The background of the entire cover is a photograph of a night sky. The Milky Way galaxy is visible, stretching diagonally from the upper left towards the lower right. The stars are numerous and bright, creating a sense of vastness. In the lower portion of the image, there is a dark silhouette of a person standing on a hill or ridge, looking up at the sky. The overall color palette is dominated by deep blues, purples, and oranges from the starlight and the person's shadow.

JOHN R. MULLEN

AMAZING GRACE

AN INTERACTIVE
TEACHING ON GRACE,
THE CROSS AND
FREEDOM

A DISCIPLESHIP TOOL

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Developed by Pastor John Mullen and
Adapted from Grace Ministries International's Manual
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Legend of Symbols:



Indicates Group Interaction Exercise



Indicates a Quotation



Indicates a Definition



Indicates a Helpful Resource



Indicates a Question to Consider and Discuss

Introduction

This booklet will present some life changing truths from God's Word. The purpose of this presentation is two-fold: First, to increase your understanding of God's grace, Christ's completed work on the cross, and what it means for you to be "set free." Second, to lead you into a deeper revelation of your new identity that will allow you to experience intimacy with God and rest in His presence. Many of the topics here will not be new to you, but we will attempt to present them with new perspective and fresh application. Expect to be challenged, but also to be surprised by His amazing grace!



See Forward located in the Addendum

Setting The Stage

The introduction of God's truth into the life of every Christian must compete with old belief systems and ideas that have been gathered up to the point of salvation, and are contrary to the ways of God. Much of the work of the Holy Spirit in leading us into all truth, and renewing our minds is focused on exposing these faulty belief systems and literally teaching us a new way to think about ourselves, others, God, and life in general. We will begin with a discussion about three systems that influence the foundations of our beliefs, concepts and ideas.

- ❖ Tradition? the way of the past
- ❖ Theology? the study of God
- ❖ Truth? John 8:32,14:6,16:13

Myths and Deceptions

- A. God is up there, I am down here.
- B. Christians are sinners saved by grace.
- C. Holy living makes me more acceptable to God

Section One: Grace Defined



GROUP INTERACTION #1 (see Appendix A)

In the Old Testament

There is no Hebrew word for grace, but the same concept is foreshadowed by words that mean: “favor, acceptance, kindness, mercy, peace” (Gen. 6:8; Isa. 60:10; Ex. 20:6). For example, the word used to describe God’s peace, “Shalom,” is one such theme that indicates a totally sound, contended, secure and grace-filled life. Or the frequently mentioned term, “Loving-Kindness,” which combines two powerful concepts into a word that reveals the quality of God’s attitude towards His people.

In the New Testament

The main Greek word for grace is “*charis*” or “gift.”



“...A single conception is actually present in almost every case where “grace” is found (in the NT) – the conception that all a Christian has or is, is centered exclusively in God and Christ, and depends utterly on God through Christ.” (International Standard Bible Encyclopedia, Electronic Database © 1996 by Biblesoft)

Grace is...

- ❖ Free – Romans 5:15
- ❖ Sufficient – 2 Corinthians 12:9
- ❖ Abundant – 1 Timothy 1:14
- ❖ The vehicle of salvation – Titus 2:11



“Grace is the indwelling presence of God, enabling a person to become and accomplish all that God desires.” (1 Cor. 15:10; Phil. 2:13; 2 Cor. 12:9)



Helpful Resource (see Appendix B for a list of scriptures pertaining to grace.)



Section Two: The Cross



God's Supreme Act of Grace: The Cross – Universal Symbol of Freedom

Grace is a freely offered expression of the love of God to all people, and the power to be all that God desires – accepted, free, peace-filled and secure. It is radical. It is scandalous. But without it there can be no real life or growth.

Where do we find this grace? The **cross**! Here God demonstrated His love and forever solved the problem of sin and failure for the whole human race. Usually, we get to hear about the sin and forgiveness part, but we do not always hear about the life that we have now been given, or the new identity we have in Christ.

At the cross, everything lost in the Garden was restored. Every curse removed. Every cost reconciled. However, we must identify the enemies of our faith that block us from walking in God's grace. You may have asked yourself, is there more to Christianity? Am I missing something? Perhaps you are captive to old patterns of thinking. Maybe wounds from the past have kept you trapped in fear. Only through Christ's completed work on the **cross** can we discover and experience the freedom that is now ours in Him.

When we examine the liberating power of the **cross** and its impact on us, we discover that not only did Christ's work there set us free FROM our chains, it also set us free TO a whole new life!



Section Three: Set Free FROM:

❖ BONDAGE TO SELF or Sin Nature (see Rom. 7:25)

We are familiar with the Biblical reference to our sin nature. It is also translated as “Self-life” or “Flesh” or “Old Man.” It is a product of the fall of Adam and influenced by our culture, traditions, and life’s “worldly” experiences. However, we are not able to deal with it on our own – only the **cross** can deal with our self-life (Rom. 6:6; 7:5, 18; 8:12-13; Gal. 5:16-17).



Definition of the Sin Nature (Self-life)

The Self-Nature (our new term) is the condition
(mind-set, motivation, strategy of living)

where my focus is primarily on myself (life revolves around self);
(could be “good looking” self, “well-adjusted” self, or “successful” self
Or could be destructive self)

where I am living out of my own resources
(such as heritage, education, IQ, personality, position,
sense of humor, looks, talents, abilities, etc.
– see description of Paul in Phil. 3:7-8)

In order to:

- 1. Cope and deal with life**
- 2. Solve / fix my problems**
- 3. Meet my own needs**
(love, acceptance, worth, security, etc.)
- 4. Become successful / survive**

Now that we are aware the Self/Sin Nature (flesh) exists, let's consider its origin. It all started in the Garden of Eden when Adam and Eve gave into the temptation to be like God. That is when mankind decided to begin living life independently of God - out of our own resources. It was a terrible mistake that still plagues each of us. In our own ways we try to be like God by attempting to meet the needs that Christ has already met. To help us understand the issue even more, let's look at the prophetic illustration from Genesis.

The two trees represent the contrast between living life "according to the flesh" and living life by "walking in the Spirit."

The Two Trees In The Garden: trees of trying & trusting (Ro. 9:31-32 & 10:3-4)

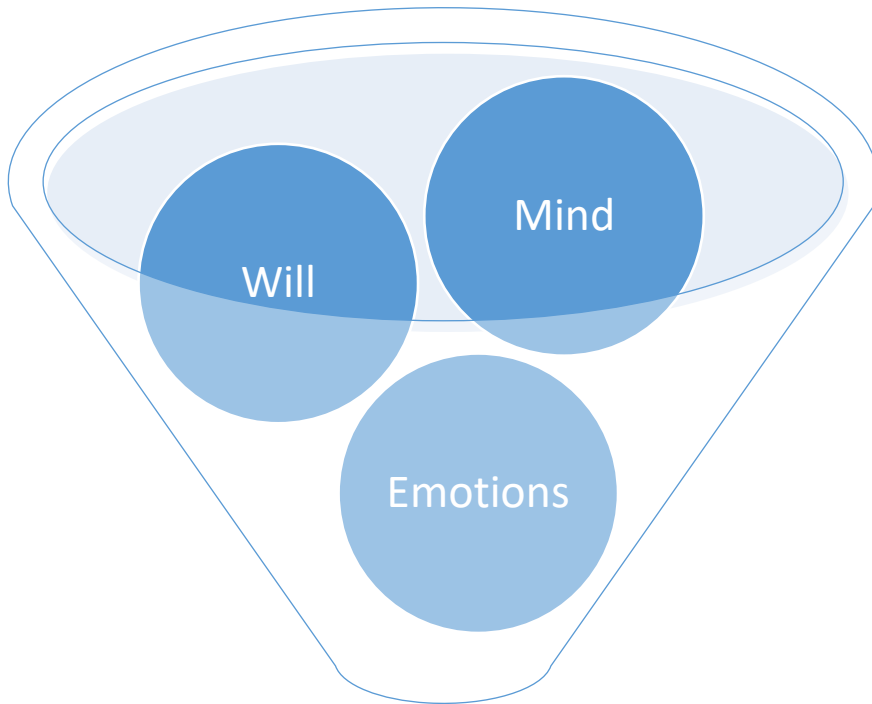


Gen. 3:5__Independance
 Gen. 3:7 __Self-cover (fig)
 Gen. 3:8 __Fear (Bondage)
 Ro. 7:13 __Law (Achieve)
 Ro. 9:31 __Self-sufficiency
 Ro. 4:15__Death (absence)

Ro. 5:9, Eph.1:7, Heb.9:12
 Acts 13:43, Phil. 3:3
 Gal. 3:22, 4:5, 5:1
 Ro. 3:27-28, 4:16, 6:15
 Ro. 8:3-4, Gal. 2:16
 Ro. 6:23, Gal. 3:2,11-12

Are we pursuing moral, ethical lives, doing the "right" things, or seeking Christ, His life, and walking in the Spirit? In addition to discovering the origin of our Self-Nature we also need to understand the relationship it has with us now. Therefore, we must take some time to consider how our creative God created us – in His image, yet with free will. Love is not forced; it is chosen. For that reason, our Self Nature never goes away. We can always choose to try to "be like God" or to trust and receive God's finished work.

Man's View of Man



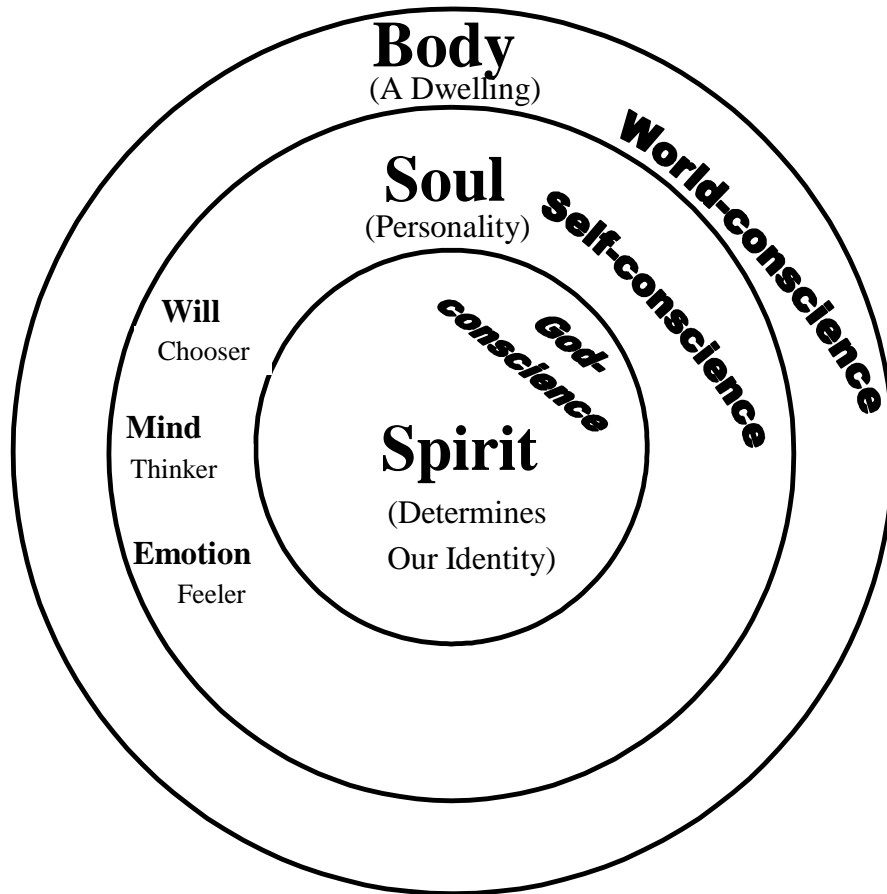
A Body With A Soul

Most people are motivated from a false concept, thinking their real identity comes from their appearance, their intellect or their personality. They never consider the truth that they are created in the image of God. Nor do they consider God's perspective when He views His creation - without constraint of time and with knowledge of His design (mankind sees an acorn, while God sees an oak tree).



