

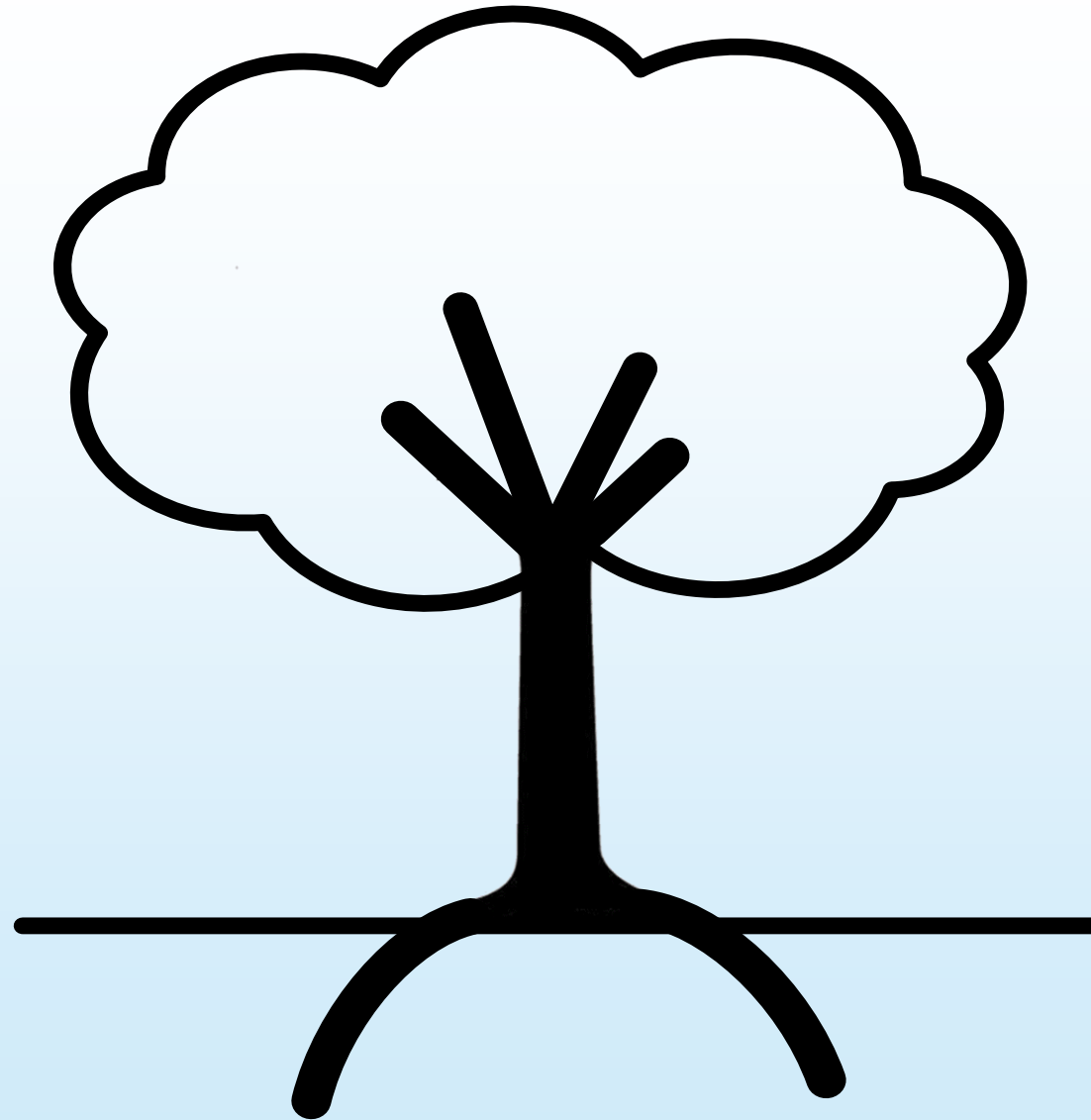
# Psychological Life Lesson 4

**WHAT TO  
BELIEVE**

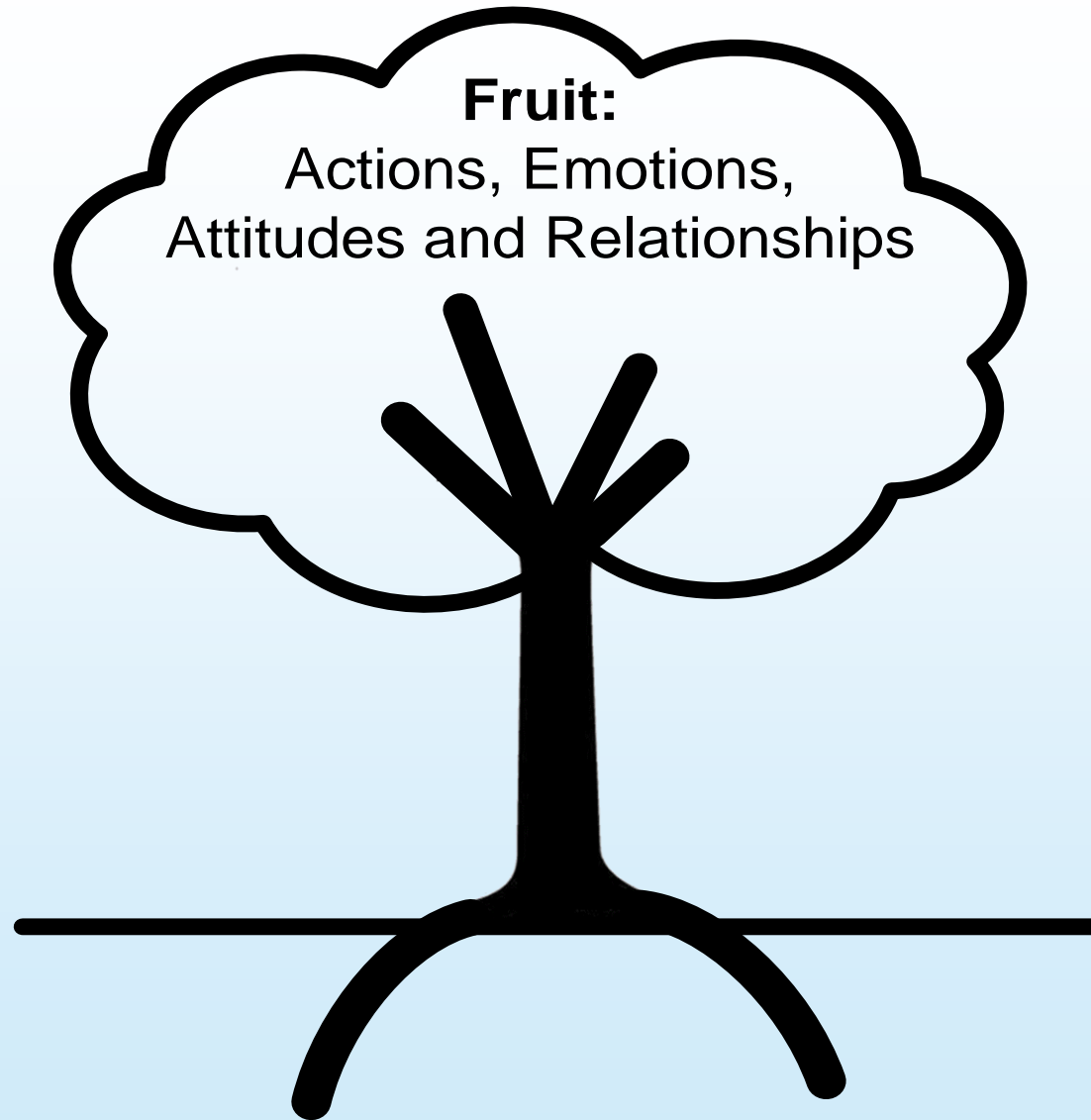
# KEY VERSE

*“And you shall know the TRUTH, and the TRUTH shall make you free.”* **John 8:32**

# ANALOGY OF THE FRUIT TREE



# THE FRUIT IN YOUR LIFE



*“Blessed is the man who trusts in the LORD, and whose hope is the LORD. For he shall be like a TREE planted by the waters, Which spreads out its ROOTS by the river, And will not fear when heat comes; But its LEAF will be green, And will not be anxious in the year of drought, Nor will cease from yielding FRUIT.”*

**Jeremiah 17:7–8 (NKJ)**

# THE GOOD FRUIT IN YOUR LIFE

*“But when the Holy Spirit controls our lives, He will **PRODUCE GOOD FRUIT** in us: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.” Galatians 5:22–23 (NLT)*

# THE BAD FRUIT IN YOUR LIFE

*“When you follow the desires of your flesh, your lives will **PRODUCE BAD FRUITS** like sexual immorality, impure thoughts, eagerness for lustful pleasure, idolatry, participation in demonic activities...”*

# THE BAD FRUIT IN YOUR LIFE

*...hostility, quarreling, jealousy, outbursts of anger, selfish ambition, divisions, the feeling that everyone is wrong except those in your own little group, envy, drunkenness, wild parties, and other kinds of sin..."*

