

Overcoming Limiting Beliefs

In Reframe, you learned a bit about the danger zone of limiting beliefs—they keep us from fulfilling our Genesis 2:7 Beginning. Today, we spend a few more moments with them. It is time to re-author them.

Limiting beliefs hold us back and keep us from fulfilling our God-breathed potential and purpose. Break open the word *limit* and find it means, “a point or level beyond which something does not or may not extend or pass.”

Synonyms include: restrict, curb, cap, check, hold in, restrain, put a brake on, freeze, regulate. In this simple diagram, write any limiting beliefs that have “put a brake on” your forward motion. Kept you from believing and dreaming and praying big. They have NO ROOM on your Heartlifting Journey.

Here, in the Re-author phase, it is time to tear up the limiting beliefs written on your life and re-write new, powerful beliefs—filled with faith and future freedom! On our broken mug, write any limiting beliefs. Once you are done, rip that page up and throw it in the trash! If you’d like, take your very own FREEFALL and carry the torn pieces with you—releasing them mid-air!



Now, accept your God-created purpose by praising God with the words of Paul, found in Ephesians 3:14-20, The Voice Bible:

“It is for this reason that I bow my knees before the Father, after whom all families in heaven above and on earth below receive their names, and pray:

Father, out of Your honorable and glorious riches, strengthen Your people. Fill their souls with the power of Your Spirit so that through faith the Anointed One will reside in their hearts. May love be the rich soil where their lives take root. May it be the bedrock where their lives are founded so that together with all of Your people they will have the power to understand that the love of the Anointed is infinitely long, wide, high, and deep, surpassing everything anyone previously experienced. God, may Your fullness flood through their entire beings.

Now to the God who can do so many awe-inspiring things, immeasurable things, things greater than we ever could ask or imagine through the power at work in us,²¹ to Him be all glory in the church and in Jesus the Anointed from this generation to the next, forever and ever. Amen.”