A Biblical Picture of Man

(1 Thessalonians 5:23 – Triune Man)

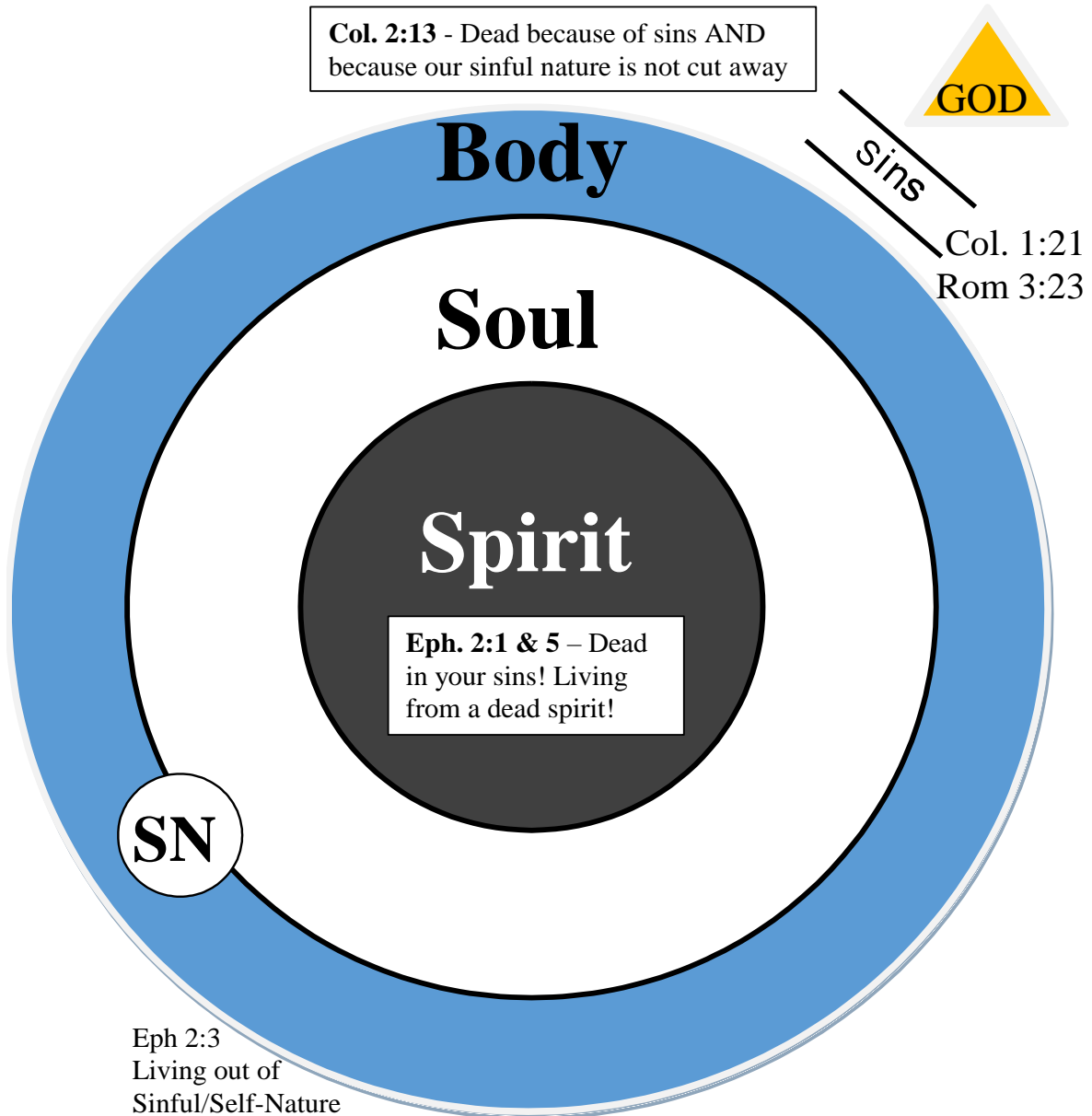


1 Cor. 3:16 –
we are the
temple of the
Holy Spirit:
Outer Court,
Inner Court,
Holy of Holies
(where God
lives)

Is mankind human beings, human souls or human bodies?
Understanding that people are essentially spiritual beings
is key to understanding true identity. God's original design
was for mankind to be a spirit person who has a soul and lives
in a body. Hence the term, human beings.

Hebrews 4:12 talks about the Word of God dividing between
soul and spirit and body parts. The key to living from your
spirit is found as you focus on God's truth. The key to living
soulishly is to focus on yourself. The key to living from your
physical environment is to focus on your tangible world.

Pre-Salvation Person



Emphasizing sin as the problem is only half the issue and may motivate the individual to only “work” on behavior. The issue is not just sins; this person has no God life to draw from. The connection was lost in the Garden.

Therefore, two kinds of problems require two kinds of solutions.

Two Aspects of Salvation

**Saved
From My sins (actions)
Less than perfect
Deals with MY
BEHAVIOR**

**Saved
From My Sin (noun)
Sin/Self-Nature
Deals with MY
IDENTITY**

PROBLEM: 1. I have committed sins (Rom. 3:23). Adam sinned (Rom. 5:12).

SOLUTION: 2. Jesus shed His blood on the cross (Heb. 9:26-28; 10:10-14; Col. 2:13-14).

RESPONSE: 3. Receive the gift and believe (Rom. 4:16). Forgive others (Col. 3:13; Eph. 4:32).

SAVED BY GRACE

THROUGH FAITH

1. I am spiritually dead and therefore, controlled by my sinful nature (Eph. 2:3-4).

2. Jesus died to break the power of sin and make me alive to God (Rom. 6:10-11). He filled my dead spirit with His Spirit (1 Jn. 2:27). Spiritually, I have co-crucified my life of reliance on self and now my hope is in Christ and not self (Gal. 2:20).

3. Receive the power of the HS (Acts 1:8; 19:2). Live your new life in the Holy Spirit and then you won't be doing what your sinful nature craves (Gal. 5:16).