**Galatians 5:19–21 (NLT)**

## BAD FRUIT:

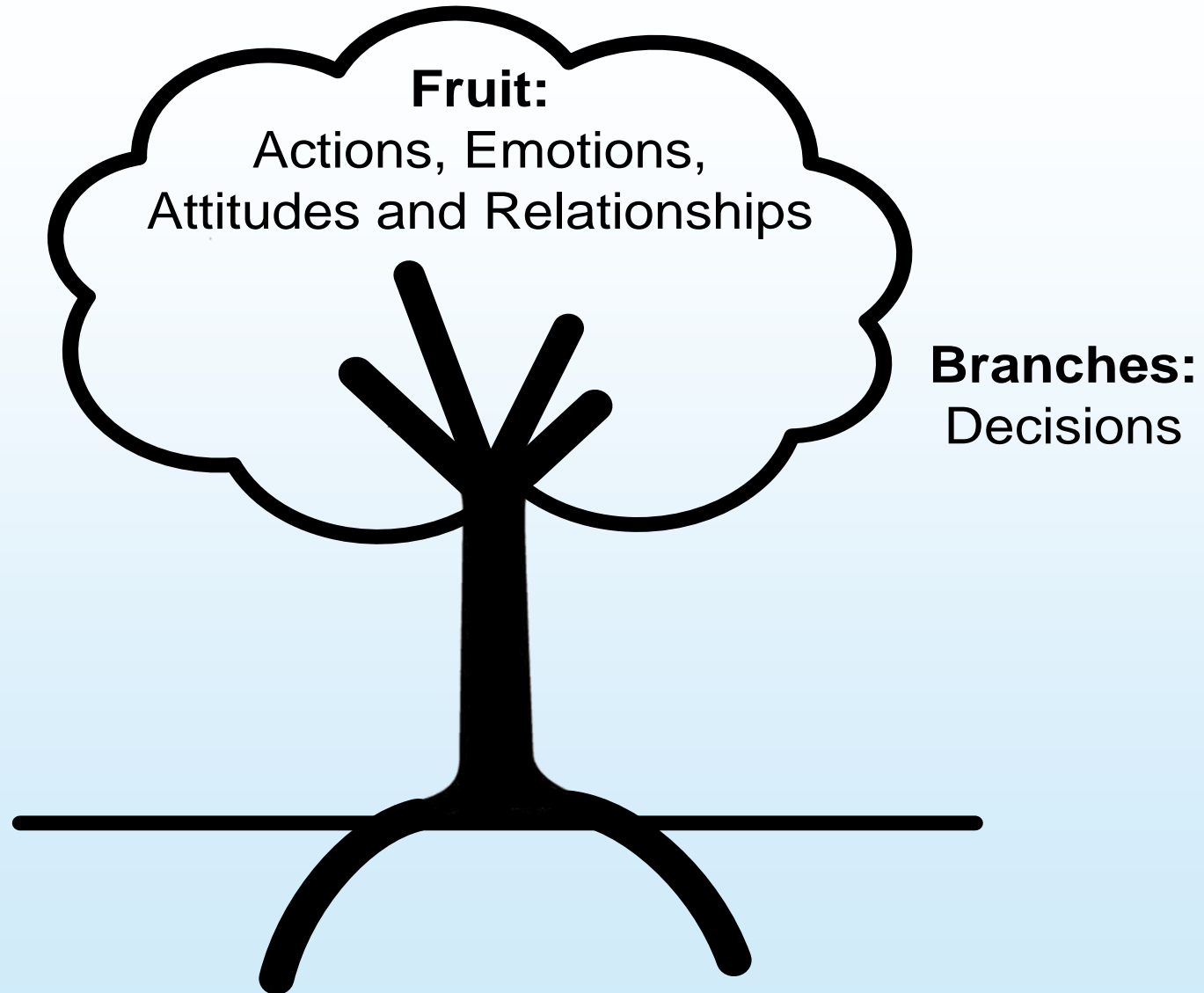
Negative **actions** like rage, eating disorders, addictions, sexual immorality, lying, and profanity.

Negative **emotions** like fear, anxiety, depression, shame, and unrelenting grief.

Negative **attitudes** like complaining, unforgiveness, greed, and prejudice.

Negative **relationships** can be ones that are abusive or broken.

