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# RENOVATE

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## INTRODUCTION

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 what if the driving force behind how we act and feel is actually what we believe?

## USING THIS GUIDE

1. Print a copy of the guide for each member of your group.
  2. Watch the video as a group or watch individually prior to your group.
  3. Take ten minutes to complete the activity during your group session.
  4. Discuss the questions as a group.
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## VIDEO NOTES

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**BEHAVIOR**  
**BELIEF**



**UNHEALTHY BEHAVIOR**  
**FALSE BELIEF**



**I CLOSE OFF MY FEELINGS**  
**I MUST NOT RISK**  
**INTIMACY TO BE SAFE**

### Unhealthy Behavior Examples

I close off my feelings.  
I work to gain acceptance.  
Perfectionism



### Unhealthy Belief Examples

I must not risk intimacy to be safe.  
I must perform to be loved.  
I must be perfect to know I am of

**DO NOT CONFORM TO THE PATTERN OF THIS WORLD,  
BUT BE TRANSFORMED BY THE **RENEWING** OF YOUR MIND.**  
**[ROMANS 12:2, NIV]**

**ACTIVITY BEGINS  
ON THE NEXT PAGE**



# DO THE ACTIVITY

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Take ten minutes to complete the following activity. Place a check mark next to any of the influences that were 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 (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 your feelings (“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 a child to act 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 a child excessive praise                 | <input type="checkbox"/> Peers who were critical                           |
|                                                                                   | <input type="checkbox"/> Other: _____                                      |

## INFLUENTIAL EVENTS

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- |                                                   |                                                     |
|---------------------------------------------------|-----------------------------------------------------|
| <input type="checkbox"/> A breakup                | <input type="checkbox"/> Moved often                |
| <input type="checkbox"/> A parent’s affair        | <input type="checkbox"/> Natural disaster           |
| <input type="checkbox"/> Abandoned by a parent    | <input type="checkbox"/> Neglected                  |
| <input type="checkbox"/> Basic needs not met      | <input type="checkbox"/> Observed abuse of a parent |
| <input type="checkbox"/> Divorce of parents       | <input type="checkbox"/> Emotional abuse            |
| <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"/> Life-threatening illness | <input type="checkbox"/> Other: _____               |

## INFLUENTIAL RELIGIOUS EXPERIENCES

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



## LET'S TALK ABOUT IT

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1. Talk about an influential relationship, event, or religious experience that came to mind as you worked through the activity.
2. Based on the experience you shared in question one, has that influence shaped what you believe or how you behave? Explain.
3. Were you reserved or outgoing as a child? To what extent has that tendency continued into your adulthood?
4. 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?
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?

## WANT MORE CONTENT LIKE THIS?

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Want more content like this? What you just completed is an excerpt from the 8-week study Renovate. Purchase the full Renovate workbook from Amazon, or for a group discount on ten or more copies, shop at [northpointstore.com](http://northpointstore.com). The full study videos are available for free on the Anthology app.

*Note: although Renovate is an 8-part study, you can easily group together sessions 1–4 to make it a shorter study option.*