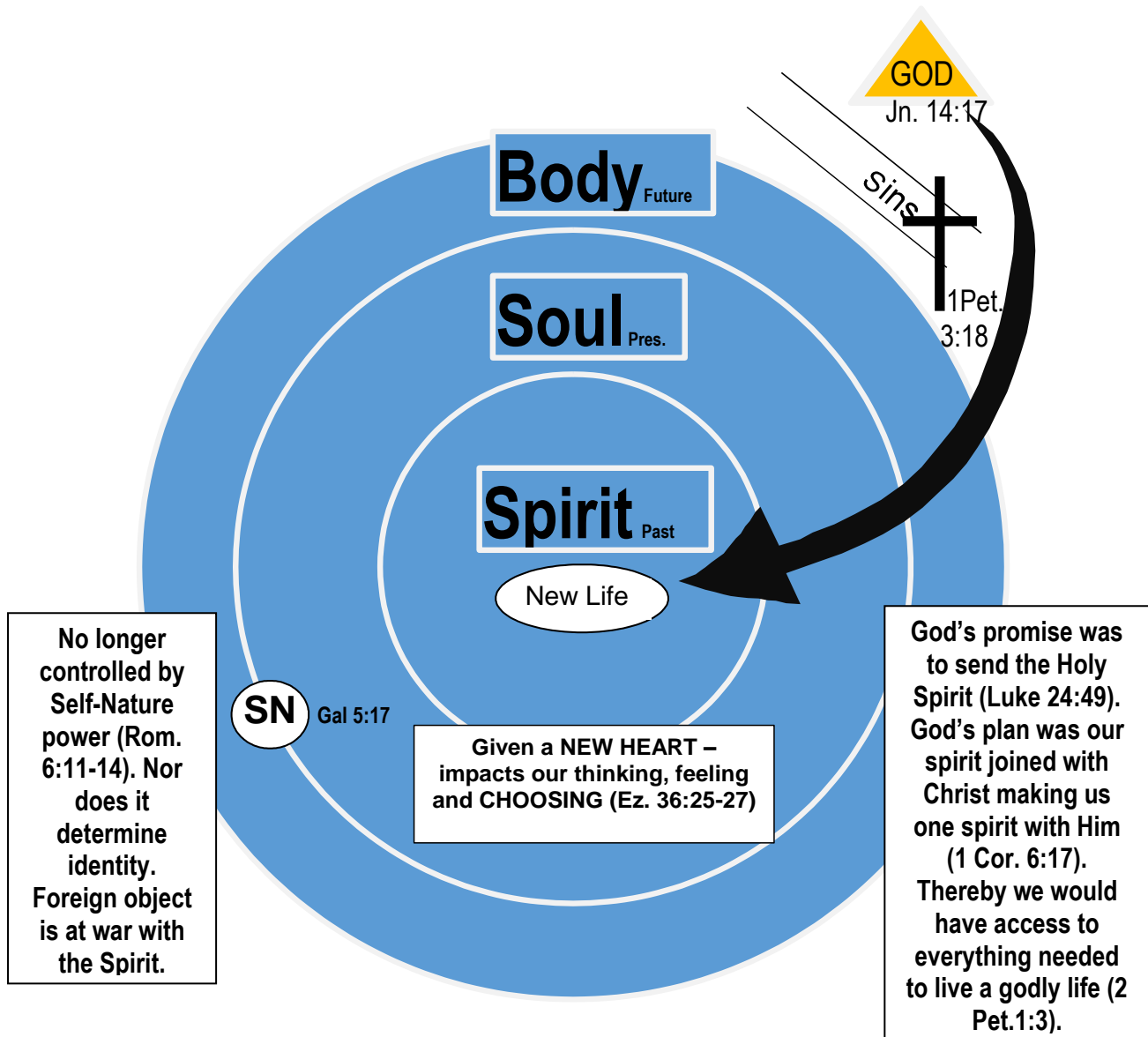
SAVED BY GRACE

THROUGH FAITH

Ephesians 2:8-9

Understanding the Solution

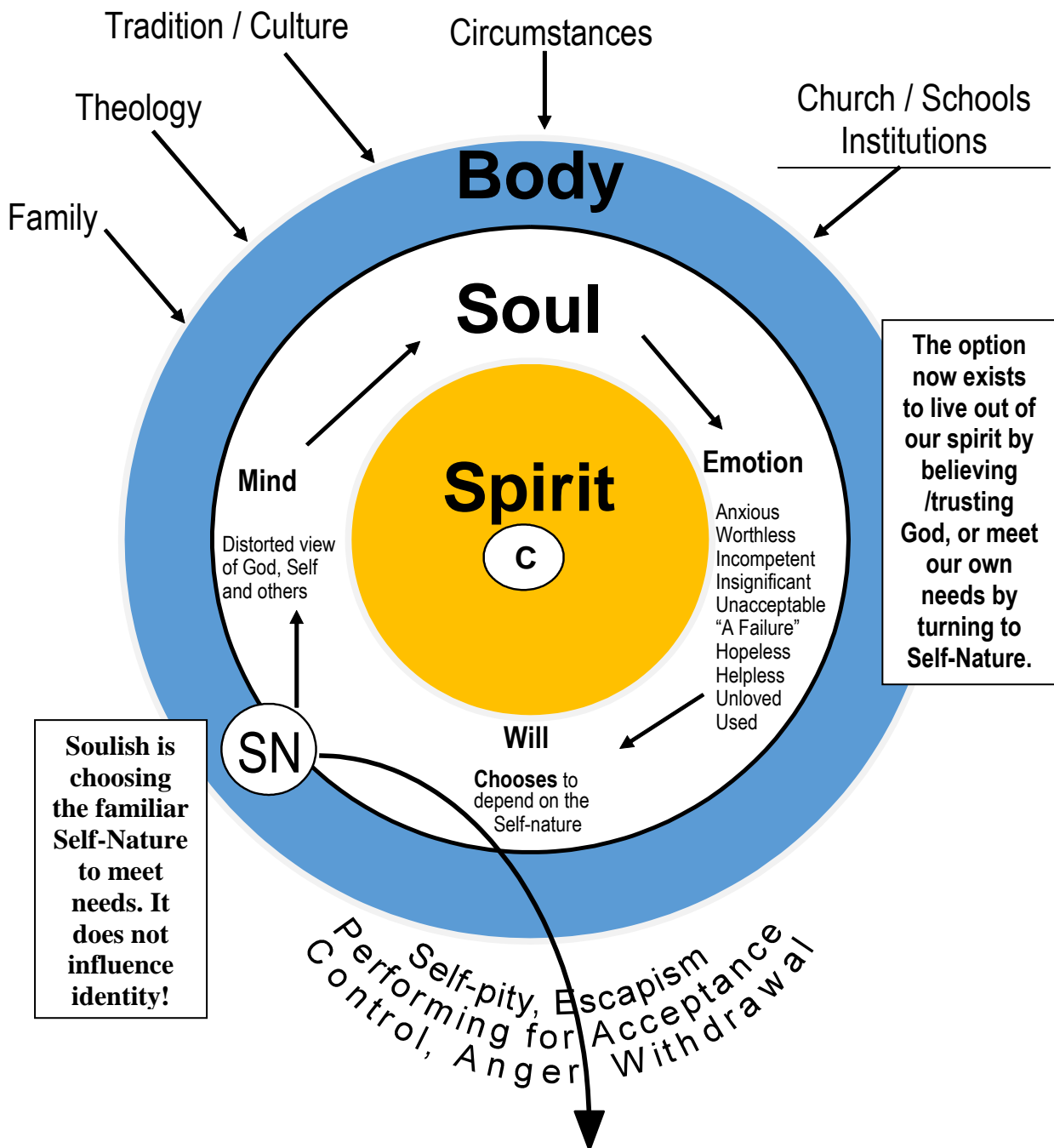
Saved Person



God gave His Life for us, in order to give His Life to us, in order that He might live His Life through us. He lives in us and we can know this by the Spirit He gave us (1 Jn. 3:24). This new life has created new options for how we live.

Negative Coping Self-Nature (Option A)

Environment influences our beliefs about God and ourselves

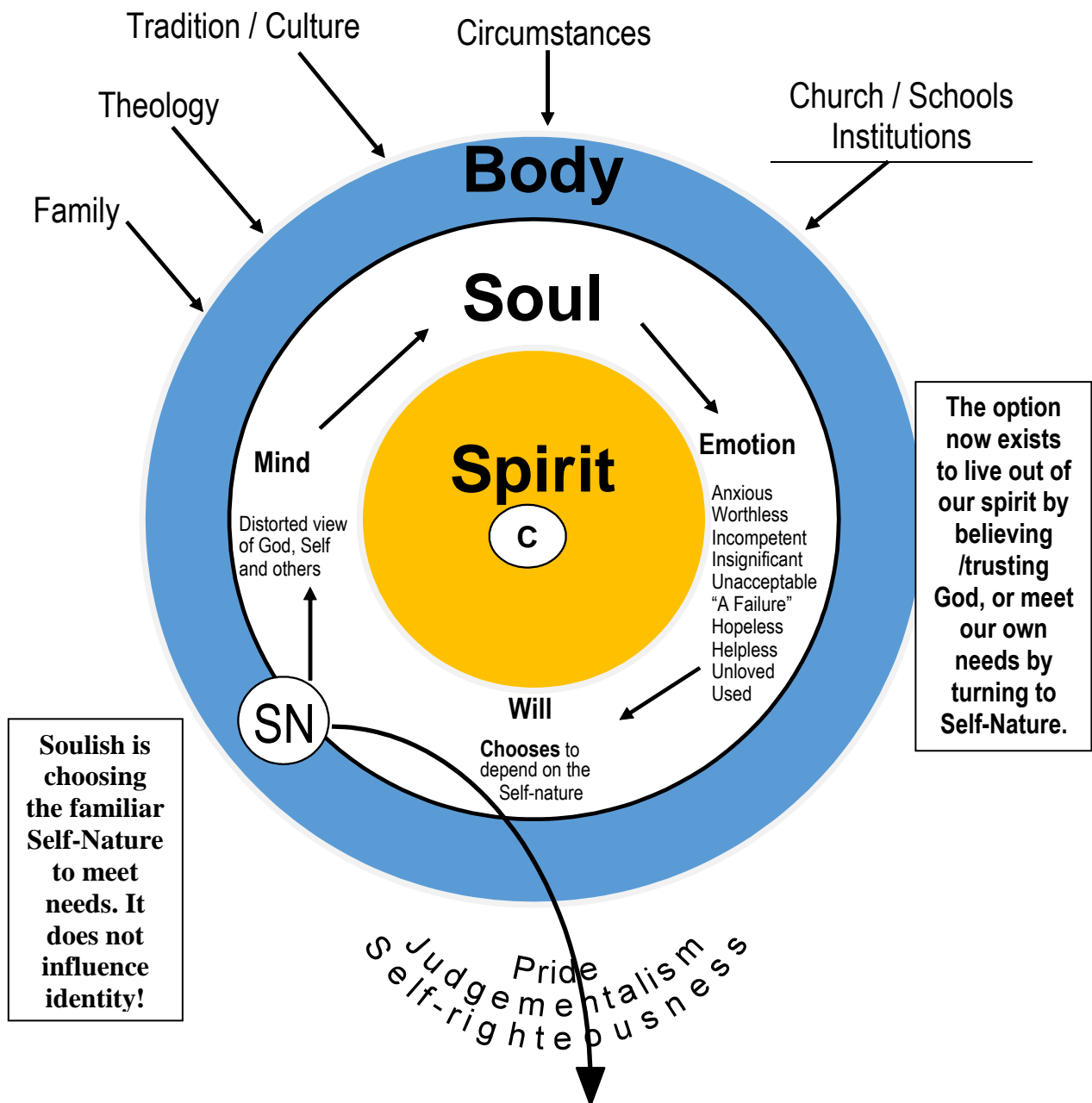


Conflict and Frustration

Giving a person only rules or principles to live by may frustrate them to give up. Or, it may simply turn the person with a Negative Coping Self-Nature into a person with a Positive Coping Self-Nature. The frustration of fleshly living often results in giving up on God. The solution is actually to give up on self.

Positively Coping Self-Nature (Option B)

Environment influences our beliefs about God and ourselves



Conflict And Frustration

God's design is not for us to live or lead by natural abilities or talents. God designed us to live from Him. But, with intelligence, success, financial security, or positive achievements, it can be hard to discover our need for God. Positive or negative – coping with Self is not trusting in Christ. God designed us to draw our life from Him and look to Him to meet our needs. When we don't, eventually life brings failure and rejection. The result is to either give up on God, or give up on Self & look for truth.

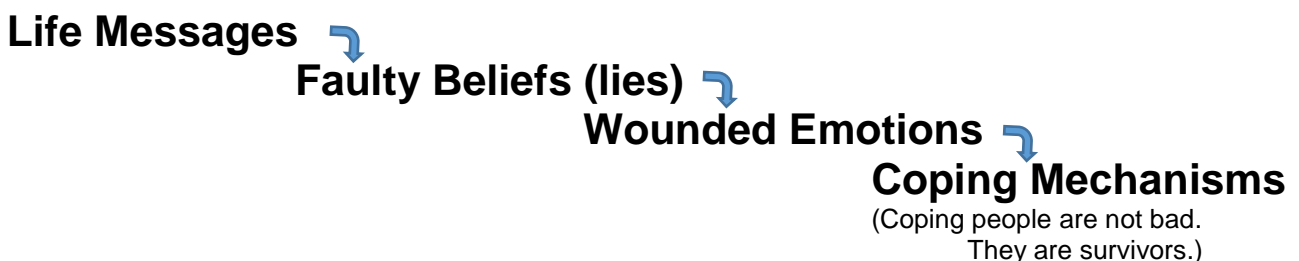
What kind of coping patterns do you have? Where did they come from? In what ways do they control you? As we have just seen the Self-Nature is the only choice available to non-Christians. Not so for Christians. They have another option to live out of God's Spirit. However, if they are not abiding in Christ and walking in the Spirit, they will be living from their Self-Nature. Therefore, by identifying our coping patterns we can monitor if we are walking in the Spirit or the flesh. Remember, our coping mechanisms kept us going. They are not evil. However, God has something better available for his kids.