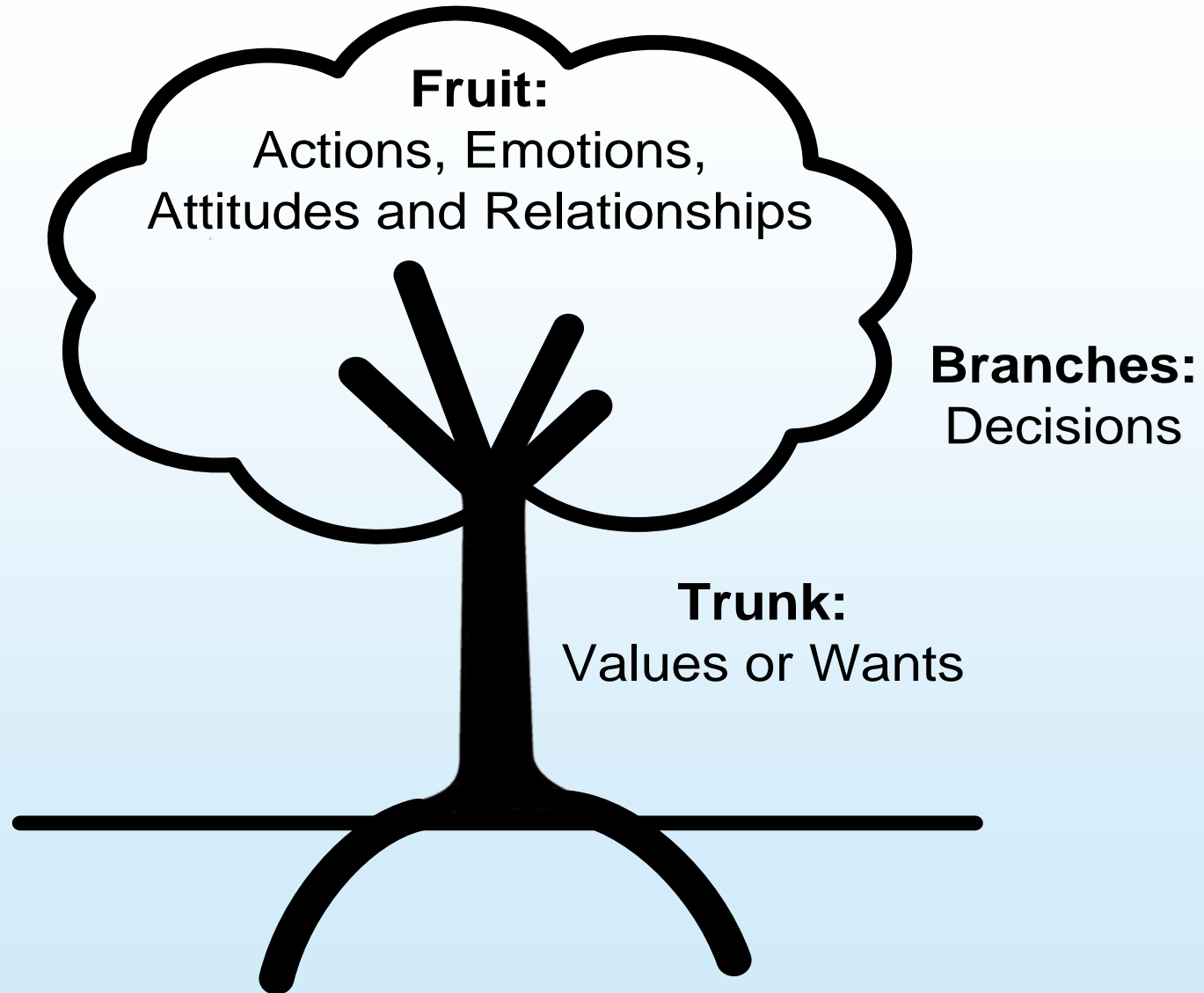
# FRUIT GROWS ON BRANCHES



*“...You will always reap what you sow! Those who live only to satisfy their flesh will HARVEST the consequences of decay and death. But those who live to please the Spirit will HARVEST everlasting life from the Spirit.”*

**Galatians 6:7–8 (NLT)**

# THE TRUNK MOTIVATES YOU



*“...The reason you don’t have what you want is that you don’t ask God for it. And even when you do ask, you don’t get it because your whole motive is wrong – you want only what will give you pleasure.”*  
**James 4:2–3 (NLT)**

