101 – Flesh and Belief Systems

I. Introduction to Exchanged Life

A. The Cross and Our Exchanged Life Are Essential

1. Emphasis on _____ as Our Life
2. Focus on _____ Of Our Old Nature
3. Revolves around _____ To Christ

B. Grace Instead of Law

1. Behavioral Change Follows _____
2. The _____ Motivates and Energizes
3. Self-life or Flesh is _____

C. The Cross Is Applied Instead Of Implied

II.   The Exchanged Life Process

A. The Presenting Problem

1. What is a presenting problem?

2. What are the benefits of obtaining a presenting problem?

3. List some of the _____ possible when the presenting problem is overemphasized.

   a. For the Mentor

   b. For the person mentored

B.   Goal Setting

1. Helps _____ the issues

2. Goals should be:

C.   History Taking & Flesh Structure (Separate Lectures)

D.   Share the Life and Cross

E.   Identity, Concept of God, Brokenness/Surrender, Forgiveness, Setting the Mind, other issues

III. The Flesh

Understanding the nature of flesh is a prerequisite to "walking in the Spirit".

A. **Flesh is a _____ to God's Greatest Purpose**

B. **Self Revelation Precedes Divine Revelation**

1. The _____ of self for salvation
2. The _____ of self for spiritual growth

C. **Social History reveals false beliefs and flesh patterns**

D. **Flesh: _____**
    _____

1. Two types
    a. Good Looking (Positively-programmed) flesh -
    _____
    b. Yucky (Negatively-programmed) flesh -
    _____

2. Most Christians are sophisticated "Christian copers" but experience few moments of true _____.

3. Flesh destroys _____.

E. **Structuring the Flesh**

Methods to Identify Flesh
    a. History
    b. Diagraming Flesh
    c. Belief Inventory
    d. Manifestations of the Flesh
    e. Search for Significance Fear Tests

F. The person must see his or her _____

    1. Pointing out their flesh will _____.
    2. _____ as opposed to giving answers.

III.   History Taking Process

A. Why take a History

B. History Taking

    1. Follows the historical _____ of events

    2. Mentors use "TELL ME ABOUT" and _____ until they uncover a rejective event or they have shared all they can remember.

    3. Mentors use some method of _____ a person's feelings, beliefs, and fleshly coping mechanisms surrounding events recalled.

    4. Sample:

Social History

Age	Significant Person	Event	Feeling	Belief	Coping
5	Father	Drink and get angry	Scared	Not safe	Hide in room
8	Mother	Buy new dress	Happy	Loved me	Please her

Fill in last two rows.

IV. Structuring the Flesh

A. Purpose

    1. *To help the person discover their _____ and the needs they have been trying to meet by using them.*

    2. *To discover their inability to _____ or the needs of others in their own fleshly strength.*

B. The Flesh Diagrams
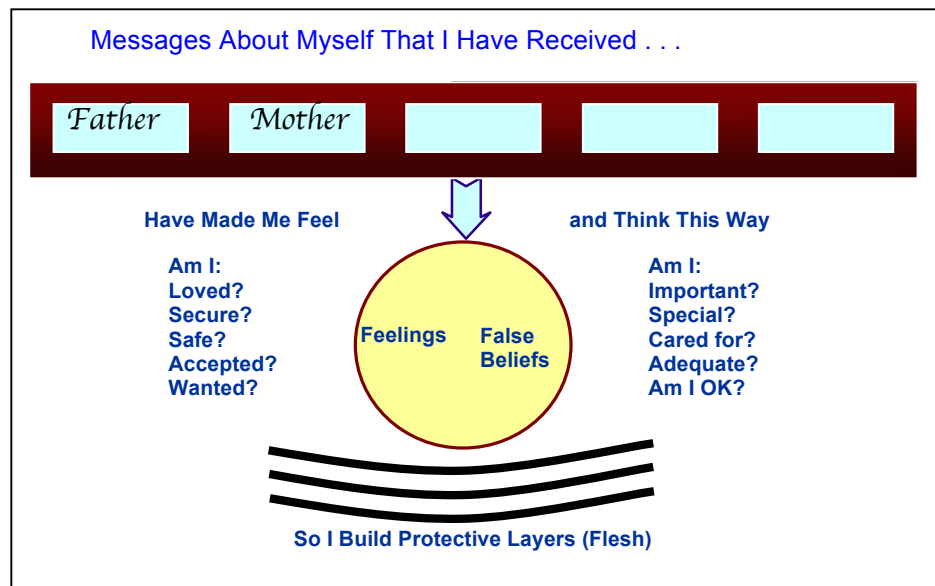
    1. Listing feelings, beliefs, and coping

2. Sample:

The Flesh Based on Your History

Name _____   Date _____

| Feeling	Belief	Coping
Scared	*Not safe*	*Hide in room*
happy	*Mom loved me*	*Please*

