



# MENTORING LADIES

## MATERIAL

# Beyond Belief

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## Introduction

Belief systems are the quiet architects of our daily lives. They shape how we see God, how we understand ourselves, and how we respond to the world around us. Scripture reminds us that “as a man thinks in his heart, so is he” (Proverbs 23:7). What we believe, influences our thoughts and emotions, and, which in turn, guide our decisions, choices and behaviour.

Many belief systems are formed long before we consciously examine them. Some are rooted in truth, while others are shaped by pain, disappointment, or unmet expectations. When belief systems are formed outside of God's truth, they can become toxic, quietly influencing our walk with Him in ways that produce guilt, striving, or shame. God's invitation is not to live bound by these beliefs, but to be transformed through the renewing of our minds (Romans 12:2).

## My Toxic Belief System

The toxic belief I wrestle with is:

**“I am not a good mother; I don't know how to do it properly.”**

This reflects a deeper lie: *“My worth depends on my performance.”* But Scripture says salvation and identity are gifts of grace, not earned by works (Ephesians 2:8–9). God entrusted me with my children and promises wisdom and strength for every season (Jeremiah 29:11; Isaiah 40:11). His thoughts about me are higher than mine (Isaiah 55:8–9).

This belief has subtly shaped how I view myself, how I measure my success (or simply put – failure) as a mother, and ultimately it has become the filter in my approach as a parent.

If you don't believe you are a good mom – it really messes with your general outlook. You constantly beat yourself up about mistakes you have made in the past ... It makes you second guess EVERY SINGLE decision you make; and sometimes even daydream of ways in which other people can potentially better take care of your kids (sadly).

This belief is fuelled by comparison, unmet expectations, and internal pressure about what a “good” mother should look like. The underlying assumption is that if motherhood feels challenging, then I am somehow deficient or failing. This belief produces thoughts such as, “Other mothers have a natural instinct about this,” which then leads to emotions of inadequacy, guilt, and self-

doubt. These emotions influence my choices, causing me to strive, withdraw emotionally, and most importantly - rely on my own strength rather than resting in God's grace and asking Him to show me the blue print of each child.

Looking at it from the outside in - when examined in the light of Scripture - this belief does not align with God's truth. God does not call me to be a perfect or effortless mother, but a dependent one. His Word reminds me that He equips those He calls, and that His strength is made perfect in weakness (2 Corinthians 12:9). Motherhood is not meant to flow from natural ability alone, but from daily dependence on Him.

Comparison is one of the most destructive influences in society today. Social media and cultural pressures constantly push us to measure our worth against others—how they look, parent, succeed, or live. This mindset breeds insecurity, envy, and discontent, pulling us away from God's truth. Scripture reminds us that we are created in His image (Genesis 1:27), uniquely designed with purpose. When we compare, we question God's craftsmanship and forget that His plan for each life is distinct. Comparison robs joy, fuels toxic beliefs, and blinds us to the beauty of our individuality. Freedom comes when we embrace our identity in Christ and celebrate the uniqueness He has woven into us.

## **Submitting the Belief to God**

Renewal begins with a daily recognition and surrender. I acknowledge that this belief is not rooted in God's Word, but in fear and comparison. I choose to repent for agreeing with a lie about myself and to release this belief to God. In its place, I choose truth: that God has entrusted me with my children intentionally, that His grace is sufficient for each season of motherhood, and that growth often comes through challenge, not ease.

As I submit this belief to God, I invite Him to reshape my thinking and heal the places where insecurity has taken root. I choose to align my mind with His truth rather than my feelings or assumptions.

## **Practical Application**

On a practical level, I will intentionally pause when feelings of inadequacy arise and ask myself: *Is this belief aligned with God's Word?* I will replace negative self-talk with Scripture-based truth, declaring that I am equipped by

God for what He has called me to. I will also invite God into the daily, ordinary moments of motherhood, trusting Him for wisdom, patience, and grace rather than relying on my own strength.

Additionally, I will resist comparison and seek community and prayer, allowing others to speak truth where lies once held ground.

## **Conclusion**

In writing this, I realise that the enemy of my soul use this belief system to paralyse me as a parent. It mutes me when I should be speaking life into my children. It disqualifies me for my role that is actually God given.

Belief systems have power, but they do not have the final word. Beliefs shape behaviour, but God's truth transforms us. When we take every thought captive and align it with Christ, we walk in freedom. My journey as a mother is not about perfection—it's about surrender and trust in Him.

As believers, we are invited into a continual process of renewal, where false beliefs are exposed and replaced with God's truth. As I submit the belief that motherhood does not come naturally to me, I am learning to walk in greater freedom, humility, and dependence on God. My daily walk is no longer about proving myself, but about trusting Him who faithfully leads and equips me.

## **Prayer**

Father God,

I come before You and surrender the belief that I am inadequate in motherhood. I acknowledge that this belief is not from You. I ask You to forgive me for agreeing with a lie and for striving in my own strength. Renew my mind with Your truth and remind me that You have chosen and equipped me for this calling. Teach me to rely on Your grace daily and to walk in freedom, confidence, and peace. I trust You with my journey as a mother and with the work You are doing in my heart.

Amen.