

*Project be*  
**project be**  
believe | belong | become

**BELIEVE  
WEEK ONE**

# *Park* **P.A.R.K**

## **PRAY**

Make prayer a central part of your gathering

## **AFFIRM**

Emphasise what God's word says and how we can build our lives on it

## **REMEMBER**

Take a moment to remind ourselves of God's goodness and faithfulness

## **KNOW**

Commit to what we have learned and how we can take these truths into our week

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*The seeds on rocky ground are those who hear the word and receive it with joy, but they have no root. They believe for a season, but in the time of testing, they fall away.*

***Luke 8:13***

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Believe is such a powerful word. In the book of Acts, we see that before the followers of Jesus were ever called Christians, they were called believers. They believed in something with such passion, it defined who they were!

All our lives are built on what we believe in. Many of these things are established when we are children, they are beliefs passed down through the generations. However, as we mature, we need to be certain about what we truly believe. We need a firm foundation that is the bedrock of our lives. When storms hit, we need our roots deep down in the promises of God, we need to believe with certainty that God's word never fails, that He is faithful to His promises. We read in the Parable of the Sower that everyone can receive the truth but not everyone believes - how well the seed is received is dependent upon the soil of our hearts.

## ASK YOURSELF THESE QUESTIONS

### 1. Are your beliefs taking root?

Do you receive the word with joy and then find it doesn't take root?

Do you believe for a while but when a test or bad news comes, are your beliefs shaken?

If you have answered yes to any of the above, you are not alone! We all have areas where we are growing, but the first step is to know what we believe.

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### 2. What do I really believe?

Do you believe that God is your healer? That He is good all the time?

What do you believe about your future? What do you believe about your past?

You may believe something about your life that is not true, a lie that is designed to harm you. This could be about something happening now, something that is influencing your future decisions or something that is cemented in the past. Once you can identify that this belief isn't true, you can replace it with the truth of God's love for you.

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### 3. How do I change what I believe?

When our beliefs are established at a young age, the process of accepting new beliefs can be more of a journey than an immediate transformation. Are there areas where you want to believe but find you have doubts or questions? Remember, Thomas doubted and Jesus showed up just so he could see for himself. God in His kindness will work with you, replacing the lies and putting down the right roots deep in you. Now that we know what we believe and why, let's replace some wrong beliefs.

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## REPLACE YOUR BELIEFS

You should have identified areas in which you want to build some new beliefs and replace some lies with truths. Write these down below - this may seem like a big task but God's word tells us we can transform our minds.

**Old belief (lie)**

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**New belief (truth)**

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*Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is - His good, pleasing and perfect will.*

***Romans 12:2***

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**Let's PARK together! Let's pray, affirm, remember and know what God is saying over us, believing that HE will help us to put those roots down deep.**