

When Beliefs Collide

All of us have developed two basic kinds of belief systems about who we are, what other people are like, how the world works, and who God is. Sometimes these belief systems agree, but sometimes they contradict each other.

Experiential beliefs:

The deeply held beliefs that begin to form at an early age and are based on how we are treated.

For example, if you were protected and taken care of by your parents and lived in a fairly affirming environment, you will develop the beliefs that you have value, you are loveable, you can trust people to meet your needs and the world is a safe place. However, if you were abused, mistreated, or neglected by your parents, whom you are supposed to be able to trust, you will develop the beliefs that you are unlovable, have little or no value, people cannot be trusted, and the world is a dangerous place.

Intellectual beliefs:

The beliefs we begin to develop based on what we read and study in God's Word. We are taught in Scripture that God loves us, that we have value because we are created in His image, and that we can trust God to meet our needs.

Experiential beliefs are called **heart knowledge**.

Intellectual beliefs are called **head knowledge**.

Often people say, "I believe in my head that God loves me, but I don't believe it in my heart." Since we live out of our heart knowledge, we can become confused and maybe even frustrated when our head and heart don't agree with each other.

When beliefs collide, what's the solution?

The solution is simple, but not easy.

- First, identify and acknowledge the false beliefs that you have formed from your life experiences.
- Then, give yourself new experiences that reinforce the beliefs you have in your head.
- Recognize that you will need multiple experiences to help you change your false beliefs.
- Acknowledge that you cannot do it alone, that you need other safe people and you need God to help give you those experiences.



RESTORING YOUR HEART

How do you give yourself new experiences?

One way to begin is to join an RYH *Processing Pain* group.

One of the best benefits of being in an RYH group is that you will have multiple experiences of being heard, valued, and affirmed. You will begin to recognize safe people, so you can have healthier relationships. You will begin to process old hurts from childhood and learn to identify what your feelings and needs are, so you will have the tools needed to create healthier experiences for yourself.

Over time, giving yourself positive affirming experiences that agree with your intellectual beliefs about God will allow your head knowledge to agree with your heart knowledge. Your beliefs will no longer collide but will reinforce each other. You will be able to develop a stronger relational connection with God and with other people when your heart agrees with your head.

To join an RYH group or get more information about RYH, visit our website at restoringyourheart.com or email us at ryh@disciplebuilding.org.

Restoring Your Heart is a ministry of Worldwide Discipleship Association, Inc.

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