“‘Come to me now,’ Jesus says. Acknowledge and accept who I want to be for you: A Savior of boundless compassion, infinite patience, unbearable forgiveness, and love that keeps no score of wrongs.

Quit projecting onto Me your own feelings about yourself. At this moment your life is a bruised reed and I will not crush it, a smoldering wick and I will not quench it. You are in a safe place.” – Abba’s Child, Brennan Manning

Flesh develops in a 4-step process:



An Example:

“Dad constantly told me I was stupid.”

Which led to...

“I think I really am stupid.”

Which produced...

“I feel inferior and unimportant.”

From which I developed...

Behavior patterns of withdrawal and passivity.
I coped by controlling who got close to me.

However, things that we try to control eventually control us and patterns become familiar – even comfortable. Like ruts in a road, they are hard to navigate away from. They require intentional effort to change them.

The reason it is so difficult for Christians to resist their flesh patterns and yield to God's Spirit is because of the power of our faulty belief systems. These old beliefs are just lies that our Enemy uses to keep us in bondage. Remember, Christ promised that His truth would set us free from the bondage to our lying Self-Nature (Jn. 8:32). In this next group exercise you will have an opportunity for the Holy Spirit to reveal the core lies you developed in your life.



GROUP INTERACTION # 2 (see Appendix A)

False Messages → True Feelings → False Beliefs
→ False Identities

Dealing With Our Flesh

There are only two ways to overcome our flesh. One is to try to do it by ourselves. This is like grabbing the tail of a lizard. Something else usually replaces the behavior we changed. But our Self-Nature is more like an octopus.

CONTROL

Dominate
Humiliate
Shame
Anger
Criticism
Comparison
Manipulate
Over-protection
Punishment



SELF-PROTECTION

Make excuses
Justify
Blame
Rationalize
Withdraw
Isolate
Passivity
Emotional wall
Attack

Summary: Using control or self-protection to get by is not God's design. Neither control, self-protection nor even laws can change or reform the Self-Nature. They can only temporarily alter its behavior.



Helpful Resource (see Appendix F for more exhaustive list of flesh patterns of the Self-Nature)

The Grace Life (Option C - Brokenness)

The other way to deal with our flesh is to allow Christ to live His life through us. Our Self-Nature never totally disappears, but it is overcome as we yield our minds, emotions and choices to Christ – allowing His power and presence to dominate our every-day-life. God sent His only begotten Son so that we may have LIFE through Him (1 John 4:9).

**“Through His mighty power at work within us”
(Ephesians 3:20)**



God’s plan is for Jesus to live through us, rather than us trying to live for Him. His sufficiency exchanged for our self-effort.
This is the life of grace.

❖ BONDAGE TO SIN



GROUP INTERACTION # 3 (see Appendix A)

The issue of Self-Nature rests on the shoulders of the real problem – sin. Man was separated from God in the beginning by Adam’s sin and we have all inherited his transgression. However, Jesus as the second Adam, came to reverse this process and in fact, has given us a better inheritance via the **cross**. We still deal with sin in our members, but Self-Nature is not descriptive of who we are any longer. If we confuse sinful behavior with identity, failure and frustration are certain to follow. We cannot overcome sin by trying harder, but we can let the **cross** and the power of Christ within us do their work in our everyday lives. Rom. 5:14-19; 6:11-18; 1 Cor. 15:22, 45



“Sin is an unholy power that is in me but not of me.”

(Rom. 6:12; 7:17,21)

- Sin is present, but powerless to control (Rom. 6:1-18)
- Free from Self-Nature’s (Sin Nature) controlling influence, but free to choose it.



Question: How can 1 John 1:8 and 1 John 3:9 not contradict each other?

❖ BONDAGE TO THE LAW

There is a great deal of confusion among Christians regarding how God’s **law** fits with His grace. The **law** given by God to Moses was given to show man his sin, to reveal the need for a Savior, and ultimately, to lead (the Jews) to Jesus, the life-giver. But, how does it apply to my life now? One cannot live under the **law** and walk in grace at the same time. Romans 6:14 and 7:6 declare that we have been set free from the **law**. Does that mean the **law** is totally invalid? Let’s discuss.



GROUP INTERACTION # 4 (see Appendix A)



“Law is a system of standards which God established in order to bless those who obey and curse those who disobey.”

Other words associated with law

Religious legalism has many expressions. Here are a few words that often are used in the place of “law,” but they can be just as binding:

Principle	Duty	Rule
Requirement	Right	Should
Ought	Must	Committed
Accountable	Expectation	Discipline
Conviction	Dedication	Standard



Helpful Resources: For a brief comparison of the Old & New Covenants and a chart on Law & Grace refer to Appendix C & D)

Section Summary

You already knew that sin is hated by God, brings death to His children, and has been conquered by Christ on the **cross**. But now you know that even the good things you do to meet your needs and to please God are also “missing the mark.” You have also come to an understanding that **law** and self-effort are insufficient to set you free. Only the empowerment of the Holy Spirit can give a person the power to not choose to follow the Self-Nature’s flesh patterns. Now that you see some of the ways you deny Christ’s finished work and God’s truth by self-providing your own salvation (playing God), you have the freedom to trust Christ in deeper ways. Each one of us has our own unique way to meet our needs. However, it is all just a cover-up like Adam’s fig leaf. This does not surprise God! He has a plan in place. He is only waiting for your choice.



Section Four: Set Free TO...

In the last section we considered the work on the **cross** to forgive sins – setting us free from the power of sin AND the **law**. We also need to consider the work of the **resurrection**. The word means “rising up” and the context is new life. The reason Self-Nature’s flesh patterns are “missing the mark” is because Christ has done everything at Calvary. Our old struggle was to take care of ourselves. Our new struggle is to discover how our needs are already met in Christ. That journey will lead us out of bondage and into freedom. The land of freedom is a place of rest.



A place to begin is back in the Garden. Christ came to restore that which was lost. Who were we created to be?

❖ A NEW IDENTITY

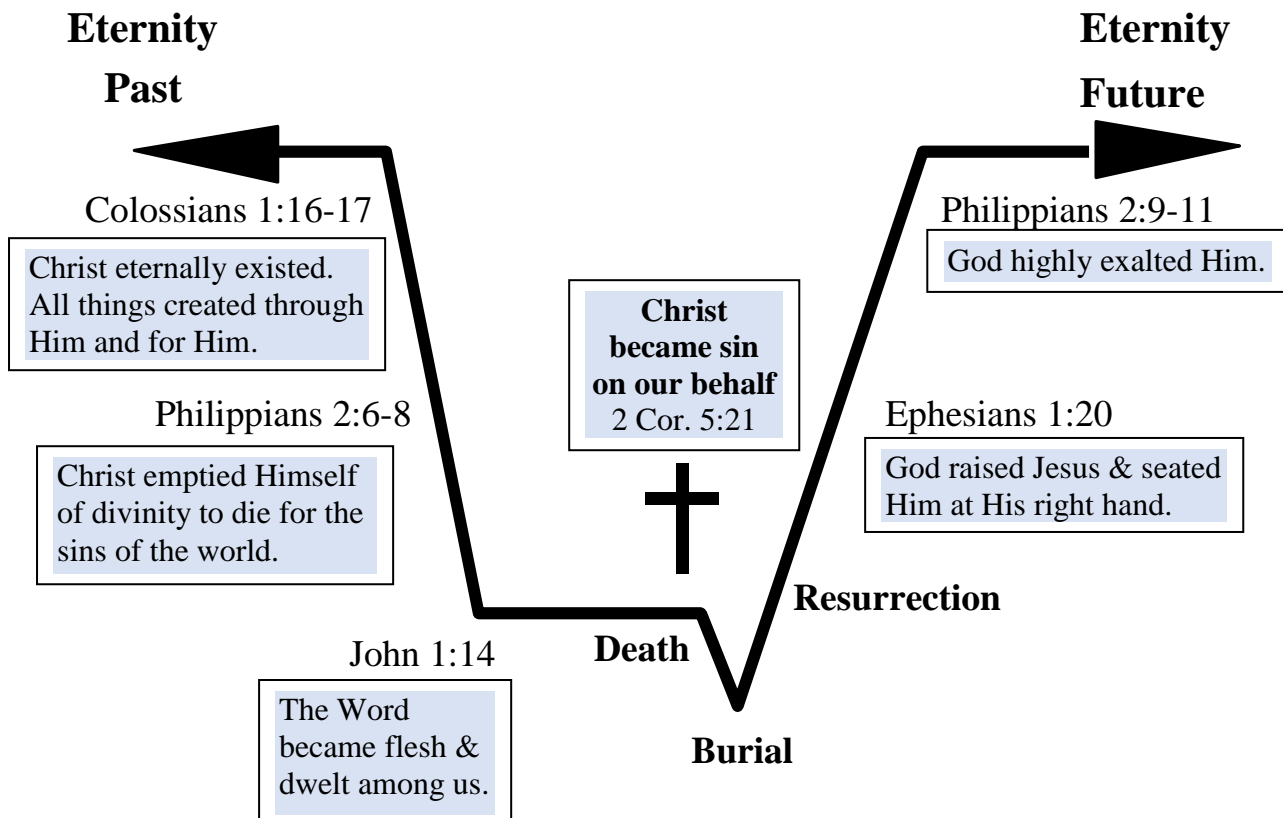
“Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new” (2 Cor. 5:17).

When we were born again, the very nature of God was infused into our spirits. We have not become God of course, but in the core of our being, we now have His life. Our spiritual DNA was changed by His connection to our spirit. What **law** and religious performance could not achieve, has been freely given to each of us who have faith in Jesus. By the grace of God, we are now complete and lacking nothing before God. We are empowered from within by the life of Christ. The eternal life of God dwells in you. It is not for the future alone, but it is here, right now. (see 2 Pet. 1:4; Rom. 5:10; 6:4; Col. 2:10; 3:3-4; 1 Jn. 2:25)

The following diagrams will help us understand how this wonderful, new birth took place.