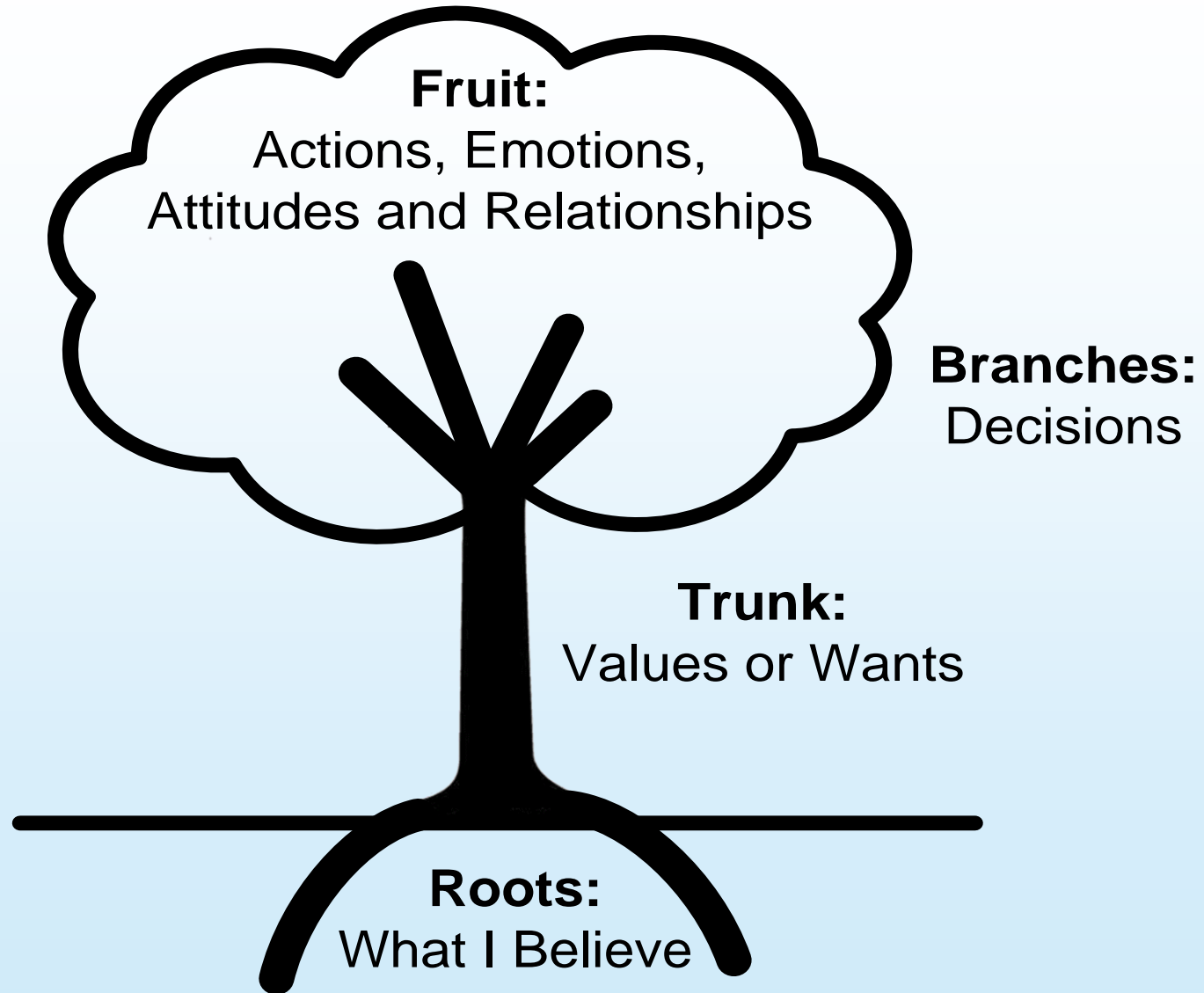
# TRUST IN MAN WON'T SATISFY



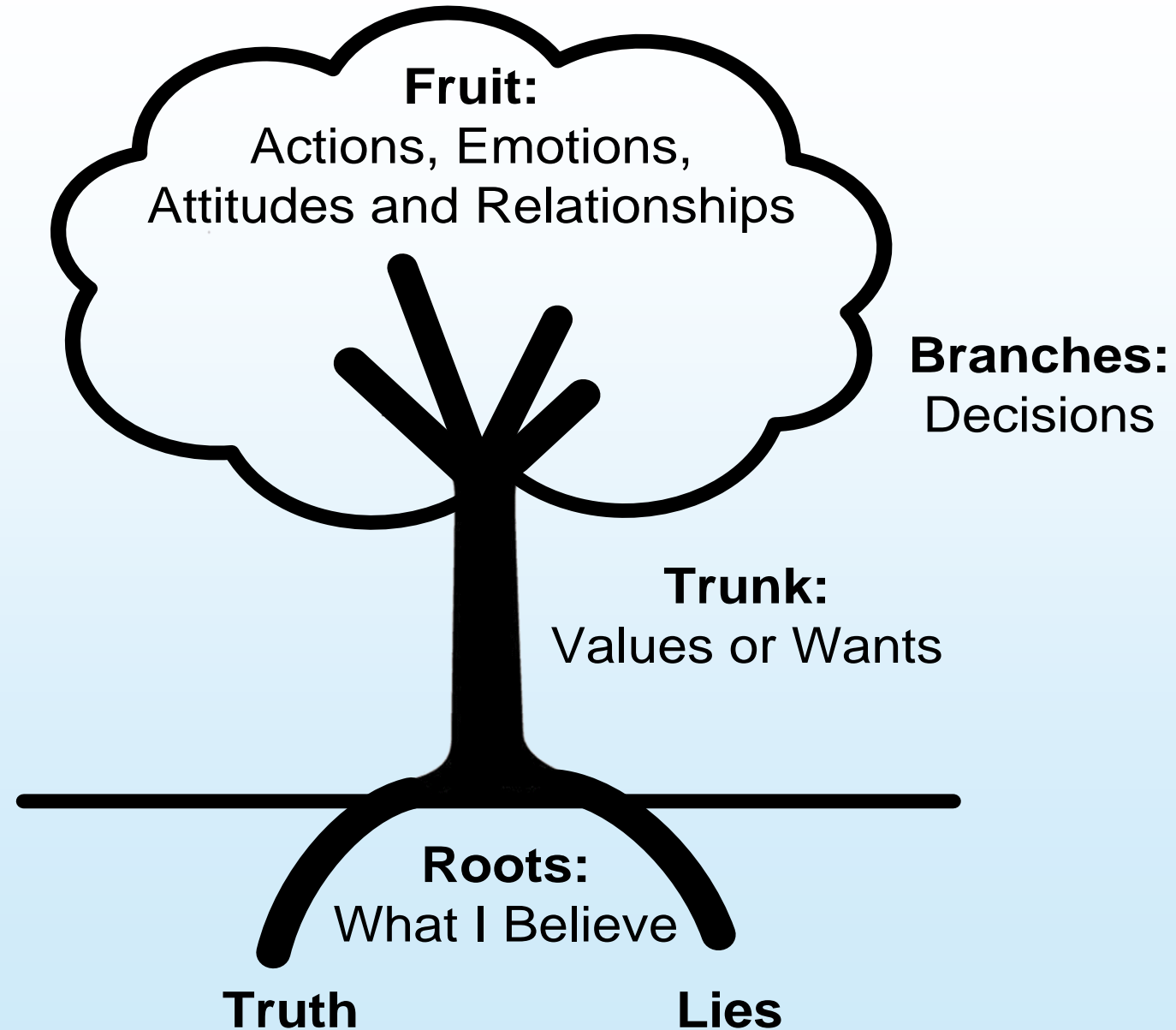
*“...Cursed is the man who trusts in man and makes flesh his strength, whose heart departs from the LORD. For he shall be like a shrub in the desert, and shall not see when good comes, but shall inhabit the parched places in the wilderness...”*

**Jeremiah 17:5–6 (NKJ)**

# YOUR ROOTS: WHAT YOU BELIEVE



# YOU EITHER BELIEVE TRUTH OR LIES



# BELIEVING TRUTH PRODUCES GOOD FRUIT



*“Let your **ROOTS** grow down into Him and draw up nourishment from Him, so you will grow in faith, strong and vigorous in the **TRUTH...**”*

**Colossians 2:7 (NLT)**

*“Satan has always hated the truth. There is NO TRUTH in him. When he LIES, it is consistent with his character; for he is a LIAR and the **FATHER OF LIES.**”*

**John 8:44 (NLT)**

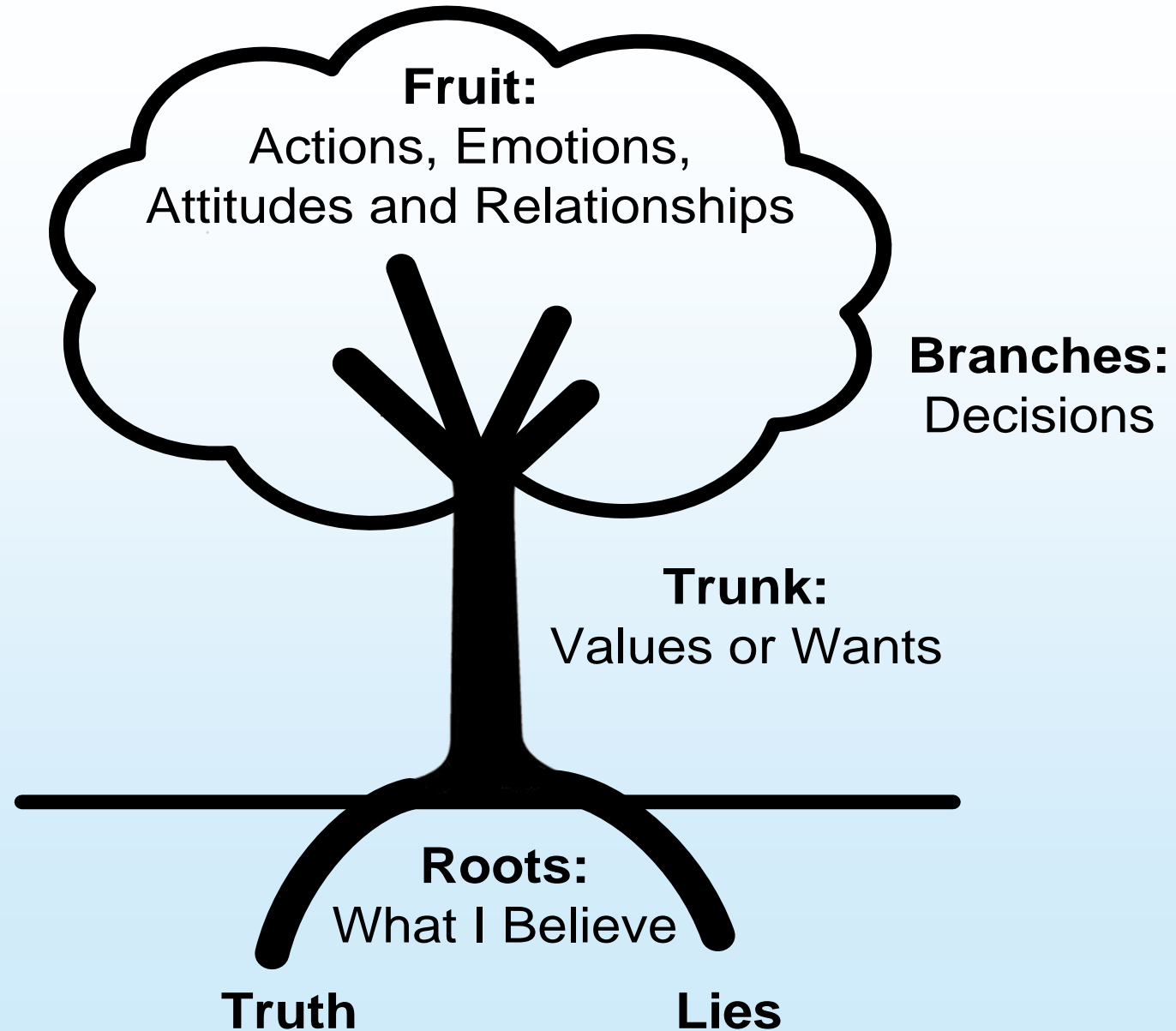
# BELIEVING LIES PRODUCES BAD FRUIT




*“When they refused to acknowledge God, He abandoned them to their evil minds and let them do things that should never be done. Their lives became full of every kind of wickedness, sin, greed, hate, envy, murder, fighting, deception, malicious behavior, and gossip.”*

**Romans 1:28–29 (NLT)**

# WHAT DOES YOUR FRUIT TELL YOU?



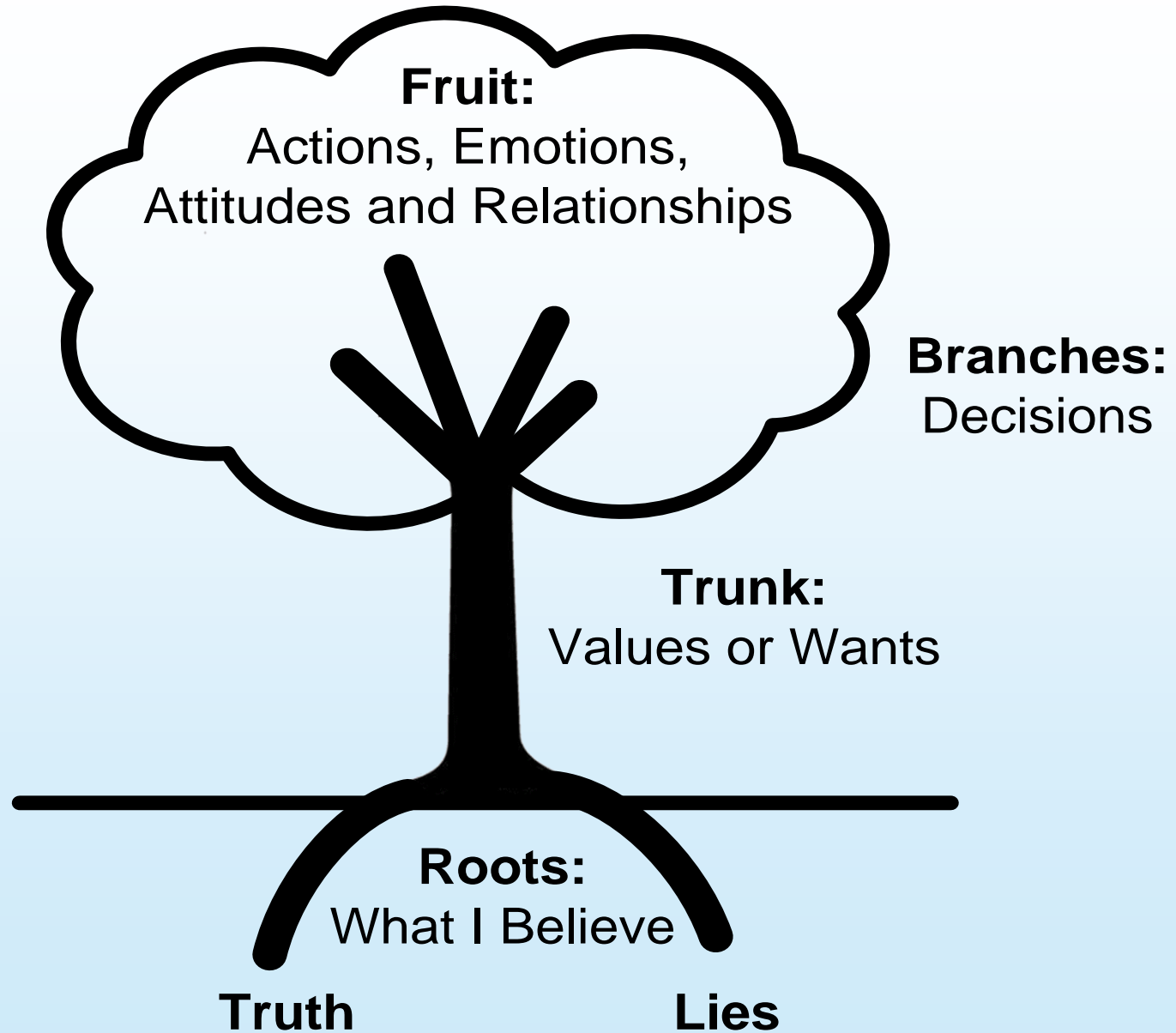


# WHAT ARE THE LIES YOU BELIEVE ABOUT GOD

*“They traded the **TRUTH** about GOD for a **LIE**. So they worshiped and served the things God created instead of the Creator himself.”*

**Romans 1:25 (NLT)**

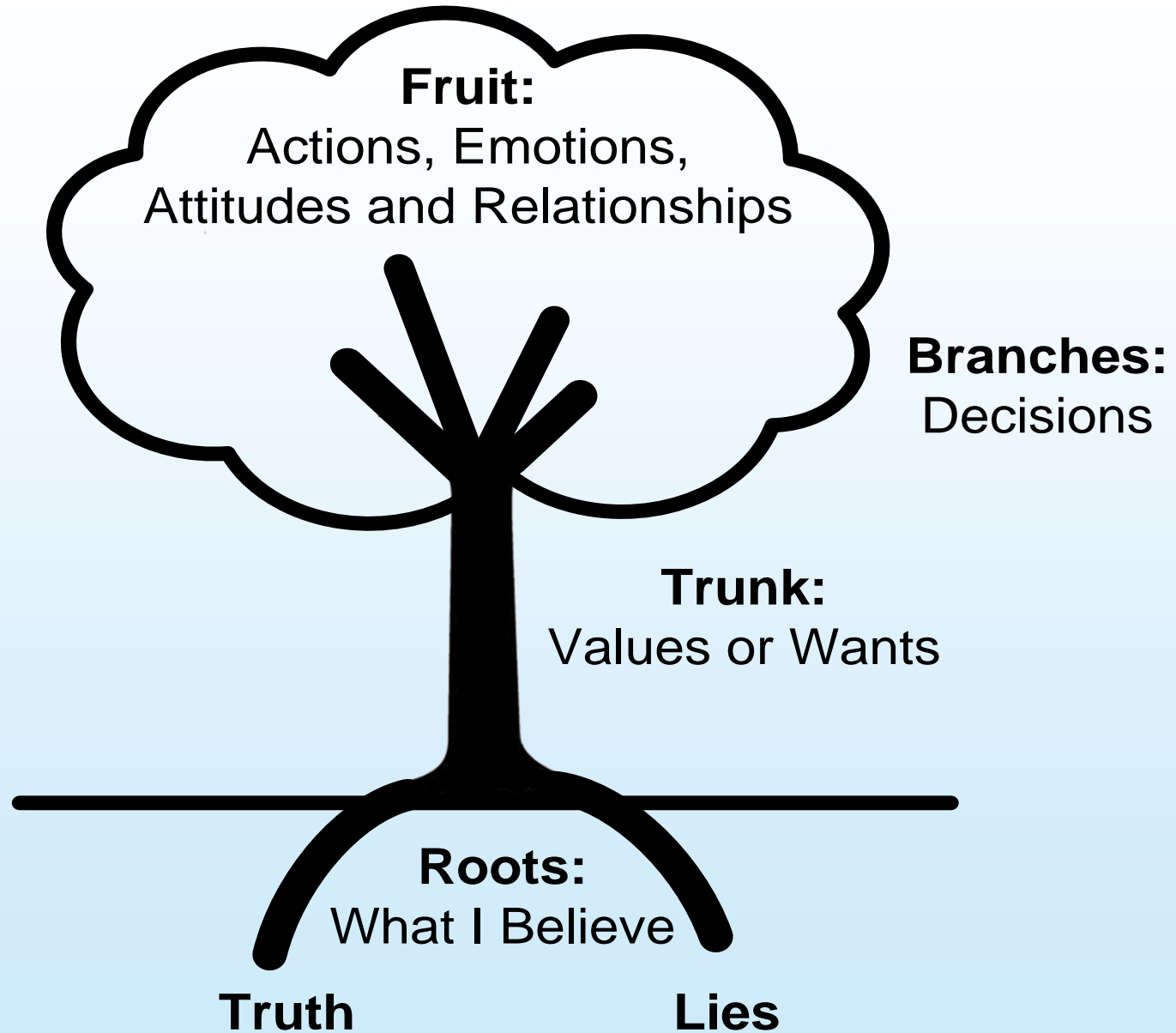
# Belief Tree



## The 6 R's

1. Ask God to **REVEAL** the lie you are believing that is producing the bad fruit in your life.
2. Take steps to **REMOVE** the lie (through forgiving those who hurt you)
  - a. **RENOUNCE** false identities you've taken on
  - b. **REPENT** of judging God, yourself and others
3. Ask God to **REPLACE** the lie with the Truth. He may bring to your mind a scripture, a song, a new perspective on the event, or speak something specific to you.
4. **RENEW** your mind each day by choosing to believe what God says.

# Belief Tree



# FOCUS ON KNOWING AND BELIEVING GOD



*“Those who remain in Me, and I in them, will produce much **GOOD FRUIT**. For apart from Me you can do nothing.” John 15:5 (NLT)*



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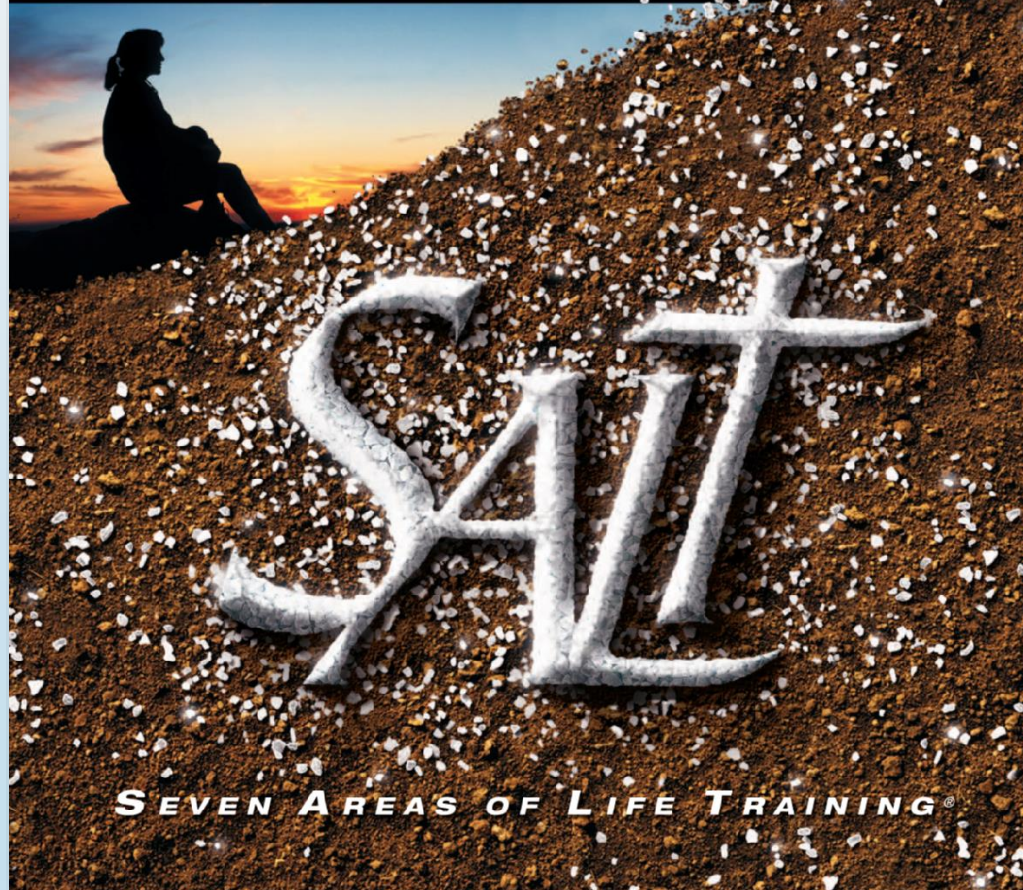
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