

The Flesh

List Flesh on worksheet

Go over definition of the Flesh on Octopus sheet

Teach:

Basic Human needs: Love, security, acceptance, adequacy, worth/value

When needs are not met, we are unable to function.

Needs – something necessary to function the way God designed me.

Not based on what you do but who you are when God meets those needs☺

Love – unconditionally

Secure – regardless of circumstances or feelings

Accepted – regardless of what others say or do

Adequate – regardless of what I do or how I do

Worth – because I am a child of God

If not feeling this:

Loved - unloved

Secure – insecure

Accepted – rejected

Adequate – inadequate

Worth – worthless

Only true place these can be met is in God!

So if we are not feeling this, what is hindering us?

What are some ways people try to meet these needs apart from God? (that's the flesh)

Link core needs to your flesh. When I feel unloved, I _____

We try to be successful or meet our needs through our flesh, but God doesn't want to help the flesh. God never intended for the flesh to succeed.

The Flesh goes all the way back to Adam and Eve. They chose their way, not God's way.
(optional if married – p. 10-14 in *Model for Marriage Counseling*)

When we accept Christ, we are giving up our life, our way.

Ex. Vine and branches – not just helped but very life in the vine, can't do anything without (John 15:5)

Romans 8: 1-9 – Flesh vs Spirit (read)

Galations 5:16-24 (read)

Galations 6:8 (read)

When we are coping, we are doing it our way by controlling, protecting, deceit, pride, idolizing, rejecting, etc...

Before Christ, we develop these ways of dealing with life, coping skills, flesh patterns. We learn to cope but do not heal.

Ex. Beach ball – try to hold under water but keep coming up
Coping and healing are totally different.

Your history can shape how you cope with life, but it does not have to define who you are and who you will become.

Ex. Moses – kill Egyptian in flesh, go to desert, lose identity, God calls him back to Egypt which brought him right in the middle of his stuff, his coping. He has seen his self as a failure, but God saw Moses for who he could be. Moses throws down his staff (flesh) and when he picks it up it is God's staff (life). Look at what Moses did in Exodus.

So, we need to stop doing it our way, stop running and allow God to heal.

We can not go to the places God wants us to go, be the vessel God wants us to be until we allow His transformation (renew mind). He wants us to no longer cope but let him be our life which we will talk about next week.

Suggest Resources: *Bondage Breaker*, DVD messages: The Elephant in the Room or Time 2 Change