2. Messages Received

a. The flesh diagram is a _____ based on the messages received from events in the life of the person.
b. These _____ helped to shape the person's feelings and beliefs (self-image).
c. The flesh diagram also shows just how the person has learned to _____ themselves and meet their needs apart from God.
d. Sample:

Messages About Myself That I Have Received . . .

Father	Mother			

Have Made Me Feel

Am I:
Loved?
Secure?
Safe?
Accepted?
Wanted?

Feelings   False Beliefs

and Think This Way

Am I:
Important?
Special?
Cared for?
Adequate?
Am I OK?

So I Build Protective Layers (Flesh)

3. Octopus Illustration

a. Flesh is like an _____. If you try to cut it off, the other flesh (coping mechanisms) get stronger and eventually it will grow back.

b.Flesh must be dealt with by being _____

c. Sample:
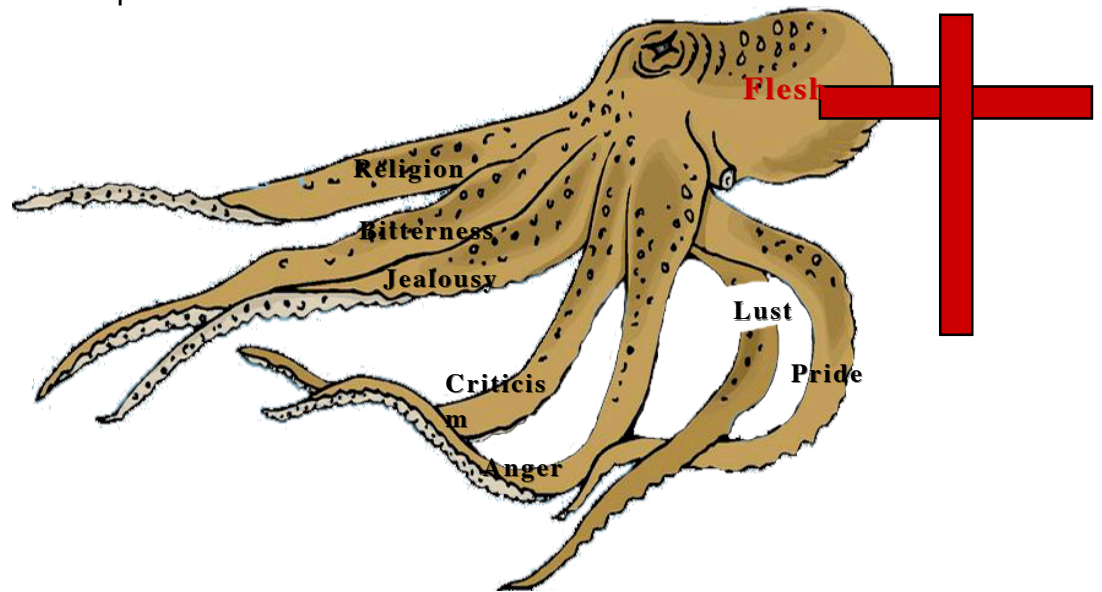
C. How Feelings Become Belief Systems

1. Children initially determine their _____ by feelings produced from the feedback of others.

    a. _____rejection

    b. _____ rejection

1. Children are the best recorders of this feedback but the worst _____ of this information.

3. Given time, feelings become _____.

4. We all have basic, God-given needs for love, acceptance, and a sense of worth. It is God Himself who wants to fill those needs.

Association of Exchanged Life Ministries. *The Grace Life Conference.* CrossLife:Aurora 1993-2000

Association of Exchanged Life Ministries. *The Grace Life Workshop.* CrossLife:Aurora 1993-2000

Hall, Richard. *Foundations of Exchanged Life Counseling.* CrossLife:Aurora. 1995