

Process 14 is one of the key processes.

The 1st part, "projected lie vs. survival lie", is good information - but NOT the main objective. Move through it fairly quickly. I would recommend **pre-reading pages 223-226**. (don't write anything yet though)

As you go through the early part of the week, observe where "false beliefs" support your behavior and reaction.

Then later, do the writing on the ones that "feel" true. Not just in your head, but feel them in your body as well.

Also include the False Beliefs that have ever felt true. Maybe they don't rule you now, but it is all connected to what you believe today.

Last but not least, do this process very **prayerfully**. Give yourself space to really sit with this list, as you ask the Holy Spirit to confirm what He wants to communicate to you.

Weekly Time Sheet: Process #14, Pt. 1

Topic: Changing Your Heart

Page #213

Total Time

Time Each

☐ **Appoint time keeper:**

☐ **Opening:** Prayer & Statement

5 min

Opening Statement: The goal of the Genesis Process is to create a safe environment of grace in which to promote personal change and healing. To this end, we suspend judgments, only give feedback in the form of clarifying questions, and share using "I" statements.

☐ **Check in:** Progress Review - Completed:

20 min

- Watched Video

- Completed Homework

- Progress of last week's Risk

- Made Calls

- Has Prepared Commitment/ Risk for this week

Discussion: Self-Evaluation Questions & Worksheets (60 min. total time)

☐ **B/J Question:** Beliefs/Heart

p. 215

5 min

1-2 people

☐ Projected Lies

p. 218

15 min

☐ **B/J Question:** Vows

p. 221

5 min

1-2 people

☐ Survival Lies

p. 221

15 min

☐ Review common self beliefs

p. 227

20 min

Weekly Commitment Plan & Calls

p. 229

25 min

Closing Prayer

5 min

Notes: