

THE GARDEN STUDY

AT COMPLETELY TRANSFORMED

When Your Past Becomes the Measure of Your Future *Learning to Distinguish*

WHAT YOU'VE EXPERIENCED FROM
WHAT MUST ALWAYS BE TRUE

"God's
faithfulness
is not limited
by our
previous
experiences."

THE REAL-LIFE STRUGGLE

Our past experiences can shape the way we see ourselves, other people and God. Sometimes familiar disappointments or hurts lead us to expect that things will always turn out the same way. These beliefs can feel like wisdom, but they may have grown beyond what the evidence actually supports.

Your past
can provide
information about
your life without
possessing the authority
to define every
possibility within it.

DISCOVER THE TRUTH

Experience is valuable, but it does not have the final say. Scripture invites us to examine what we believe, not simply because something is familiar or widely accepted, but because God's Word is our authority.

-  **Proverbs 22:3**
Learning from experience
-  **Numbers 13:25–33**
Israel's example of faith and fear
-  **Romans 12:1–2**
Renewing the mind
-  **Lamentations 3:19–26**
Remembering God's faithfulness
-  **Hebrews 1:1–3**
Seeing God's character in Jesus

THREE STEPS TO BRING A BELIEF INTO THE LIGHT

1

IDENTIFY the Experience and Expectation

What actually happened, and what am I now expecting to happen because of it?

2

EXAMINE the Belief in the Light of Scripture

Consider what is true today and what God's Word genuinely teaches.

3

CHOOSE One Wise Response

Make a thoughtful decision based on a more truthful understanding of your present circumstances.

A RENEWED UNDERSTANDING

Old thought:

*I failed before, so I will
probably fail again.*

Renewed understanding:

*A previous failure may reveal
something I need to learn,
change or approach differently.
It does not establish that I am
permanently incapable of growth.*
Proverbs 24:16

PAUSE AND REFLECT

- 1 Is there an area where I have begun treating a past experience as a prediction for the future?
- 2 What actually happened, and what additional conclusions have I drawn?
- 3 Has this belief helped me or prevented me from considering what may now be different?
- 4 What does Scripture teach about this belief?
- 5 What would one small, wise decision look like if I allowed my past to inform me without assuming it has already determined my future?

A PRAYER OF RESPONSE

Heavenly Father,

*Thank You that You know the whole story of my life. Help me recognise the difference between what I have experienced and what I have come to believe because of it. Give me discernment to know what is true, the wisdom to respond appropriately and the courage to move forward in the freedom of Your truth. Help me learn from my past without being ruled by every conclusion formed within it. Continue renewing my mind according to Your Word and lead me in the next faithful step. In Jesus' name,
Amen.*

NEXT STEP

*Continue exploring
The Garden Study
and discover more
articles to encourage
a life increasingly
shaped by
God's truth.*

COMPLETELY TRANSFORMED