defense; he has become my salvation. Psalm 118:14</p>   |
| <input type="checkbox"/> 46. Others cannot be trusted.  | <p>I can trust God, even when I cannot trust people.</p> <p>Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. Proverbs 3:5–6</p> |
| <input type="checkbox"/> 47. I must protect my reputation to feel valued.   | <p>I can trust God with my reputation. I don't need to fear what people think.</p> <p>Fear of man will prove to be a snare, but whoever trusts in the Lord is kept safe. Proverbs 29:25</p>  |