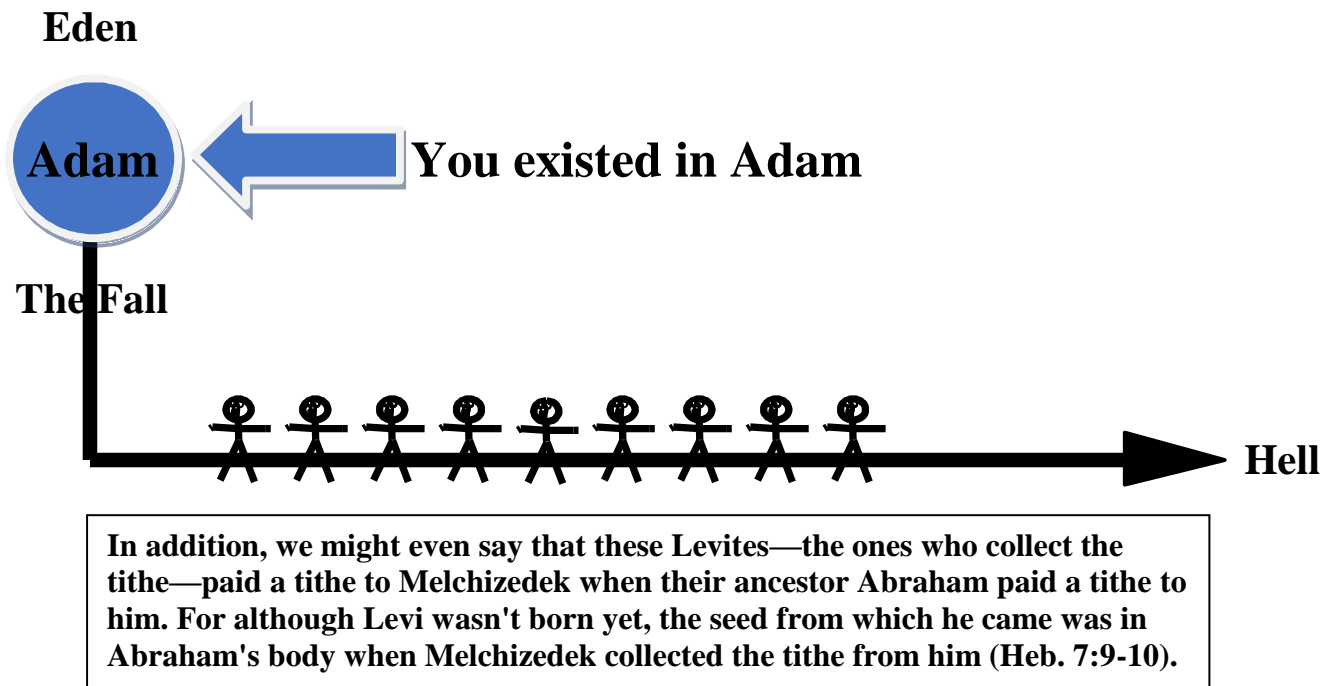
Eternal Life Is Christ's Life

(John 5:39, 1 John 1:1-2; 5:11-12, 20)



Eternal Life is not something that just begins when we become a Christian. It is something we enter into, and we become a partaker at the moment of salvation (Eph. 2:5). It is receiving a new life altogether - Christ's Life!

In Adam



Since we were all in Adam, when he:

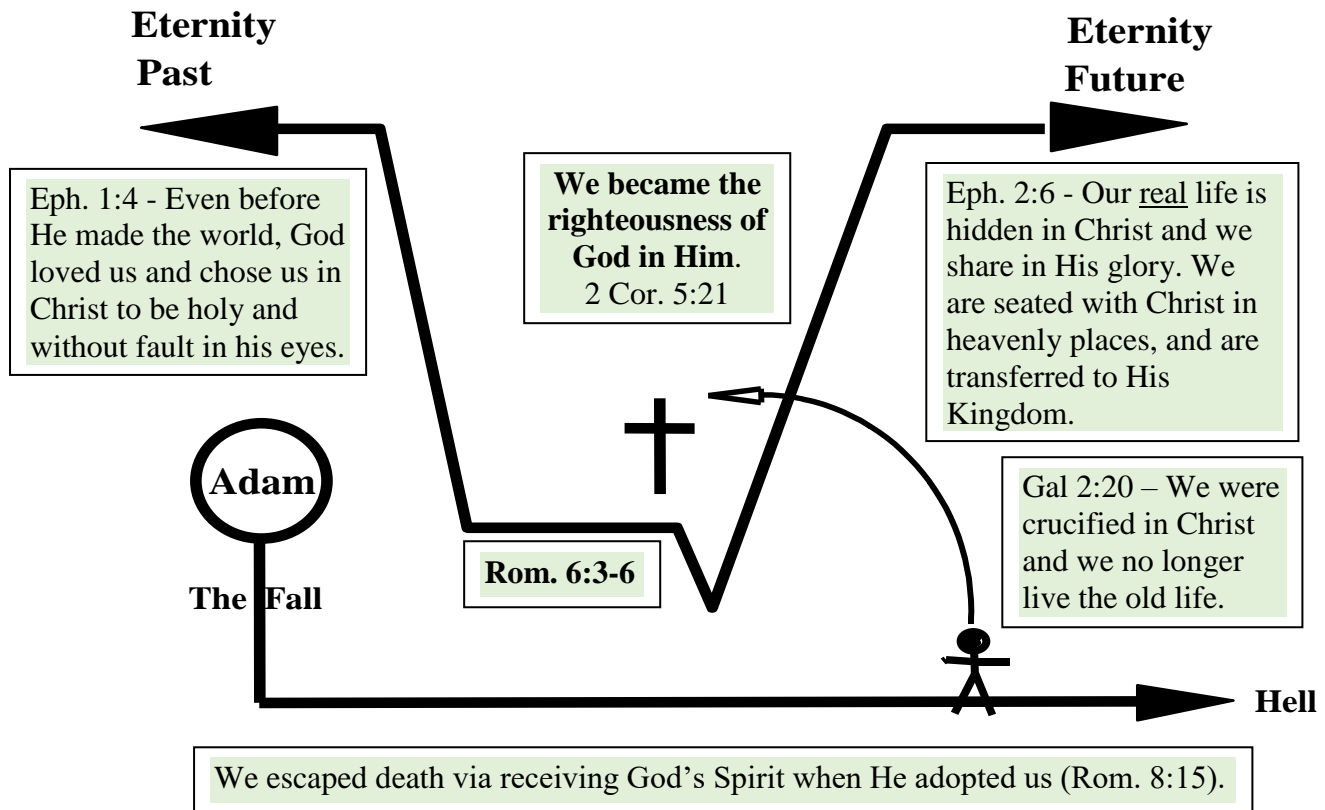
1. Sinned, we sinned Romans 5:12b
2. Died spiritually, we died spiritually
and were left to our own resources. Romans 5:15
3. Was condemned, we were condemned Romans 5:18
4. Became a sinner, we became sinners. Romans 5:19

Most Christians believe their identity is still in Adam, and therefore, they are sinners saved by grace. Then they try to work their way out of sinning. Would Christ die to forgive sins and leave us as sinners destined to sin?

In Christ

1 Cor. 1:30-31

God has united you with Christ Jesus. For our benefit God made Him to be wisdom itself. Christ made us right with God; He made us pure and holy, and He freed us from sin.



1. We participated spiritually in Christ's death, burial, resurrection, ascension and are seated at the right hand of the Father. Your spirit is tapped into eternal life (Jesus Christ). See Galatians 2:20, Romans 6:6, Ephesians 2:5,6.
2. We have a choice: We can live in our strength, or we can give up on our fleshly efforts and allow Christ to live through us. See Galatians 3:3.
3. Life & motivation flow out of our identity in Christ (James 1:22-25). Guess # NT references to "in Christ" & "in Him"?

“... It is no longer I who live, but Christ lives in me ...”
Galatians 2:20a



Helpful Resource (see Appendix A, page 38, for a listing of scriptures describing, “Who we are in Christ.”)

Because I Am Now In Christ, By identity I Am...

✓ **GOD’S CHILD** — Rom. 8:14-16; Gal. 4:6-7

The Benefits of Adoption — Eph. 1:5; Rom. 8:15

- **Past is erased**
- **Given a new name**
- **An heir to the father’s estate**
- **A recipient of the father’s resources**
 - **Protection**
 - **Provision**
 - **Promises**
 - **Power of God’s Spirit**

✓ **HOLY** — Eph. 1:4, 18; Col. 3:12

Earlier we discovered how identity is rooted in our spirit. We know the scripture, “Be Holy for I am Holy.” This is exactly what God has given us as a gift. It is ours to keep. Your body may not look holy. Your soul may not feel holy. Nevertheless, because of the presence of God’s Spirit in your spirit, you are made holy! This is why we are called “saints” more than 50 times in the New Testament!



“A Saint is defined as one who is sacred, pure, holy and blameless.” That’s the real you!

✓ **RIGHTEOUS** — Rom. 3:21, 22; 5:17, 19; Phil. 3:8-9

Righteousness is also a gift. We cannot make ourselves righteous because if we could do that, the **cross** would be meaningless (Gal. 2:21). On the **cross**, Jesus took our sinfulness upon Himself and exchanged it for His righteousness (2 Cor. 5:21).



GROUP INTERACTION # 5 (see Appendix A)



Question: If I am holy, righteous, and a child of God with a new identity, why do I still struggle with sin or try to cope with my Self-Nature?



GROUP INTERACTION # 6 (see Appendix A)

❖ INTIMACY: KNOWING GOD AS “ABBA”

Have you considered that every barrier to intimacy with God was taken care of by Christ? When Jesus declared, “It is finished,” He was saying everything that was undone in the Garden has been restored! We are welcomed back from banishment into the arms of our loving Father. We are restored to a place of walking and talking and sharing life with our creator. And, by pouring out His Spirit, Jesus even restored communications. We can directly hear from God. Since we are connected to “heavenly places” we are always connected to heaven. The Kingdom of God is at hand.



“What makes life splendid is the constant awareness of God. What transforms the spirit into his likeness is intimate fellowship with him. We are saved – from our pettiness and earthiness and selfishness and sin – by conscious communion with his greatness and love and holiness.” *Discipline and Discovery*, Albert Day

Intimacy is not only a gift, it is also the source of power to walk in the Spirit. The way to **not focus** on our Self-Nature is to focus on developing an intimate relationship with God. Ironically, the greatest benefit of the **cross** is often ignored. Sometimes it is ignorance of scripture. However, many times is rooted in a misunderstanding of who God is. If you are hesitant about pursuing an intimate relationship with God, then you must explore your concept of God!



GROUP INTERACTION # 7 (see Appendix A)



Helpful Resource (see Appendix E for a listing of scriptures describing who God is to me.)

Once you have allowed the Holy Spirit to give you an accurate concept of God, you are ready to enter into a deeper intimacy with Him than you have ever experienced before. Usually the biggest barriers to intimacy with God are lies about God. We are responsible to maintain a spiritual exercise program to counter-act the lies of our culture. If you need more trust in this relationship, you know who to ask. And, of course, every relationship requires communication and time. Developing your prophetic gifting can be one of the most practical steps to growing in intimacy.

