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# RENOVATE

TO MAKE NEW

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# INTRODUCTION

**Have you ever attempted a renovation?** You start off motivated but often end the first day with a massive mess on your hands. We've all been there. So, here's the question: *If renovation is so difficult, why do we attempt it?*

Over the course of eight sessions, this study will introduce you to the possibility of a personal renovation by exploring the foundation and blueprints of God's original design for us.

Remember, renovation is optional—not everyone is up for the challenge. Whether you choose to undergo a complete overhaul or just freshen the paint, we think you'll look back on this renovation process and be amazed by the end result.

*Are you ready to renovate?*

# FLOW OF A *RENOVATE* SESSION

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## SOCIALIZE (10 MINUTES)

Spend a few minutes getting to know one another and catching up.

## DISCUSS (10 MINUTES – OPTIONAL)

Talk about the homework completed the previous week:

Was anything helpful to you? If so, what?

What was more challenging than you expected?

## WATCH (15 MINUTES)

The video session enhances the materials in the workbook by providing additional content on the topic.

## DISCUSS (45 MINUTES)

The Discussion Questions provided in each session help participants explore the topic in conversation with one another. The questions are designed to allow people the freedom to reveal tensions or struggles with the topic, make personal discoveries, or think more about the subject.

## REVIEW THE HOMEWORK (5 MINUTES)

The *Renovate* experience is different for each person. Some people may choose to skip certain exercises, while others will choose to complete all of them. Assure participants that they have the freedom to do as much or as little of the homework as they desire.

## PRAY (5 MINUTES)

Sharing prayer requests and praying for one another is an important part of the experience. It is also okay for a participant not to share anything. Pressure should never be applied to disclose prayer requests.

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Check the Foundation

# SESSION 1: CHECK THE FOUNDATION

When it comes to a personal renovation, we tend to focus on symptoms instead of causes. That's not our fault. We're inundated with self-help books, experts, counselors, and even pastors who offer advice on symptoms instead of root causes. Most of the advice we hear about personal growth focuses on changing problematic behaviors or negative emotions. But the driving force behind how we act and feel is *what we believe*.

If beliefs drive our behaviors and emotions, how do we get rid of problematic behaviors and emotions? We change the beliefs that drive them. Two people raised under the same roof can respond in radically different ways to the same circumstances because they view life through different sets of beliefs.

Some beliefs are true. Others are not. The false beliefs are the ones that cause problems. In order to change the unhealthy behaviors and emotions associated with things like worry or jealousy, we have to substitute the truths for the false beliefs that drive them.

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## INFLUENCES

We all have beliefs that were influenced by three aspects of our pasts:

Relationships (*parents, peers*)

Events (*activities, traumas, rejections*)

Church experiences (*no involvement, legalism*)

These influences, as powerful as they were, do not have to dictate how you behave and what you believe. You don't have to keep living with the false beliefs that were ingrained in you from an early age.

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## EMOTIONS

Just like behaviors, emotions have beliefs behind them. We live in a culture that tells us to allow our emotions to drive our behaviors.

*“If it feels good, do it.”*

*“I went with my gut.”*

*“It didn’t feel right, so I didn’t do it.”*

### **What’s wrong with this philosophy?**

1. Emotions can and will deceive you.
2. Emotions don’t distinguish between fiction and reality.
3. Sometimes following God requires setting aside your emotions, ignoring your “gut,” and stepping out in faith.

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## CONCLUSION

Many of the beliefs you carry today were formed during childhood. You have the option to evaluate them, determining where they came from and whether they are true or false. The first step to your renovation is checking the foundation to determine the areas of your life that need overhauls.



# IN-SESSION ACTIVITY

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Any renovation begins with a thorough assessment of the room or home you wish to renovate. Similarly, you can't move forward until you understand where you are and what has influenced the way you think.

**Below is a list of phrases that describe various influences. Check the boxes that are true for you.**

## INFLUENTIAL RELATIONSHIPS

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- |   |   |
|---|---|
| <input type="checkbox"/> Family member who bullied                              | <input type="checkbox"/> Parent who minimized problems                        |
| <input type="checkbox"/> Family member who shamed                               | <input type="checkbox"/> Parent who over-disciplined                          |
| <input type="checkbox"/> Family member with addiction                           | <input type="checkbox"/> Parent who was absent<br>(emotionally or physically) |
| <input type="checkbox"/> Family member with mental illness                      | <input type="checkbox"/> Parent who was dependent                             |
| <input type="checkbox"/> Parent who acted like a child                          | <input type="checkbox"/> Parent who was over-controlling                      |
| <input type="checkbox"/> Parent who celebrated achievement                      | <input type="checkbox"/> Parent who was over-indulgent                        |
| <input type="checkbox"/> Parent who denied feelings<br>("Don't feel that way.") | <input type="checkbox"/> Parent who was over-protective                       |
| <input type="checkbox"/> Parent who disciplined inconsistently                  | <input type="checkbox"/> Parent with excessive standards                      |
| <input type="checkbox"/> Parent who disregarded achievement                     | <input type="checkbox"/> Peer rejection                                       |
| <input type="checkbox"/> Parent who praised inconsistently                      | <input type="checkbox"/> Peers who bullied                                    |
| <input type="checkbox"/> Parent who expected child to act<br>like a parent      | <input type="checkbox"/> Peers who focused on appearances                     |
| <input type="checkbox"/> Parent who focused on appearances                      | <input type="checkbox"/> Peers who were competitive                           |
| <input type="checkbox"/> Parent who gave child excessive praise                 | <input type="checkbox"/> Peers who were critical                              |

