

Breaking Free from Your Limiting Beliefs

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28/02/2010

Moving Beyond Your Comfort Zone

Discover Your Limiting Beliefs

- What is your inner position when you get sick?
 - Oh no! Why me? Now I have to fight this!
 - **THIS IS YOUR CHANCE TO GROW**
 - It is the time to exercise your faith and learn to recognize what is going on inside
 - 1Cor.10:13 - You will be tempted to believe your physical senses instead of the Word of God
 - The issue is not if you take medicine or not, or if you go to the doctor or not
 - **The issue is, "WHAT CAN YOU BELIEVE WITH YOUR HEART, AT THE FEELING LEVEL?"**
- Jam.1:2-4 – Until you start to COUNT IT JOY, you are not really convinced
 - Rom.4:18-21 – Abraham did not stagger (vacillate, walk unsteadily) in unbelief

YOUR COMFORT ZONE

- Your COMFORT ZONE is the total of your LIMITING BELIEFS
 - TO HAVE YOUR MIRACLE, YOU DON'T HAVE TO CONVINCe GOD, YOU HAVE TO CONVINCe YOURSELF = Rom.4:21
 - To have a miracle, you must move beyond your Comfort Zone
 - To live in the miraculous you must learn to walk beyond your comfort zone,
 - That is WALKING BY FAITH 2Cor.5:17
- Most people, unfortunately, never discover what they can really do.
 - IT'S OFTEN ONLY IN TIME OF CRISIS AND CHALLENGE THAT... WE MANAGE TO GO BEYOND SELF-IMPOSED LIMITATIONS
 - OUR BATTLE IS IN OUR MIND, not with the Devil
 - We must learn to direct the faith we have, or choose our convictions
- OUR WILL, THINKING, FEELINGS AND ACTIONS must be congruent to get results, otherwise we are divided - Mt.12:25, Mk.3:24-25, Lk.11:17 – THE LAW OF UNITY

The Balance of FAITH AND DOUBT

Mt.21:21-22 & Mk.11:23-24 Have faith and not Doubt

- What's in your mind?
 - BELIEVE = Gk. Pisteuo – (pistis = conviction)
 - DOUBT = Gk. Diakrino = oppose
 - Doubt is not the absence of faith, and faith the absence of doubt. They coexist in our heart
 - The question is not, "Do you have faith?" but, "What are you convinced of?"
- Jam.1:6-7 - Are you divided? Are you opposing? Jam.1:6 (diakrino = not opposing)

We Have the CAPACITY TO CHANGE OUR BELIEFS

THERE ARE 2 TYPE OF BELIEFS

- **PASSIVE BELIEFS** –The result of the experiences, what we have seen and heard and experienced – **Within the limits of our senses and history**
 - Our beliefs change all the time as a result of our experiences, often in the negative because they get reinforced by the status quo
- **ACTIVE BELIEFS** – What we have decided to believe, even if it is contrary to SOME of the things we have experienced – **Beyond our experiential limits**
 - THIS IS THE REALM OF FAITH

The Active way to change your beliefs is MEDITATION

The Effect of Meditation

- In the simplest form of meditation we think, ponder, imagine, visualize something
 - Research shows that: “Our mind does not know the difference between what we see clearly in our imagination and what is real”
 - It affects our emotions (worry is meditation) and our sense of reality
 - Exercise: Think of someone who you really like, of someone you don't like. What was the effect on your feelings?
 - It is successfully used in the world, eg. Athletes (physical vs. mental training), Science (Einstein and Relativity Theory)
 - **THE LIMIT OF YOUR REALITY IS YOUR IMAGINATION**

MEDITATION IS SCRIPTURAL

- Many Christians think that meditation is a New Age idea
 - 2Cor.10:5 Casting down imaginations (Gk. logismos = reasoning, thoughts, from logos) –
 - It is not saying that we should not think, but to reject thoughts not agreeing with the word of God
 - New Agers took it from the Bible – ex. Ps.1, Jos.1:8, Phil.4:8
- **FIXING YOUR BELIEFS IN PRAYER**

Questions to Consider

1. How does 1Cor.10:13 help us to live in victory?
2. What can Jam.1:2-4 and our feelings show us concerning the position of our heart?
3. How does our Comfort Zone help us in identifying our Limiting Beliefs?
4. Can you describe your experience with the coexistence of Faith and Doubt in your heart?
5. Can you explain the difference between active and passive beliefs?
6. How can this understanding help us?
7. How can Philippians 4:8 change your behavior?