➤ **Qualities of Intimacy**

- **Transparency** – I can be “real” with God, I have nothing to hide
- **Non-judgmental communication** – I can tell Abba anything
- **Honesty** – I can let Him know exactly what I think and feel
- **Trust** – I am able to yield my whole life to Him without reservation
- **Safety** – There is only love in His heart for me
- **No Agenda** – God wants me, not merely what I do
- **For relationship** – God wants to share His heart and friendship
- **Sharing for self** – God wants to fellowship with the real me
- **Consistent communication** – The true meaning of prayer
- **Personal knowledge of each other** – God wants me to know Him intimately and He knows ALL of me
- **True service** – Desire to please without the pressure to perform

➤ **Results of Intimacy**

- **Compassion for self and others**
- **Acceptance of self and others**
- **Servant-hood**
- **Desire for others to live in intimacy with Abba**
- **Total surrender**
- **Forgiving**
- **Mind renewed**
- **Emotional healing**
- **Sabbath rest**

❖ REST

Rest is the result of understanding true identity and walking in deep intimacy. But rest is also a product of understanding God's truth and how it applies to your life. As we come to a revelation of how accepted we are to God, there is rest from trying to become acceptable. As we come to a revelation of our worth to God, there is rest from trying to become better. As we come to a revelation of our security in God, there is rest from trying to become safer. Our Self-Nature has been working so hard to do what God has already done. It is time to rest.



Helpful Resource (see Appendix G)



GROUP INTERACTION # 8 (see Appendix G "What Happened to Me" and share with the group which passages are most significant to you.)

Rest is more than a concept to grasp. It is also a routine to enter. God has designed us to function best with a day to recharge. He also knows that our relationship with Him takes time. A Sabbath rest is a day for the Lord and His Body. If the Spirit of God resides in you, and God is at work in you and through you, it is logical that we encounter God when we gather with other believers.



"Believers are never told to become one; we already are one and are expected to act like it." - *Joni Eareckson Tada*

When we are functioning as God designed us to function, we will enter God's rest. Similar to grace, rest is God's gift to us.



Conclusion

Section One: Grace Defined

Section Two: The Cross

Section Three: Set Free From Self, Sin, the Law

Section Four: Set Free To New Identity, Intimacy, Rest

God relates to us in accordance with our identity. We are now *hidden in Christ* with God. When we walk in this truth, there is life and peace. When we go back to our fleshly ways, then we will find strife and struggle. **Who we think we are** will largely determine what we do, and determine the life that we live. As we grow in intimacy we will find that our identity will manifest itself in every area of our lives. Everywhere we go and everything we experience will be permeated by the fragrance of Christ because He lives in us and through us. Then we can say, "He is our life."

But thank God! He has made us his captives and continues to lead us along in Christ's triumphal procession. Now he uses us to spread the knowledge of Christ everywhere, like a sweet perfume. Our lives are a Christ-like fragrance rising up to God.
2 Cor 2:14-15



"And now I entrust you to God and the message of his grace that is able to build you up and give you an inheritance with all those he has set apart for himself."

Acts 20:32

Addendum

Forward by Pastor John Mullen

Appendix A

Group Interaction # 1

Group Interaction # 2

Group Interaction # 3

Group Interaction # 4

Group Interaction # 5

Group Interaction # 6

Group Interaction # 7

Group Interaction # 8

Appendix B – Grace Upon Grace

Appendix C – Contrasting Covenants

Appendix D – Law and Grace

Appendix E – Who God Is To Me

Appendix F – Manifestations of the Flesh

Appendix G – What Happened to Me?

Pastor John Mullen



In 1988 a team from Exchanged Life Ministries came to a small Dallas church to lead a seminar. It was a defining moment. The light was switched-on in a spiritual sense. It laid the foundation for a leap of faith into youth ministry that year and cross-cultural church planting in 1996.

In 1997, thanks to Derryck McLuhan, we began offering those same seminars in Prague, Czech Republic with Terry Phillips under the name Grace Life Ministries. Later Derryck would send a young missionary to Prague to co-labor with us, Artie Sposaro. He served as Associate Pastor at our church and lead the Grace Ministries in Prague. He led seminars, internships and most of all, did lots of one-on-one counselling.

In 2002 I was one of the participants who attend an internship course. I had already used the Grace Life material in preaching and teaching, attended many seminars and provided counseling with the material on a limited basis. However, afterward I co-taught with Artie and expanded my use of the material for discipleship purposes. After a few years in Prague Artie returned to the USA with his family and left me with a generous supply of manuals.

Later I discovered a re-written manual by Artie, which I liked much better. From there, with seemingly each new discipleship meeting or small group teaching, I would make new updates to the manual. Today, there is not a single page that is not rewritten, and it is almost unrecognizable to the original manual. However, the message remains consistent to the Exchanged Life/Grace Life idea.

In Christ Jesus, we are defined by God, and our coping mechanisms do not define us any longer. Because of the Cross and our adoption, we are alive to God and can live from God's Spirit that is joined to ours. Our needs are already met by God! Rather than TRY to meet them ourselves, we can work to BELIEVE rather than continuing to play God by trying to meet our own needs in the flesh (self nature). We are free to "walk in the Spirit."

I have adapted the material to be more helpful for one-on-one discipleship and functional for small group leaders to pick up. My personal experience is this message is best "wrestled with" in very small groups. I have hosted dozens of seminars, taught seminars, lead many small groups through the material, and personally sat down one-on-one and led others through the material for over 20 years. It is the best foundation for the Christian life that I have discovered. My hope is it might be beneficial for you and the people in your life.

Blessings and grace,
Pastor John

Appendix A



GROUP INTERACTION # 1 Exposing Beliefs About Grace

Part One: True or False

1. ____ The harder I try to be holy, the more grace I receive from God.
2. ____ It is my responsibility to make my faith work for me.
3. ____ It is up to me to make myself a better Christian.
4. ____ Christians should be motivated by a fear of God.
5. ____ Grace and mercy are the same thing.
6. ____ Obedience is a pre-requisite for grace.
7. ____ When we fail God He becomes disappointed with us.
8. ____ We should fear God's punishment if we don't measure up.
9. ____ God is dependent upon Christians.
10. ____ There is nothing I can do to earn more grace from God.

Part Two: Identify 3 or 4 words that are synonymous with "grace," then write your own definition of "grace."

Appendix A



GROUP INTERACTION # 2 Discovering the Lies of My Life

What are the important messages I received from significant people in my life? It makes sense that others give us a concept of God (good or bad) and a perspective on life. But most do not realize that their view of themselves is largely attributable to the messages they received from other people. These messages lead to internalized feelings and ultimately core beliefs.

Take a few moments now to quiet yourself before the Lord. Ask the Holy Spirit to reveal the core lies and faulty beliefs you have accepted as truth about yourself. Use the space below to write down what the Spirit reveals. Share with others in your group.

When you have more time, use the diagram on the next page to write down what the Spirit reveals in further detail.

Messages About Myself That I Have Received . . .

--	--	--	--	--

**Have Made Me Feel
And Think This
Way About
Myself**

Feelings	Beliefs

Which motivates me to build protective layers like these

For help: See Appendix F for an extensive list of coping (flesh) patterns / manifestations.

Appendix A



GROUP INTERACTION # 3 Exposing Beliefs About Sin

Part One: True or False

1. ____ My sin separates me from God's love.
2. ____ All Christians are saints.
3. ____ The Biblical goal for the believer is to stop or reduce sinning.
4. ____ Holiness is achieved by practicing Biblical disciplines.
5. ____ The only purpose of the Cross was to save me from my sins.
6. ____ If I want to experience more grace I should sin more.
7. ____ The blood of Christ covered all my sins.
8. ____ A good description of a Christian is a "sinner saved by grace."
9. ____ God removes His fellowship from me when I do sinful things.
10. ____ Victory over sin comes through the exercise of Christian discipline.

Part Two: In your own words explain the difference between Sin Nature (Self-Nature) and sins (noun vs. verb).

Appendix A



GROUP INTERACTION # 4

Looking at the Law

Look up the following verses and identify the purpose, function, or effect of law. Discuss together how law relates to you now that you are under grace.

Romans 5:10 –

Romans 7:5 –

Romans 3:20 –

1 Corinthians 15:56 –

Galatians 3:23-25 –

2 Corinthians 3:7-9 –

Galatians 3:10 –

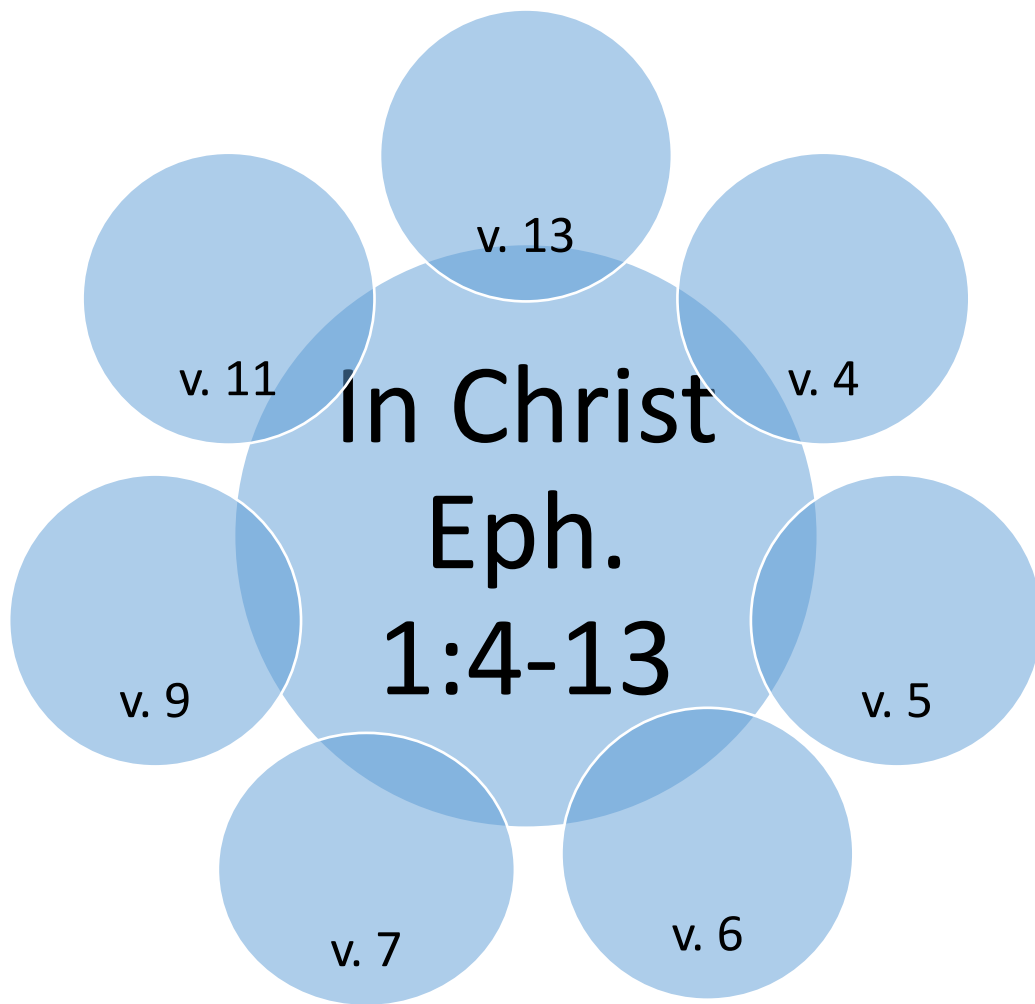
1 Timothy 1:8-11 –

Appendix A



GROUP INTERACTION # 5

Who I Am In Christ



**My Significance
To The Praise of His Glory
Ephesians 1:4-13**

Appendix A



GROUP INTERACTION # 6

Replacing My Lies with God's Truth

Earlier in the study you identified and wrote down the primary lies of your life. By now you can see just how destructive those lies have been for you. But you are not trapped! Take time now to replace the lies you listed on GROUP INTERACTION #2 with the truth of who God declares you to be. Circle if you see them below or write them down on this page. Now, discuss them with your group. Remember, Jesus promised us that His truth would set us free!

