



Counting My Blessings

Questions to help you identify your core beliefs.

Be Honest!

What do you believe about yourself?

Finish the sentence - I am _____.

List the messages that flood your thoughts each day. i.e. I am beautiful, fat, tall, skinny, smart, talented, foolish, blessed, valued, loved, successful, too emotional, etc.

What do you believe about others?

Finish the following sentences - Most people are

_____? Most men are _____? Most women are _____? Most children are _____?

My spouse is _____? My child is _____?
My friends are _____?

List things that relate to . . . appearance, success, finances, personality, blessings, etc.

List any generalizations you believe about . . . race, background, religion, sex, age, etc.

List attributes you believe about people in general . . . honest, helpful, kind, judgmental, lazy, etc.

What do you believe about the world/life?

Finish the sentence - The world is _____?

List things like . . . safe, full of opportunity, getting better, doomed, good, etc.

What do you believe about the future?

Finish the sentence - I believe the future is _____.



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Are you mostly optimistic or well, not so much?

What do you believe about faith?

Finish these sentences - God is _____. Jesus is _____.
The Bible is _____.

List as many things as come to mind. Finally, ask yourself...

Do I use words like everyone and no-one? Always and never?

Do I see variety, beauty, and love or ugliness and hate?

Now it's time to analyze your answers.

Are most of your answers above positive? Negative?

If you're not sure, grab a small notebook and keep track of your thoughts throughout the day. and ask yourself if they are mostly hopeful or hopeless?

If you're mostly discouraged, don't give up. You can change your core beliefs.

Start by asking...

Are my beliefs helping me reach my goals or are they holding me back?

Are they true 100% of the time?

Are they really true 100% of the time?

And here's the most important question of all.

Do my core beliefs line up with the truths of God's Word?



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Trust in the Lord with all your heart; do not depend on your own understanding. Seek His will in all you do, and He will show you which path to take. *Proverbs 3:5–6*

“I tell you the truth, those who listen to my message and believe in God who sent me have eternal life. They will never be condemned for their sins, but they have already passed from death into life. *John 5:24*

The sacrifice you desire is a broken spirit. You will not reject a broken and repentant heart, O God. *Psalm 51:17*

Jesus told her, “I am the resurrection and the life. Anyone who believes in me will live, even after dying. *John 11:25*

The Father Himself loves you dearly because you love me and believe that I came from God. *John 16:27*

Seek the Kingdom of God above all else, and He will give you everything you need. *Luke 12:31*

“Keep on asking, and you will receive what you ask for. Keep on seeking, and you will find. Keep on knocking, and the door will be opened to you. For everyone who asks, receives. Everyone who seeks, finds. And to everyone who knocks, the door will be opened. *Matt. 7:7–8*

Jesus replied, “The most important commandment is this: ‘Listen, O Israel! The Lord our God is the one and only Lord. And you must love the Lord your God with all your heart, all your soul, all your mind, and all your strength.’ The second is equally important: ‘Love your neighbor as yourself.’ No other commandment is greater than these.” *Mark 12:29–31*

We love each other because He loved us first. *1 John 4:19*

So whether you eat or drink, or whatever you do, do it all for the glory of God. *1 Corinthians 10:31*



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O Lord, I give my life to you.

I trust in you, my God!

Show me the right path, O Lord;
point out the road for me to follow.
Lead me by your truth and teach me,
for you are the God who saves me.
All day long I put my hope in you.

Teach me your ways, O Lord,
that I may live according to your truth.
Grant me purity of heart,
so that I may honor you.
With all my heart I will praise you, O Lord my God.
I will give glory to your name forever,
for your love for me is very great.

Be good to your servant,
that I may live and obey your word.
Open my eyes to see
the wonderful truths in your instructions.
Psalm 25:1–2a, 4–5, Psalm 86:11–12, Psalm 119:17–18

Lord, Make Your truth the foundation of my core beliefs.
By Your grace through the power of Your Spirit that I might live for
Your glory. In Jesus' name. Amen.