

Session 2 – The Nature of the Flesh

- I. The Flesh Defined
 - A. Flesh:

 - B. Traditional Religious View

 - C. The Biblical View

- II. Biblical Origin (Genesis 2:9)

The Two Trees

Good and Evil



Life



III. Types of Flesh

A. Good Looking Flesh

B. Yucky Flesh

IV. Common Characteristics of Flesh

A. Flesh is a _____

1. Purpose:

2. Methods:

B. Flesh is _____

C. Flesh is like an _____



D. Flesh holds me _____ and _____ me.

E. Flesh is _____

F. Flesh builds its identity based on _____

G. Flesh is _____

H. Flesh is an _____

I. Flesh is a _____

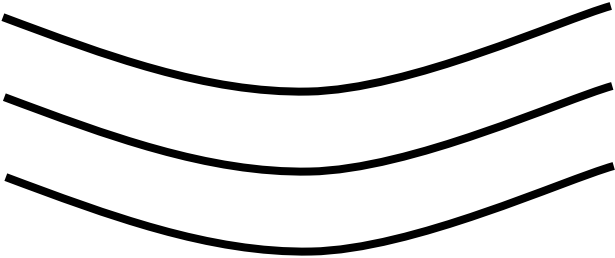
Messages About Myself That I Have Received From...

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Have made me feel this way about myself...

Feelings	Beliefs

Which motivates me to build protective layers like theses...



(Flesh patterns, coping mechanisms, habits)

The Nature of the Flesh

How has your flesh developed?

Were you always trying to please?

Were you chosen for sports or other activities?

Did you have what it took?

Were you acceptable?

Were your grades good enough?

Did you fit in your family, friends, etc...?

Were you wanted?

Were you loved?

For the Messages page:

What messages did you receive as a child?

What are your false beliefs?

What do you want people to think about you?

How do you attempt to make that happen?

What do you try to hide from others?

The Flesh is NOT who you are, but it is critical that you see your flesh. So ask God to open your eyes as you check off items on the Manifestations of the Flesh.

Manifestations of the Flesh

(Strategies of Living)

Below is a list of words and phrases which may portray you much of the time when you are under pressure.

To cope when things aren't going right or going my way, I tend to ...

become self-absorbed (self-consumed) by:

- becoming overly introspective
- feeling sorry for myself
- engaging in self-pity
- getting depressed by stuffing my anger and frustrations
- beating up on myself (hating myself)
- focusing on my suffering and trials to get attention and sympathy
- playing the role of a victim/martyr

withdraw (isolate myself) by:

- becoming aloof (pulling away)
- going into a shell
- running and hiding (escaping)
- distancing myself from others
- avoiding others (becoming a loner)
- becoming unapproachable
- being overly introverted
- retreating to the silent treatment
- not communicating

become obsessed with:

- accomplishments
- recognition
- status
- how I look
- what others think of me
- my physical health
- the past (especially past hurts and past failures)
- a devotion to a cause
- structure, order, rules, regulations

escape pain/pressure through:

- carousing
- drugs/alcohol
- staying busy
- television
- athletics
- hobbies/games
- computers
- pornography
- entertainment
- overeating
- religious activity and service
- becoming a workaholic
- working (career, business, job)
- gloom & doom thinking (refusing to see the positive)
- sex
- talking
- school
- sleep
- religion
- reading
- fantasy
- movies

become self-disciplined (self-reliant) by:

- becoming a perfectionist
- overcompensating by trying even harder so as not to fail
- becoming legalistic
- living "by the book"
- living by rules (have to's, should's, must's, ought's)
- becoming too hard and strict on myself and others
- setting unrealistic standards for myself and others
- basing acceptance (of self and others) on performance
- fearing making mistakes

become self-indulgent (self-gratifying) by:

- becoming impulsive (hasty)
- buying things to feel better

- assuming "if it feels good, do it"
- becoming compulsive (lacking self-control)
- lusting (craving) for:
 - alcohol
 - caffeine
 - sugar
 - drugs
 - sex
 - junk food
 - cigarettes

become anxious (worry and fret) by:

- becoming fearful (apprehensive)
- lacking peace and rest
- becoming paralyzed (going numb)
- becoming paranoid (overly suspicious)
- seeking astrology, horoscopes, fortune telling (tarot cards, palm reading, ouija boards, etc.) and/or the occult for guidance and strength

become dominant by:

- becoming dictatorial (bossy)
- becoming demanding (pushy)
- becoming overbearing (controlling)
- becoming manipulative
- intimidating others
- demanding my rights

try to stay in control through:

- blackmailing (making threats)
- manipulating (using coercion)
- using profanity (swearing)
- giving the silent treatment
- being passive (playing helpless)
- not eating (anorexia/bulimia)
- using guilt
- showing favoritism

To cope when things aren't going right or going my way, I tend to ...

come across as insensitive, uncaring, indifferent, unconcerned, and/or unsympathetic

become complacent (nonchalant) by:

- saying things like, "It doesn't matter...it's okay"

challenge others by:

- resisting authority
- becoming uncooperative (unteachable)
- causing dissension (strife)
- irritating (aggravating) others
- becoming argumentative, rigid, inflexible, closed-minded, stubborn, obstinate, unreasonable, or unyielding

become pessimistic by:

