

Core Biblical Principle

“As a man thinks in his heart, so is he.” — Proverbs 23:7

This Scripture reveals a foundational truth for biblical life coaching:

1. Identity flows from internal belief, not external experience.

People often assume their identity is shaped by:

- what they’ve been through
- what others have said about them
- what they have or haven’t achieved
- how they feel in the moment

But Scripture teaches the opposite.

Your **inner belief system** — the thoughts you hold in your heart — becomes the blueprint for your life.

1. Core Biblical Principle

“As a man thinks in his heart, so is he.” — Proverbs 23:7

This teaches that identity is shaped by internal beliefs, not external circumstances.

How can you apply this to your life?

What area of your life would you like to see change?

What steps can you take to make that happen?

✨ 2. Your thoughts become your internal “identity script.”

Whatever a student repeatedly thinks becomes:

- what they believe
- what they expect
- what they tolerate
- what they pursue
- what they attract
- what they become

If a student thinks, “*I’m not enough,*” they will live small.

If they think, “*God has called me,*” they will live with purpose.

Thoughts shape identity.

Identity shapes behavior.

Behavior shapes destiny.

2. Key Teaching Points

- Identity must be rooted in **God’s truth**, not feelings or past experiences.
- Renewed thinking is a **spiritual discipline**, not a motivational technique.
- Transformation begins with **agreement** — agreeing with what God says about you.

Where did you use your feelings or past experiences in place of God's truth?

How will you move forward?

How can you become more spiritual discipline?

What are the steps you will begin?

Which scriptures will you start agreeing with about what God says about you?

Write the scriptures down and meditate on them day and night.

