

## Transforming Beliefs



I remember hearing someone say **"I need to spend a lot less time listening to myself and a lot more time talking to myself."** Hit me like a ton of bricks...the voices we listen to are so powerful! Actions emanate from beliefs - lasting changes in behavior result from changing our underlying beliefs. The voices we listen to have tremendous influence on what we believe, positive or negative, but so often it seems the negative voices have the upper hand. Like cattle sticking to established "cow paths" to get to the water hole, our brains seem to develop "well worn pathways" that we follow, keeping us from adopting important new beliefs. Our inner voices reinforce these paths if we let them. But the Spirit of the Lord has other things in mind; to lead us to believe God's promises...new pathways that seem foreign to us. I call the personalized voice of the Lord, **"Spirit Talk"** - the essence of what God wants us to know about his promises, ways, who he is and who we are.

We tend read or hear God's promises and accept them but, if you're like me, quickly file them in the recesses of our minds. We may be able to recall them intellectually, but when it comes to changing behavior, in this state, they are impotent. Spirit Talk must be intentionally spoken into your soul to overpower the

entrenched thinking. This takes repetition... verbally, visually. It has to be in your face all of the time to rewrite the corrupted code of your belief system. After a little diligence, a miraculous thing happens. You start to believe and your life begins to transform. This is not wacky new age stuff. Nearly 2000 years ago, the Apostle Paul instructed us:

*"Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think." Romans 12:2*

God created our brains for learning; they are like plastic that can be formed. We just have to let him take the lead. I make small cards of Spirit Talk and place them where I see them regularly (desk, car, bathroom mirror). When I see them, I read them to myself - several times a day. If no one else is near, I read them out loud. My Spirit Talk is targeted at beliefs (God's promises and ways) that are vital to the stage I'm at on my adventure. God has a way of lifting up important Spirit Talk at just the right time if you regularly immerse yourself in his word and ask him "what do you want me to know right now?" I also use Spirit Talk to reinforce my Life Mission - keeps me focused on the reason I am here on Earth. (See my current Spirit Talk card below.) Seems so simple yet, as Paul said, this will transform your life.

Spirit Talk is such an important step in the process of adventuring with God and a fundamental part of the Mission Curve™ process. Wondering how to get your adventure started? Let me help you, I know the way. **Use the coupon Code "Character" and save 40%.**

## My Current Spirit Talk Card

THIS WORK IS FROM YOU & FOR YOU  
YOU HAVE PREPARED ME FOR THIS  
MUCH FRUIT WILL BE PRODUCED  
I MUST BE BOLD AS A LION.  
I ROLL THE DICE, BUT THE  
LORD DETERMINES HOW THEY FALL  
  
UNLOCKING LIVES,  
GUIDING FUTURES

Unlock Your Life! Save 40%

### Spirit Talk

(Post this where you can see it regularly)

**"I believe you will take care of me so I am free to pursue my adventure."**

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*The people refused to enter the pleasant land, for they wouldn't believe his promise to care for them. Psalm 106:24 (NLT)*

## **Adventuring with God Blog**

**Before you do anything significant see what Jesus did.... Check out my latest blog.**

**<https://www.bobblackcoaching.com/do-this-before-you>**