- lacking confidence and optimism
- becoming skeptical (suspicious)
- distrusting others, myself, God, church, and/or government
- expecting the worst
- assuming the worst-case scenario to protect myself from disappointment and pain
- seldom being satisfied or content
- seldom being pleased with self/others
- becoming jealous of others' success and happiness

develop a critical attitude by:

- finding fault with others, myself, and everything around me

- nit-picking things to death
- becoming judgmental (opinionated)
- becoming prejudiced (intolerant)
- complaining a lot (becoming negative)

become hostile (vent my anger) by:

- becoming unfriendly (cynical)
- becoming hateful (malicious)
- becoming harsh (cruel and brutal)
- becoming sarcastic (caustic)
- having a quick temper

become self-assured (self-confident) by:

- depending on myself instead of God
- becoming proud (haughty)
- becoming egocentric (acting pompous)
- bragging (being boastful)
- becoming arrogant (cocky)
- having a superior attitude (saying in effect:
I must always be right ...
I must always win ...
I must always be the best)
- pretending that I know it all
- becoming conceited (smug)
- having difficulty asking for help

become self-righteous (self-justifying) by:

- becoming defensive
- making excuses (rationalizing)
- covering up and hiding mistakes
- assuming I am never the problem
- pointing to someone or something else as the problem
- avoiding taking responsibility for failure or problems
- becoming critical of others (blaming others)

- having difficulty:
 - admitting I was wrong
 - apologizing
 - asking for forgiveness
 - expressing gratitude

become tense (nervous and agitated) by:

- finding it hard to relax
- becoming restless (high-strung)
- becoming impatient

become emotionally insulated by:

- keeping people at a distance
- becoming inhibited (bottling up emotions)
- avoiding intimacy
- denying feelings; having difficulty expressing feelings and opinions openly and honestly
- becoming unable to express love in a meaningful way

deny reality by:

- ignoring problems and hoping they will go away
- denying anything is bad or wrong
- lying (misleading)
- deceiving others and myself
- exaggerating (overstating matters)
- playing games to hide real intent
- conning people to get what I want

hold a grudge (be resentful) by:

- becoming moody (sulky)
- harboring bitterness
- becoming unforgiving
- keeping a scorecard of wrongs done to me or by me
- trying to get even (seeking revenge)
- wanting others to fail or get hurt
- punishing myself or others

To cope when things aren't going right or going my way, I tend to ...

fight unfairly (take cheap shots) by:

- becoming slanderous (misrepresenting the actual situation)
- gossiping (talking behind others' backs)
- engaging in passive-aggressive behavior (i.e. using humor to hide real feelings, becoming sarcastic, refusing to communicate, becoming passive, forgetting things, procrastinating, being late, etc.)

put up a front (not being real) by:

- faking it (hiding what I really think and feel)
- putting on a show (performing) to get attention and impress others
- becoming pretentious (phony, unreal)
- becoming superficial (plastic)
- becoming gushy (too sentimental)

lack compassion, kindness, understanding, gentleness, and love

live by my feelings by:

- becoming too subjective (believing that truth is only what I feel)
- believing I'm okay only when I feel okay
- becoming too sensitive to criticism
- becoming hypersensitive
- taking things too personally
- reading in rejection when it isn't there, or setting things up to bring about rejections
- becoming touchy (irritable)
- being controlled by anger, doubts, emotions, fear, etc.

become a pleaser (being nice) by:

- trying to be all things to all people
- trying to do the "proper or correct" thing
- trying to keep everyone happy
- trying to keep peace at all cost
- avoiding conflict at all cost
- becoming a doormat (letting others take advantage of me)
- expressing to others what I think they want to hear
- giving in to others too easily
- becoming controlled by others
- having difficulty:
 - saying no
 - setting boundaries
 - standing up for myself
- becoming overly compliant
- becoming too submissive

become passive (lacking initiative) by:

- quitting too easily (giving up)
- not taking chances
- playing it safe (pulling back and waiting)
- waiting for someone to tell me what to do and how to think
- depending on others instead of God
- vacillating (becoming too changeable)
- becoming indecisive (not making decisions)
- wanting someone else to make the decision for me
- avoiding failure at all cost
- procrastinating (putting things off)
- becoming irresponsible (becoming unreliable)
- becoming lazy, apathetic, lethargic

become self-deprecating (self-condemning; self-critical) by:

- assuming I am always the problem
- becoming overly apologetic
- becoming too hard on myself
- having difficulty:
 - receiving love
 - receiving compliments
 - receiving forgiveness
 - forgiving myself
- clinging (becoming a leech) to those who finally accept me
- becoming uncomfortable with success

become a caretaker (rescuer) by:

- becoming over-protective
- taking responsibility for others' feelings (becoming overly responsible)
- making decisions for others
- giving unsolicited advice
- trying to prevent others' failure
- becoming possessive (selfish)
- becoming a busybody (becoming too involved in others' affairs)
- becoming preachy (lecturing others)
- trying to find someone who needs me and who I can rescue
- nagging (badgering)
- talking too much and listening poorly

become too intense (overly serious) by:

- becoming stoical (unemotional)
- having trouble dealing with feelings
- becoming overly analytical
- becoming stern (solemn/formal)
- lacking joy or life
- not being fun to be with