

DISCIPLESHIP RESOURCES

ACTIVE DEPENDENCE ON THE SPIRIT, NOT THE FLESH

DEFINING FLESH

The flesh is the condition where my focus is primarily on myself, where I am living out of my own resources, in order to: (a) cope/deal with life, (b) solve my problems, (c) meet my needs, and/or (d) become a success.

The Flesh

(Self-life)

Is The Condition

(mind-set, attitude, strategy of living)

Where My Focus Is Primarily on Myself

(even if it is “good looking” self, “well-adjusted” self, or “socially acceptable” self)

Where I Am Living Out of My Own Resources

(such as heritage, education, IQ, personality, sense of humor, looks, talents, abilities, capabilities, self-discipline, self-strength, etc.)

In Order To

- *cope/deal with life*
- *solve my problems*
- *meet my needs*
- *become a success*

IN OTHER WORDS, IT IS ME TRYING TO LIVE LIFE INDEPENDENT OF CHRIST.

FLESH PATTERNS

Performance Flesh: *“the well-adjusted person” - USDA choice flesh*

- **Characteristics:** aggressive, outgoing, positive, motivated (driven), takes charge
- **Wants:** RECOGNITION

Religious Flesh: *“the super spiritual person” (good Christian)*

- **Characteristics:** nice/sweet, obedient/dutiful, pious, sanctimonious
- **Wants:** to be seen as GOOD (Self Righteous)

Superior Flesh: *“the snob”*

- **Characteristics:** proud, defensive, conceited, know-it-all, looks down on others
- **Wants:** To be BETTER

Comfort Flesh: *“laid back; easy going person”*

- **Characteristics:** cautious, indecisive, unmotivated (lazy), sits back, conflict avoidance
- **Wants:** PEACE

Victim Flesh: *“the self-deprecating person”*

- **Characteristics:** negative, complaining, defeated, self-pitying, unforgiving
- **Wants:** ATTENTION, PITY

Caretaker Flesh: *"the responsible person" "enables"*

- **Characteristics:** rescuer/fixer, possessive (too involved), nagging, overly responsible
- **Wants:** to be NEEDED

Pleaser Flesh: *"the nice guy"*

- **Characteristics:** compliant, submissive, compromising, self-neglecting, hard time saying "no".
- **Wants:** to be LIKED

Indulgent Flesh: *"the compulsive person"*

- **Characteristics:** impulsive, obsessive, easily addicted, insatiable, thrill /pleasure seeker
- **Wants:** to FEEL good, better

Hostile Flesh: *"the abusive/antisocial person"*

- **Characteristics:** angry, domineering, vengeful, quick-tempered, hateful
- **Wants:** to DOMINATE

QUESTIONS TO PROCESS

- Which flesh pattern or patterns have I seen most in my life?
- How has that pattern hurt me and others? Who have I hurt?
- When I am struggling with this flesh pattern what is the underlying need(s) in me that I hoping gets met?
- How can Jesus meet that need instead of me trying to meet independent of him?
- Who is a truth teller in my life that I can share my flesh pattern with? What do I plan to share and how can I them invite into my journey?

SCRIPTURE TO MEDITATE

Galatians 5

²² But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, and self-control. The law is not against such things. ^[f] ²⁴ Now those who belong to Christ Jesus have crucified the flesh with its passions and desires. ²⁵ If we live by the Spirit, let us also keep in step with the Spirit.

PRAYER

"Holy Spirit, will you reveal to me the mystery of Christ in me. Show me more of who I already am in Jesus and how He lives and loves through me."