



MENTORING LADIES

MATERIAL

Introduction: Why Belief Systems Matter



1. Introduction: Why Belief Systems Matter

- Define “belief system”:

A set of core convictions or assumptions that shape how we see God, ourselves, and the world.

- Our soul consists of the mind, emotions and will.
- Belief systems usually start in the mind, and that influences the emotions which results in making choices according to what we believe.
- If our minds are governed by belief systems formed in presumption or hurt it can be destructive.
- For example: “I must earn love.”

Maybe your upbringing was performance based, you had to achieve to receive love. Another possibility is you presumed that to be loved you need to earn it. A thought pattern like this could also be established by a romantic relationship, marriage, friends or even your work environment.

Your thought life is based on what can I do to be loved. Your emotions usually follows with emotions like fear of rejection, anxiety to perform well enough and shame if you feel like you failed and cannot receive love.

This in turn shapes our choices, we “do” by default to be loved, not because we desire to listen to God and follow His unction.

- What we believe determines how we live (Proverbs 23:7 — “*As a man thinks in his heart, so is he*”).

Goal: Our goal this year is to expose belief systems that is contrary to the heart and Word of God. We desire to help you identify false beliefs and replace them with truth.

2. The Formation of Belief Systems

- **Childhood experiences** – what we were told, modelled, or experienced.
- **Family culture and traditions** – unspoken rules (“Don’t cry,” “Be strong,” “Don’t fail”).
- **Society and media** – what the world says success or worth looks like.
- **Religion or spiritual upbringing** – sometimes distorted views of God.
- **Personal experiences and trauma** – shaping self-worth and trust.

Teaching Point:

Our beliefs are often formed long before we choose them consciously.

3. The Power of a Belief

- Beliefs act like **lenses** — they filter how we interpret everything.
- Beliefs produce **thoughts** → **emotions** → **choices with leads to behaviour** → **results**.
- Example:
 - Belief: “I’m unloved.”
 - Thought: “No one cares about me.”
 - Emotion: Rejection.
 - Behaviour: Withdraw or people-please.

Key verse: Romans 12:2 — “Be transformed by the renewing of your mind.”

4. Identifying False or Limiting Beliefs

Invite introspection:

- What do I believe about **God, myself, others, life, and my future**?
- Where did these beliefs come from?
- What emotions surface when I think of these beliefs?
- Are they consistent with God's Word?

Exercise idea:

“Write three common thoughts you have about yourself.

Then ask: Does this align with Scripture or with fear, shame, or past pain?”

5. Replacing Lies with Truth

Teach the **renewal process**:

1. **Recognize** the false belief.
2. **Repent/Release** it to God.
3. **Replace** it with truth (Scripture).
4. **Reinforce** it through declaration, prayer, and community.