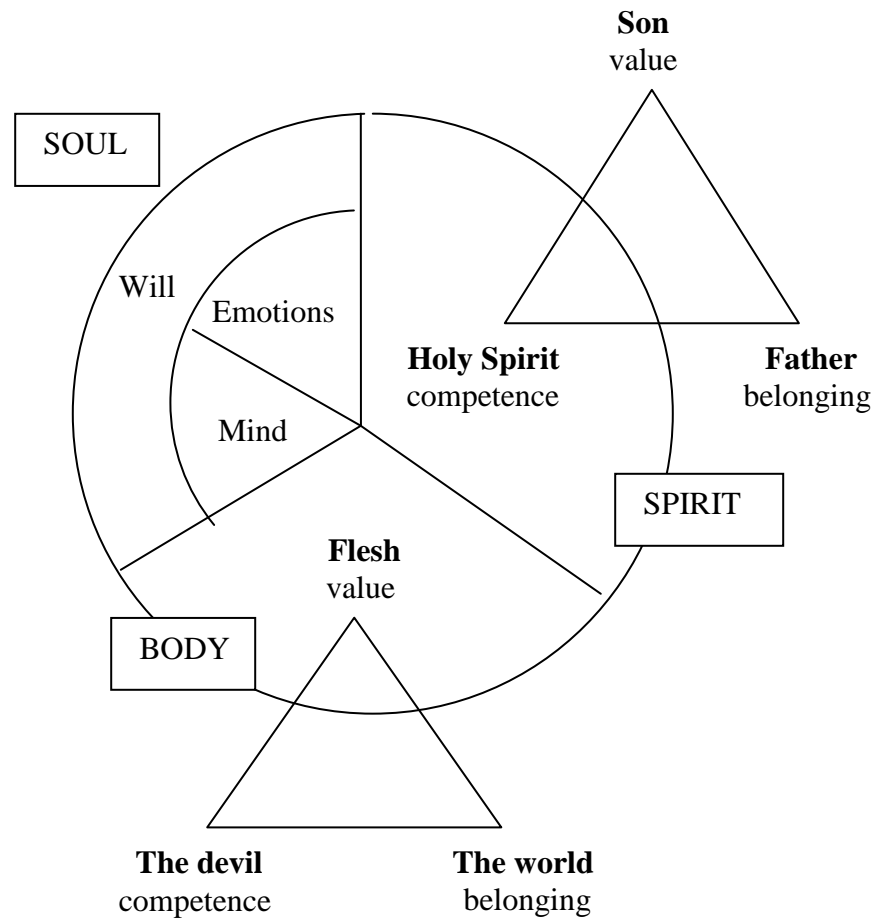


Transforming Emotional Beliefs¹



¹ Colleen Stortvedt, *On the Road to Freedom* (Kearney, Nebraska: Morill Publishing, 2010), 196. Adapted from materials by Charles Solomon and Verna Birkey,.

Homework Assignment

Make a list of any ways in which you have tried to meet the following basic needs.

Value –

Belonging –

Competence –

Contrast this list with the following promises God gives regarding how He will meet those needs.

Value –

“God paid a ransom to save you...And the ransom he paid was not mere gold or silver. He paid for you with the precious lifeblood of Christ, the sinless, spotless Lamb of God” 1 Peter 1:18-19, NLT

“The Lord’s portion is his people...the apple of his eye” Deuteronomy 32:9-10, ESV

“I am my beloved’s and His desire is for me” Song of Solomon 7:10, NASB

Belonging –

“Through the blood of Christ” we are now “inside the circle of God’s love” Ephesians 2:1, Phillips

We “belong in God’s household with every other Christian” Ephesians 2:19, TLB

Each of us is a full member of “the church of the firstborn, whose names are written in heaven” Hebrews 12:23, NIV

Competence –

“Our sufficiency is from God” 2 Corinthians 3:5, NKJV

“He Himself works in you and accomplishes that which is pleasing in His sight, through Jesus Christ” Hebrews 13:21, AMP

“For we are God’s masterpiece. He has created us anew in Christ Jesus, so that we can do the good things he planned for us long ago” Ephesians 2:10, NLT