Problems / Feelings

1. Guilt from Past
2. Dirty / Cheap
3. Uncared For
4. Inadequate / Helpless
5. Unacceptable
6. Stupid
7. Problems Over Me
8. Insecure / Unwanted
9. Incompetent
10. Unworthy of Forgiveness

God's Truth

1. Not Guilty - Rom 8:1
2. Righteous - II Cor. 5:21
3. Cared For - Phil. 4:19
4. Adequate - II Cor. 3:4-6
5. Acceptable - Rom. 12:1
6. His Mind - I Cor. 2:16
7. Prob. under Me - Eph 2:6
8. Secure - John 10:28
9. Complete - Col. 2:9-10
10. Forgiven - Col. 2:13

Now, turn to the next page for a few more scriptural helps ☺

WHO AM I?

Matt. 5:13	I am the salt of the earth.
Matt. 5:14	I am the light of the world.
John 1:12	I am a child of God (part of His family, see Romans 8:16)
John 15:1,5	I am part of the true vine, a channel (branch) of His (Christ's) life.
John 15:15	I am Christ's friend.
John 15:16	I am chosen and appointed by Christ to bear His fruit.
Acts 1:8	I am a personal witness of Christ for Christ.
Rom. 6:18	I am a slave of righteousness.
Rom. 6:22	I am enslaved to God.
Rom. 8:14,15	I am a son of God (God is my 'daddy' so to speak). (see Gal. 3:26; 4:6)
Rom.8:17	I am a joint-heir with Christ sharing His inheritance with Him.
I Cor. 3:16;6:19	I am a temple (home) of God. His Spirit (His life) dwells in me.
I Cor. 6:17	I am anointed (united) to the Lord and am one spirit with Him.
I Cor. 12:27	I am a member (part) of Christ's body. (see Ephesians 5:30)
II Cor. 5:17	I am a new creation (new person).
II Cor. 5:18,19	I am reconciled to God and am a minister of reconciliation.
Gal. 3:26,28	I am a son of God and one in Christ.
Gal. 4:6,7	I am an heir of God since I am a son of God.
Eph. 1:1	I am a saint. (see I Cor. 1:2; Phil. 1:1; Col.1:2)
Eph. 2:10	I am God's workmanship (handiwork) created (born anew) in Christ to do His work that He planned beforehand that I should do.
Eph. 2:19	I am a fellow citizen with the rest of God's people in His family.
Eph. 3:1/4:1	I am a prisoner of Christ.
Eph. 4:24	I am righteous and holy.
Phil. 3:20	I am a citizen of heaven and seated in heaven right now (see Eph. 2:6).
Col. 3:3	I am hidden with Christ in God.
Col. 3:4	I am an expression of the life of Christ because He is my life.
Col.3:12	I am chosen of God, holy, and dearly loved.
I Thes. 1:4	I am chosen and dearly loved by God.
I Thes. 5:5	I am a son of light and not of darkness.
Heb. 3:1	I am a holy brother/sister, partaker of a heavenly calling.
Heb. 3:14	I am a partaker of Christ... I share in His life.
I Pet. 2:5	I am one of God's living stones and am being built-up (in Christ) as a spiritual house.
I Pet. 2:9,10	I am a chosen race, a royal priesthood, a holy nation, a people for God's own possession to proclaim the excellences of Him.
I Pet. 2:11	I am an alien and stranger to this world I temporarily live in.
I Pet. 5:8	I am an enemy of the devil.
I John 3:1.2	I am now a child of God. I will resemble Christ when He returns.
I John 5:18	I am born of God, and the evil one (the devil) can't touch me.
Psalms 23&100	I am a sheep of His pasture. Therefore, I have everything I need.

Appendix A



GROUP INTERACTION # 7

My Concept of God

Honestly answer each question to the best of your ability. These questions will expose your feelings about God, which will in turn reveal your general concept about Him as your Father.

1. When I think about God I feel_____
2. When I have to trust God I feel_____
3. When I think about God I wish_____
4. Sometimes I get angry with God when_____
5. It frustrates me when God wants me to_____
6. I really enjoy God when_____
7. The one thing I would change about myself to please God is_____
8. When I think about God's commands I feel_____
9. Sometimes I wish God would_____
10. I can really depend on God when_____
11. In my relationship with God I am always sure that He will_____
12. The one thing that frightens me about God is_____
13. God surprises me when_____
14. The one thing I am afraid God will do is_____

Now quiet yourself before the Lord and ask Him to show you the present view of God that you have developed. Draw or write below what the Lord reveals. What is important is that you become aware of how you have perceived God in relation to yourself.

Appendix A



GROUP INTERACTION # 8 Replacing My Lies with God's Truth

In Christ I Am Accepted

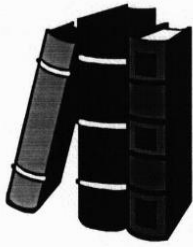
John 1:12	I am God's child.
John 15:15	I am God's friend.
Romans 5:1	I have been justified (made good in God's eyes).
1 Corinthians 6:17	I am united with the Lord and one with Him in spirit.
1 Corinthians 6:20	I have been bought with a price. I belong to God.
1 Corinthians 12:27	I am a member of Christ's body.
Ephesians 1:1	I am a saint.
Ephesians 1:5	I have been adopted (chosen) as God's child.
Ephesians 2:18	I can go right to God through the Holy Spirit.
Colossians 1:14	I have been redeemed (bought by God) and forgiven of all my sins.
Colossians 2:10	I am complete in Christ.

In Christ I Am Secure

Romans 8:1,2	I am free from condemnation.
Romans 8:28	I am assured that all things work together for good.
Romans 8:33,34	I am free from any condemning charges against me.
Romans 8:35-39	I cannot be separated from the love of God.
II Corinthians 1:21,22	I have been established, anointed and sealed by God.
Colossians 3:3	I am hidden with Christ in God.
Philippians 1:6	I am confident that the good work that God has begun in me will be perfected.
Philippians 3:20	I am a citizen of heaven.
II Timothy 1:7	I have not been given a spirit of fear, but of power, love and a sound mind.
Hebrews 4:16	I can find grace and mercy in time of need.
I John 5:18	I am born of God and the evil one cannot touch me.

In Christ I Am Significant

Matthew 5:13,14	I am the salt and light of the earth.
John 15:1,5	I am a branch of the true vine, a channel of His life.
Acts 1:8	I am Christ's personal witness.
I Corinthians 3:16	I am God's temple.
II Corinthians 5:17-21	I am a minister of reconciliation (bringing others to God).
II Corinthians 6:1	I am God's co-worker (I Cor. 3:9).
Ephesians 2:6	I am seated with Christ in the heavenly realm.
Ephesians 2:10	I am God's workmanship.
Ephesians 3:12	I may approach God with freedom and confidence.
Philippians 4:13	I can do all things through Christ who strengthens me.



Appendix B



GRACE UPON GRACE

1. Grace as a greeting

- a) Grace and Peace - 1Pet 1:2; Eph 1:2
- b) Grace be unto you - Tit 3:15; Col 4:18

2. Words Associated with Grace

- a) Truth - John 1:17; Col 1:6
- b) Power - Acts 6:8
- c) Apostleship - Rom 1:5
- d) Peace - Rom 1:7; Tit 1:4; 1Cor 1:3
- e) Wisdom - 2Cor 1:12
- f) Knowledge - 2Pet 3:18
- g) Giving - 2Cor 8:7

3. Grace and the Gospel

- a) A message - Acts 14:3
- b) Gospel of grace - Acts 20:24
- c) Word of His grace - Acts 20:32

4. The Action of Grace

- a) Called by grace - Gal 1:6, 2:9
- b) Chosen by grace - Rom 11:5
- c) All received grace - John 1:14
- d) Upon people - Acts 4:33
- e) Seen - Acts 11:23
- f) Continue in it - Acts 13:43
- g) Enables - Acts 14:3
- h) People believe - Acts 18:27
- i) Justifies - Rom 3:2
- j) Saves - Eph 2:5,8
- k) Gives encouragement - 2Thes 2:16
- l) Gives good hope - 2Thes 2:16
- m) Access by faith - Rom 5:2
- n) Teaches us to say no to sin - Tit 2:11
- o) Strengthens the heart - Heb 13:9
- p) Grow in it - 2Pet 3:18
- q) Provides help in time of need - Heb 4:16
- r) For gifts - 1Pet 4:10

5. Grace is Given

- a) In Christ - 1Cor 1:4
- b) Not in vain - 2Cor 6:1
- c) Not by works - Rom 11:6
- d) As a gift - Rom 5:15

6. The Description of Grace

- a) Lavished - Eph 1:7
- b) Rich - Eph 1:7
- c) Glorious - Eph 1:6
- d) Abounding - Rom 5:15
- e) Abundant - Rom 5:17
- f) Increases - Rom 5:50, 6:1
- g) Reigns - Rom 5:21
- h) Surpasses - 2Cor 9:14
- i) Sufficient - 2Cor 12:9
- j) Makes me what I am - 1Cor 15:10
- k) True - 1Pet 5:12

7. What Grace is For

- a) The humble - 1Pet 5:6
- b) Those who love - Eph 6:24

8. The Response to Grace

- a) Fall away from it - Gal 5:4
- b) Set it aside - Gal 2:21
- c) Fall short of it - Heb 12:15
- d) Insult - Heb 10:29
- e) Frustrate - Gal 2:21
- f) Change - Jude 4
- g) Committed to - Acts 14:28
- h) Grow in it - 2Pet 3:1

Appendix C

Contrasting the Covenants



1. Old (law) Covenant

- a. Comprised of 613 rules, regulations and rituals that the Israelites had to observe in order to receive God's blessing (Ex. 24:7)
- b. Under the Old Covenant, the blessings of God (acceptance) were to be achieved through the performance of human effort (Deut. 8:1 & 11:22-23).
- c. The Old Covenant, given to Moses by God, was ratified and sealed by blood (Ex. 24:8 & Heb. 9:19-20).
- d. When any aspect of the covenant was broken, more blood had to be shed by animals to cover Man's sin (Lev. 4:2-3).
- e. The Old Covenant was lived out through behavior.