**Are any influential relationships from your life not listed above?  
If so, what are they?**

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## INFLUENTIAL EVENTS

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- |  |   |
|--|---|
| <input type="checkbox"/> A breakup           | <input type="checkbox"/> Life-threatening illness   |
| <input type="checkbox"/> A parent's affair   | <input type="checkbox"/> Moved often                |
| <input type="checkbox"/> Abandoned by parent | <input type="checkbox"/> Natural disaster           |
| <input type="checkbox"/> Basic needs not met | <input type="checkbox"/> Neglected                  |
| <input type="checkbox"/> Divorce of parents  | <input type="checkbox"/> Observed abuse of a parent |
| <input type="checkbox"/> Death of a parent   | <input type="checkbox"/> Physical abuse             |
| <input type="checkbox"/> Death of a sibling  | <input type="checkbox"/> Sexual abuse               |
| <input type="checkbox"/> Death of a friend   | <input type="checkbox"/> Verbal abuse               |
| <input type="checkbox"/> Emotional abuse     |   |

**Are any influential events from your life not listed above? If so, what are they?**

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## INFLUENTIAL CHURCH EXPERIENCES

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- |  |  |
|--|--|
| <input type="checkbox"/> Attended church regularly | <input type="checkbox"/> Legalistic                      |
| <input type="checkbox"/> Church scandal            | <input type="checkbox"/> Male-led church                 |
| <input type="checkbox"/> Church split              | <input type="checkbox"/> No faith or church involvement  |
| <input type="checkbox"/> Confirmation or baptism   | <input type="checkbox"/> Parents of two different faiths |
| <input type="checkbox"/> Female-led church         | <input type="checkbox"/> Religious abuse (oppression)    |
| <input type="checkbox"/> Highly conservative       | <input type="checkbox"/> Shaming                         |
| <input type="checkbox"/> Highly liberal            | <input type="checkbox"/> Works-based religion            |
| <input type="checkbox"/> Hypocritical              |  |

**Are any influential religious experiences from your life not listed above? If so, what are they?**

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**Once you have completed the activity, begin the *Discussion Questions*.**

# DISCUSSION QUESTIONS

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1. Were you reserved or outgoing as a child? To what extent has that tendency continued into your adulthood?

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2. Talk about a time you changed a behavior in order to achieve a specific goal. Did you achieve your goal? Was the change in behavior lasting?

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3. Talk about an influential relationship, event, or church experience that came to mind as you worked through the *In-Session Activity*. Was that influence positive or negative?

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4. In what ways has that influential relationship, event, or church experience shaped what you believe and how you behave?

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5. In the video message, Chris says, “To change our unhealthy behaviors, we have to change our false beliefs.” Is that difficult for you to believe? Why or why not?

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## PRIMER:

### THE HOMEWORK FOR THIS WEEK

- Complete the *Identifying False Beliefs* exercise, pp. 15–16. (10 minutes)
- Read Session 2, pp. 18–19. (5 minutes)

## SECOND COAT:

### IF YOU WANT MORE

- After completing the *Identifying False Beliefs* exercise, spend some additional time reading your answers and thinking about the content from this session.

# HOMework: IDENTIFYING FALSE BELIEFS

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Check each of the following false beliefs you identify with or you tell yourself.

- 1. I must be in control to be safe, secure, or significant.
- 2. I must please other people to be loved or accepted.
- 3. I must overcome and make it; I must be tough and independent to survive.
- 4. To be safe and secure, I must be guarded and not risk intimacy.
- 5. Emotions always represent truth.
- 6. For me to be content, life must be fair.
- 7. I am unworthy of love or acceptance.
- 8. I must be right to be significant or to know I am of value.
- 9. I must be heard to know I am of value.
- 10. I cannot be okay or at peace if those around me are not okay.
- 11. I deserve special treatment from other people.
- 12. I must have respect to know I am of value.
- 13. I must perform/achieve to be accepted.
- 14. What I do makes me who I am.
- 15. My loved ones must change for me to be content and at peace.
- 16. Other people must meet my needs.
- 17. I must get revenge on those who have wronged me.
- 18. I must be protected to know I am safe and secure.
- 19. I must have the approval of other people to know I am of value. Their opinions of me determine my worth.
- 20. I must be in a relationship or married to be satisfied, secure, or significant.
- 21. If I follow the Lord, life will be hard.
- 22. I am a victim.
- 23. My past determines who I am.
- 24. I must meet certain standards to love, accept, and feel good about myself.
- 25. I must have a child to fill my emptiness.
- 26. I must figure out my future to be secure.
- 27. I can't handle this.



- 28. I must be appreciated to know I am of value.
- 29. I do not measure up.
- 30. I'm worthless. I will never amount to anything.
- 31. I am responsible for the happiness of other people, and they are responsible for mine.
- 32. I must fix problems to know I am secure.
- 33. In order to feel worthy, I must not fail.
- 34. I must be the best to know that I am of value.
- 35. I must get my way to be satisfied and content.
- 36. I must earn love.
- 37. Real men do not show they need help.
- 38. I cannot be happy unless my circumstances change.
- 39. I must be understood to have peace and contentment.
- 40. I cannot allow other people to see my flaws. I must be perfect to know I am of value and to be secure.
- 41. The shame of my past is my fault, and I am to blame for the consequences of it.
- 42. I am who I am. I shouldn't have to change.
- 43. I deserve what I have. I worked hard for it.
- 44. I must prove myself to know my worth.
- 45. I must take care of myself.
- 46. Others cannot be trusted.
- 47. I must protect my reputation to feel valued.

**Do you have a false belief that is not listed above?  
If so, write it out here.**

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**Our false beliefs influence our behaviors and emotions and can ultimately affect our relationship with God. Over the next few weeks, we will explore the correlation between your false beliefs and behaviors and see how God is able to transform you.**