

Gaps, defined = any of our thoughts, beliefs or deeds that do not agree with the truth of God and which present an obstacle to responding in faith

Example: Part of you knows that God loves you and His will is perfect, but you continue to struggle with fear and worry about the future. You can't say this with a whole heart, "(I) do not fear bad news; (I) confidently trust the LORD to care for (me and mine)." (Ps 112:7 NLT)

- 1) Finding the Gaps--admit any gaps between the truth and what you are believing or experiencing: Lam 3:40 NIV-- Let us examine our ways and test them, and let us return to the Lord
 - Examine your life for integrity gaps—biblical principles that you know in your head to be true but that you don't believe in your emotions or benefit from in your day-to day experience.
 - Consider:
 - Current circumstances
 - Situations that "push your buttons" or cause you to over-react
 - Events or environments from your past
 - Notes:

- 2) Minding the Gaps-- examine your thoughts, feelings and experience to find what in you is responsible for your gaps:
 - LIE: thinking contrary to the word of God
 - LEAK: conclusions drawn from life's emotions and circumstances
 - HOLE: events or environments from the past that had a significant impact on you
 - Pray: *Lord, please show me anything in my thinking that is not lining up with the truth of Your Word. Reveal the source of the lies I believe. I invite You to examine my mind for worldly thinking, religious traditions, events from my past, and beliefs that were taught at home by word or deed.*
 - Write down any clues you have concerning the source of your gaps:

3) Filling in the Gaps--stand firm on the premise that God's Word is true by meditating on these verses about God keeping His word:

- Jer 1:12 NAS—I am watching over My word to perform it.
- Heb 10:23 AMP-- So let us seize and hold fast and retain without wavering the hope we cherish and confess and our acknowledgement of it, for He Who promised is reliable (sure) and faithful to His word.
- Is 30:18 NLT-- For the LORD is a faithful God. Blessed are those who wait for Him to help them.
- 1 Thes 5:24—He who calls you is faithful.
- Ps 119:89 TM-- What you say goes, God, and stays, as permanent as the heavens.
- Ps 111:7-- All His precepts are sure.
- Prov 30:5-- Every word of God is flawless; He is a shield to those who take refuge in Him
- Is 55:10-11 NIV-- As the rain and the snow come down from heaven, and do not return to it without watering the earth and making it bud and flourish, so that it yields seed for the sower and bread for the eater, so is My word that goes out from My mouth: It will not return to Me empty, but will accomplish what I desire and achieve the purpose for which I sent it.
- Ps 119:65-- You have dealt well with Your servant, O Lord, according to Your word
- 1 Cor 1:9 NLT-- God will surely do this for you, for he always does just what He says
- Heb 6:18—It is impossible for God to lie
- Ps 93:5 NAS—Your testimonies are fully confirmed
- Deut 7:9 NIV-- Know therefore that the Lord your God is God; He is the faithful God, keeping His covenant of love to a thousand generations of those who love Him and keep His commands

➤ Notes:

4) Embrace God's Word as the Truth—continue to process until you become fully convinced that God's Word is the truth.

- Use the Tools and Techniques handouts to facilitate the process:
 - Meditation
 - Education and Appropriation
 - Elevation
 - Articulation
- Pursue the truth step-by-step to a final destination where you can respond with integrity in every part of your being, "I believe."