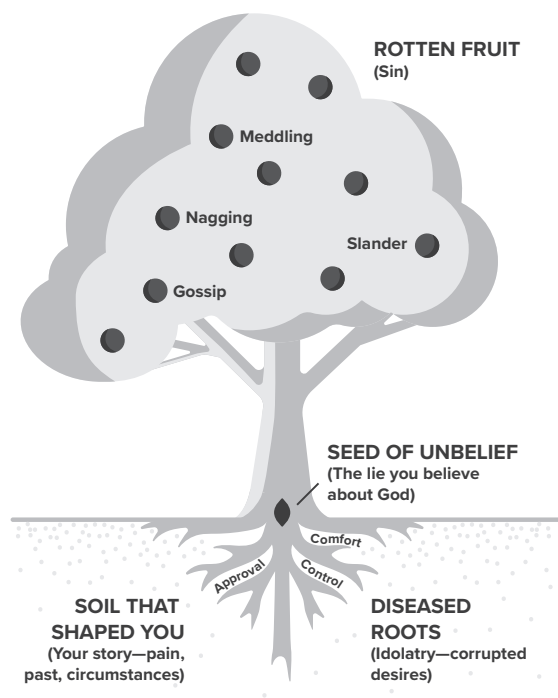


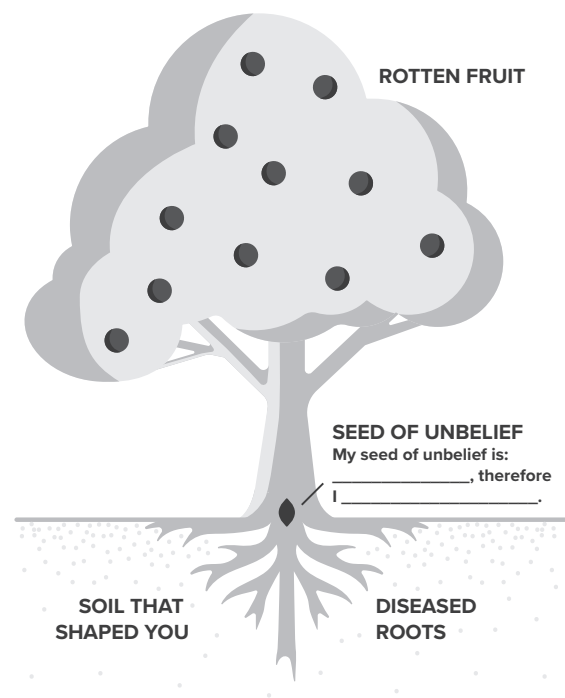
Personal Tree of Unbelief Guide

Although we are created in the image of God, our sin mars that image in ways that hurt our relationship with Christ and mask our true identity as his daughter. In our *A Woman's Words* study we introduced The Tree of Unbelief as a tool to help us identify the idolatry and unbelief that causes sinful patterns to develop in our lives. Consider browsing Chapter 5 for a quick refresher.

EXAMPLE:



YOUR TREE:



As we take a deeper look at our sin and the story that shaped us, let's begin with the **rotten fruit**. Label the fruit on the tree on the right with words that describe the type of sinful patterns that you see on display in your life right now.

This rotten fruit doesn't appear out of nowhere—it grows from what is in our hearts. Often our behavior exposes what we really believe about God and ultimately what we love more than him. To figure that out we have to examine more than just our behavior. We have to get below the surface and examine our unbelief and our idolatry.

WRITE OUT LUKE 6:43-45.

Label the **diseased roots** to represent the idols that you have run to instead of running toward Christ. Here are a few examples: comfort, glory, power, approval, justice, control, gratification, material gain, status, security.

Both our sinful behavior and our idolatry grow from a lie, or a series of lies, that we believe about God. We call this the **seed of unbelief**.

IDENTIFY ONE OR TWO LIES THAT YOU BELIEVE ABOUT GOD AND EXAMINE SPECIFIC WAYS THOSE LIES MAY BE INFLUENCING YOUR BEHAVIOR AND FUELING YOUR IDOLATRY.

In order to understand more about ourselves and where these lies may have originated, it is important to examine the **soil that shaped you**. The chart below will help you examine factors that impact your individuality. Pray and reflect upon your story, listing a few things under each category. Make sure you include factors that have impacted you both positively and negatively!

Put a ✓ beside the soil that encouraged or strengthened you.

Put an X beside the soil that paralyzed or shamed you.

Put an ! beside the soil that you have seen God heal and redeem.

RELATIONSHIPS THAT IMPACTED ME	✓ X !	EXPERIENCES	✓ X !	CIRCUMSTANCES	✓ X !	WHAT I WAS TOLD ABOUT MYSELF	✓ X !

Look back at your inventory. Although these things may have shaped you, they do not have to define you. Choose a few that stand out to you and write them in the soil of the tree diagram on page 12.

**OUR TRUE IDENTITY IS FOUND
IN THE FACT THAT WE BELONG TO CHRIST.**

Truth That Transforms

In the *Ezer Shame* study we learned, “The truth can transform you as much as a lie can destroy you.” Now that we’ve looked at the individual lies that tend to shape our unbelief, behavior, and idolatry, let’s take a deeper look at the hope we have in Christ and how his truth can set us free.

To battle our unbelief, we need to put into practice 2 Corinthians 10:5. “We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ.”

Look at the specific lies you wrote down as your seed of unbelief on page 13. For each lie name a specific truth which can replace that lie. Add a verse of Scripture to go along with each truth. If you need help, ask a friend.

THE LIE I BELIEVE	THE TRUTH I MUST GRASP	SCRIPTURE TO REMIND ME

Now, combine each of these truths from the middle column on the previous page into a powerful statement. In moments when you are struggling, use this statement to practice the discipline of taking every thought captive, while preaching the gospel to yourself.

MY STATEMENT OF TRUTH: