

# HEART BELIEFS

**4** Ways to  
Connect to the  
Miraculous

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# HEART BELIEFS

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# INTRODUCTION

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## God designed your heart to house, grow and release the miraculous—His power.

Many people never take the time to shape what they believe. They've never really thought about their belief systems. They also don't realize the power these beliefs have over their lives.

Many times we assume that our beliefs are a product of our minds, but the Bible actually teaches that beliefs are housed in our hearts. Of course, I'm not talking about your physical, beating heart... I'm talking about the deepest part of you that holds your most ingrained beliefs, and these beliefs affect you profoundly.

Actually, **God designed your heart to house, grow and release the miraculous—His power.** But it's your job to persuade your heart of the truth you find in the Bible. You see, **when you are persuaded of the truth, you push out beliefs that don't line up.**

For example, you can persuade your heart to have peace. Most people believe they can only have peace when they are healthy, or if they get to work on time, or their kids listen, or their boss is happy and their 'to do' list is done. But if any of these things go wrong, they can't be at peace.

*He did not waver at the promise of God through unbelief, but was strengthened in faith, giving glory to God... **Romans 4:20 (NKJV)***

But when you are persuaded of Jesus' peace, you know that peace is not related to any of those external factors. Peace is a heart state. You become convinced that even when things look bad, God will make a way. Your heart is fully persuaded... so you have peace.

**Do you have a few belief systems to deal with?** Examine your thinking and determine if you need to do some work to fully persuade yourself of the truth God has for your life.

# 1

## Pray: Ask for Help

### Regardless of how your beliefs were formed, your life is the way it is because of those beliefs.

Sometimes our belief systems can be way off base. A person who grows up believing that a certain race is inferior is a great example. Although completely inaccurate, those beliefs still warp their perception of the world.

Actually, we all hold inaccurate beliefs. Sometimes they are a result of upbringing, but traumas and painful events can also hit you at such a deep emotional level that they imprint on your heart. For example, a person whose relationship ends badly might make an assumption about all men or women. A child who is abused may develop a deep belief that they are unlovable. These beliefs are carried forward if not challenged.

Regardless of how your beliefs were formed—even if they resulted from extreme tragedy in your childhood—**your life is the way it is because of those beliefs.** It is also your responsibility to change them. This may not seem fair if it was someone else's wrongdoing that caused them, but that doesn't change the fact that only you can change your heart beliefs.

*I do believe, but help me overcome my unbelief!*  
**Mark 9:24 (NLT)**

I realize that **not everything that happens to you in life is your doing.** Life often throws curve balls, but your beliefs determine how you handle them. For example, you may not be able to control the economy, but a strong belief that you will come out on top financially helps you bounce back while others are throwing in the towel.

God wants to help you change your limiting, negative beliefs. **The first step is to pray.** Like the man in our verse today, **ask God to help you overcome unbelief.** You begin an incredibly exciting journey when you start replacing old beliefs with God's life-giving, destiny-altering beliefs!

# 2

## Challenge Your Belief Systems

**Every one of us has old traditions and routines that threaten to stop us from doing what God has called us to do.**

When Jesus trained His disciples, He definitely caused them to think differently. He did a complete overhaul on what they believed about sickness and disease, and He changed their understanding of His kingdom entirely. Actually, not many of their beliefs remained untouched.

*Stop imitating the ideals and opinions of the culture around you, but be inwardly transformed by the Holy Spirit through a total reformation of how you think. **Romans 12:2 (TPT)***

Since Jesus sent Holy Spirit, it follows that **Holy Spirit will also challenge the way we think.**

Every one of us has old traditions and routines that threaten to stop us from doing what God has called us to do. But if we let Him, Holy Spirit will take each one apart.

In the Old Testament, God worked on people's belief systems as well. Esther was a beautiful young woman who eventually became queen. When the time was right, Esther came to the realization that maybe she didn't inherit her incredible looks just so she could live comfortably as queen. She realized that she was created for a specific time and purpose. With this thought in mind, Esther took chances, risked her life and ended up saving her people.

Abraham also had to confront belief systems that didn't line up with what God said. God told Abraham that he would have a son when he was 100 and his wife Sarah was 90. First, they laughed, but when Abraham started to expand his thinking and believe, he began to do something about his new belief. As I imagine it, he probably chased Sarah around the tent because his new thought caused him to take new actions!

**When you believe something new, you begin to do something about it and your actions move you toward new places in your life.** So... what beliefs are being challenged in you by Holy Spirit? Tune in today and ask Him to show you.

# 3

## Persuade Your Heart

### Persuade your heart of the truth from God's Word and you'll get different results.

Did you know that you can think with your heart, not just with your mind? Actually, if you want to make a change in your life, thinking about it just in your mind doesn't cut it. What you believe with your mind is useless if it doesn't make its way to your heart.

You see, your mind can change from minute to minute, but your heart is different. Once you create a heart belief, it affects everything you think and do.

*For as he thinks in his heart, so is he.*  
**Proverbs 23:7 (NKJV)**

Early one year I asked a guy what he thought the year would bring and he replied, It's going to be the best year ever! But when I asked him how things were going a couple of months later, he said, *It's just another stinking year.*

What's wrong with this picture? He was saying the right things, so why didn't those things happen in his life? It's because the first statement was from his head. The second was from his heart.

**So... to really change your life, you need to get positive, life-giving beliefs to stop hanging around only in your head.** They need to move down into your heart, and they do so when you become 100 percent persuaded.

But how do you know when you're not completely persuaded of something? A sure-fire way you can tell is by looking at the results in that area of your life. Where aren't you getting results? **Where are you getting a harvest of things you don't want?**

Sometimes bad things just come our way and they are completely out of our control. But if you consistently struggle in an area, persuade your heart of the truth from God's Word and you'll get different results.

# 4

## Speak Positively and Form Your Future

### Prophecy over your life, tell your life what it is now because of Jesus.

Did you know that you prophesy all the time? Prophecy is simply speaking the vision before you see it. It's talking about your future.

Kids do this all the time. A little boy will say, *I'm going to be a fireman*. He imagines himself as a fireman. He uses your garden hose to pretend he is putting out fires. And when he grows up, he goes into training to be a fireman and begins his dream job. All of the years he spent growing up, he was prophesying his future until he began to live it out.

**Kids have no problem speaking something until they do it.** Then we become adults and we throw all that out, or we do it negatively.

*Now faith is the substance of things hoped for, the evidence of things not seen.* **Hebrews 11:1 (NKJV)**

**The words you speak about your life might be positive and based on God's promises, or they might not be.** If you are saying things like, *I'm going to have a terrible year, or I'm always sick and tired*, those words don't line up with what God's Word says you can have.

Now, you might be thinking, *Well, it's true! I am always sick and tired!* That may be your reality today, but it's not your future. Jesus teaches us that we need to have confidence that through Him we will have what we don't yet see (Hebrews 11:1). That's the definition of faith, according to Him.

So, when you speak positive things over your life like, *I am healthy. I am prosperous. I am full of joy and peace*, it's not that you are being dishonest. You're just speaking the language of the spirit. You are prophesying over your life, or in other words, you are telling your life what it is now because of Jesus.

# CONCLUSION

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## Let God's Word paint a new picture in your imagination of what your life can be.

Romans 12:2 says that if you want to have an amazing life and know God's perfect will, you will need to be transformed by the renewing of your mind. But since your imagination is a part of your mind, you will also need to transform what you imagine.

### What are you imagining for your life?

Unfortunately, many stop imagining a great future. After achieving a few dreams early in life, they stop dreaming... or because they've had a few failures, they allow the disappointment to prevent them from dreaming again. But you are never too old to dream and imagine your future. Actually, you will remain stuck where you currently are unless you let God's Word paint a new picture in your imagination of what your life can be.

*Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them. Mark 11:24 (NKJV)*

Keep in mind—it's not important to know HOW you will achieve those dreams at first. You see, in order to speak the language of Holy Spirit, you have to **see the end before the beginning**.

Jesus said in John 16:13 that Holy Spirit would show you things to come. He wants to help you to use your imagination to dream a positive, God-inspired end result. Jesus also taught this principle in our verse today. He didn't say, *Believe it will happen one day*. He said, *Believe you have received it*, which is past tense. You need to believe it is already yours.

**Believe before you see.** That's just how Holy Spirit works. Believe it is yours before you have it. Envision it. Dream it. As you do, the dream will get planted deep within your heart, and your heart beliefs will begin to bring it into your life.

# JUMPSTART YOUR HEART

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The belief systems of your heart are determining the course of your future. They're deciding what you gravitate toward and what you attract. The truth is that not all of our beliefs are correct or in line with what God's Word says.

We all have wrong beliefs to deal with. But real change takes more than willpower or positive thinking. We need Holy Spirit's help to transform our hearts. As we renew our minds and meditate on what God says in His Word, He helps us push out those wrong beliefs and replace them with the truth.

In my three-part audio series, *Jumpstart Your Heart*, you'll learn how to reprogram your heart beliefs with the guidance of Holy Spirit. We'll discuss:

1. Miracles
2. How the Kingdom works
3. The working of the heart

You can develop incredible strength during life's storms, find your unique identity as a child of God and walk in Holy Spirit's power as never before.



## Jumpstart Your Heart

**Get this audio series** and start aligning your heart with God's Word!

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## Mircle Channel

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It is reaching people with the hope of Christ through contemporary, life-changing programs.

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Miracle Channel has been leading the Christian television industry in Canada since 1996 as the first, and still the only, all Christian broadcaster.

## Leon Fontaine

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Leon is the CEO of *Miracle Channel*, host of *The Spirit Contemporary Life*, and the Senior Pastor of *Springs Church*, one of the largest churches in Canada.

His weekly messages broadcast across North and South America, Asia, Africa and other far-reaching parts of the world.

Leon's daily devotional, *Devoted with Leon*, is sent by mail and email to thousands of readers.