2. New Grace Covenant

- a. The New Covenant is not comprised of rules, but relationship with God through Jesus Christ (Col. 1:19-22).
- b. Under the New Covenant, God's acceptance (blessing) is simply received by faith (Eph. 1:3; 2:8-9).
- c. Rather than an external code of standards, the New Covenant is an internal motivation and desire for the things of God (Jer. 31:31-33).
- d. It is also ratified by blood, but by Jesus' blood (Luke 22:20), and will never be shed again because it has removed man's sin forever (Heb. 9:13-14; 10:1-4, 12-18).
- e. The New Covenant is lived out through identity.



Appendix D

Law and Grace



Law

Achieving system

Romans 6:14 – *“For sin shall not be your master, because you are not under law, but under grace.”*

vs

Grace

Receiving system

Romans 7:6 – *“But now we have been released from the Law, having died to that by which we were bound, so that we serve in newness of the Spirit and not in oldness of the letter.”*

Do	says	Done
Man does	emphasizes what	God does
Flesh (Self-life)	lives out of the	Spirit (Christ-life)
Man’s resources	draws on	God’s resources
External regulations, Rules, Standards	deals with	Inner Heart Attitude
Ought to’s, Should’s, Have to’s, Must’s	primary focus	Want to’s
Bondage, Duty, Obligation	creates	Freedom
Outside – In	lives life from the	Inside – Out
Do ... in order to be	declares	You are ... therefore, do
Defeat, Guilt, Condemnation	produces	Victory, Security, Acceptance
Try Harder, Work, Effort	operating principle	Receive, Trust, Abide, Rest



Appendix E

Who God Is To Me



Gen. 15:1
Jer. 32:17
Eph. 3:20

Rom. 8:31
Rom. 8:38-39
John 17:23
Is. 40:12-31
Is. 46:3-10
Ps. 103

Heb. 13:5
Ps. 86:15

Matt. 11:29
Eph. 3:16-19
Col. 3:12
Ps. 23 &
John 10:14,15
Rom. 8:28
Ps. 25:3 &
Luke 6:35
Ps. 86:5
I John 3:1
Col. 1:19

I Cor. 1:25
I Cor. 1:30
Phil. 4:19
Eph. 1:3
II Cor. 3:5
Ps. 91
Phil. 1:6
Ps. 34:15
Ps. 34:18
John 6:37
Ps. 37:23-24
Jude 24,25

Prov. 19:21
II Cor. 9:8

I Cor. 6:17
II Cor. 1:14 &
Rom. 8:29
Rev. 22:5
Ps. 62:8
Mich. 7:18
Is. 54:17

He is my shield (defense) and my very great reward.
Nothing is too difficult for Him.
He is able to do immeasurably more than all I ask or imagine according to His power that is at work within me.
If God is for me, who can be against me?
Nothing in all creation can separate me from His love.
He loves me as much as He loves Jesus.
He is absolutely sovereign, who knows the end from the beginning.
His purposes will stand.
His love for me is greater than the height of the heavens above the earth. He's removed my sins from me and has compassion on me as a loving father on a son or daughter.
He will never, never leave us nor forsake me.
He is gracious and compassionate, slow to anger and abounding in love and faithfulness.
He is gentle, tender and humble in heart.
His love for me is beyond my natural mind's ability to grasp.
He has chosen me and loves me dearly.
He is my shepherd and supplies all my needs.
He restores my soul.
He has everything rigged to work for my good
No one who puts their hope in Him will be put to shame nor disappointed.
He is kind to the ungrateful and the wicked.
He is kind and forgiving and abounding in love to all who call upon Him.
He has made me His own child.
He has transferred me out of the kingdom of darkness and into the kingdom of His beloved Son.
His "foolishness" is wiser than man's wisdom.
He is my wisdom, righteousness, holiness and redemption.
He meets all of my needs according to His glorious riches in Christ.
He has blessed me with every spiritual blessing in heavenly places in Christ.
He is my adequacy.
He is my shelter, my refuge and fortress.
He will complete the work He has begun in me.
His eyes are upon me and His ears are open to my cry.
He is close to the broken hearted and saves those who are crushed in spirit.
Whoever comes to Him He will not cast out.
Though I stumble, He upholds me with His hand.
He is able to keep me from falling and to present me before His glorious presence without fault, with exceeding, ecstatic delight. (Amplified)
He is absolutely sovereign and my interests are safe with Him.
He is able to make all His grace abound to me so that at all times I will have all that I need to abound in every good work.
He has joined Himself with me.
He has made me a conqueror and victor in Him.
He has predestined me to become conformed to the image of Christ.
My destiny is to reign with Him both now and in the ages to come.
He is my refuge, one to whom I can always pour out my heart.
He pardons sin, forgives transgressions and delights to show mercy.
He will not allow any weapon which is formed against me to prevail.

Appendix F

Manifestations of the Flesh



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 unapproachable
- being overly introverted
- retreating to the silent treatment
- not communicating
- become obsessed with:
 - accomplishment

- 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:

- drugs/alcohol
- staying busy
- television
- athletics
- hobbies/games
- computers
- pornography
- entertainment
- overeating
- religious activity and service
- becoming a workaholic (career, business, job)
- gloom & doom thinking (refusing to see the positive)

become self-disciplined (self-reliant) by:

- becoming a perfectionist
- overcompensating by trying even harder
- becoming legalistic
- living "by the book"
- living by rules (have tos, shoulds, musts, oughts)

- 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, drugs, caffeine, sex, junk food, sugar, cigarettes/tobacco

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

Appendix F

Manifestations of the Flesh



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

become insensitive by:

- uncaring, indifferent, unconcerned, and/or unsympathetic attitudes

become complacent by:

- being nonchalant
- 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

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 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)

become hostile by:

- venting my anger
- 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

Appendix F

Manifestations of the Flesh



become self-righteous (self-justifying) by:

- becoming defensive
- making excuses (rationalizing)
- covering up and gilding mistakes
- assuming I am never the problem
- pointing to someone or something else as the problem
- avoiding taking responsibility for failures
- becoming critical of others (blaming others)
- having difficulty admitting I was wrong
- apologizing
- asking for forgiveness
- expressing gratitude

become tense (nervous/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
- having difficulty expressing feelings/opinions openly and honestly

- becoming unable to express love in a meaningful way
- denying feelings

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
- trying to get even (seeking revenge)
- wanting others to fail or get hurt
- punishing myself or others

fight unfairly (take cheap shots) by:

- becoming slanderous
- misrepresenting the actual situation
- gossiping

- talking behind others' backs
- engaging in passive aggressive behavior
- using humor to hide real feelings, becoming sarcastic, refusing to communicate, becoming passive, forgetting things, procrastinating, being late

put up a front by:

- not being real faking it
- hiding what I really think and feel
- putting on a show
- performing to get attention
- becoming pretentious
- becoming phony or unreal
- becoming superficial
- becoming plastic
- becoming gushy
- becoming too sentimental

lacking compassion in:

- 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

Appendix F

Manifestations of the Flesh



- taking things too personally
- reading in rejection when it isn't there, or setting things up to bring about rejections
- becoming touchy or irritable
- being controlled by anger, doubts, emotions, fear, etc.

become a pleaser by:

- being nice
- 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, or setting boundaries, or standing up for myself
- becoming overly compliant
- becoming too submissive

become passive by:

- lacking initiative
- 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 (too changeable)
- becoming indecisive
- wanting someone else to make the decision for me
- avoiding failure at all cost
- procrastination
- putting things off
- becoming irresponsible
- becoming unreliable
- becoming lazy, apathetic, lethargic

become self-deprecating by:

- becoming self-condemning or self-critical
- assuming I am always the problem
- becoming overly apologetic
- becoming too hard on myself

having difficulty:

- receiving love
- receiving compliments
- receiving forgiveness
- forgiving myself

become a caretaker by:

- becoming a rescuer
- becoming over-protective
- taking responsibility for others' feeling
- becoming overly responsible
- making decisions for others
- giving unsolicited advice
- trying to prevent others' failure
- becoming possessive
- becoming 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 by:

- becoming overly serious
- becoming stoical (unemotional)
- having trouble dealing with feelings
- becoming overly analytical
- becoming stern
- becoming solemn/formal
- lacking joy or life

Appendix G



What Happened To Me?

Rom. 5:1	I have been justified (completely forgiven and made righteous).
Rom. 6:1-6	I died with Christ and died to the power of sin's rule on my life.
Rom. 8:1	I am free forever from condemnation.
I Cor. 1:30	I have been put into Christ by God's doing.
I Cor. 2:12	I have received the Spirit of God into my life that I might know the things freely given to me by God.
I Cor. 2:16	I have been given the mind of Christ.
I Cor. 6:19-20	I have been bought with a price. I am not my own. I belong to God.
II Cor. 1:22;	I have the Holy Spirit as a pledge (a deposit or down payment)
Eph. 1:13-14	guaranteeing my inheritance and what is to come.
II Cor. 5:14-15	Since I have died, I no longer live for myself, but for Him (Christ).
Gal. 2:20	I have been crucified with Christ and it is no longer I who live, but Christ lives in me. The life I am now living is Christ's life.
Eph. 1:3	I have been blessed with every spiritual blessing.
Eph. 1:4	I have been chosen in Christ before the foundation of the world to be holy and without blame before Him.
Eph. 1:5	I was predestined (determined by God) to be adopted as a son.
Eph. 1:7-8	I have been redeemed, forgiven and am a recipient of His lavish grace.
Eph. 2:5	I have been made alive together with Christ.
Eph. 2:6	I have been raised up and seated with Christ in heaven.
Eph. 2:18	I have direct access to God through the Spirit.
Eph. 3:12	I may approach God with boldness, freedom and confidence.
Col. 1:13	I have been delivered (rescued) from the domain of darkness (Satan's rule) and transferred to the kingdom of Christ.
Col. 1:14	I have been redeemed and forgiven of all my sins (the debt against me has been canceled). See Col. 2:13-14.
Col. 1:27	Christ Himself is in me.
Col. 2:27	I have been firmly rooted in Christ and am now being built up in Him.
Col. 2:10	I have been made complete in Christ.
Col. 2:11	I have been spiritually circumcised (my old, unregenerate nature has been removed).
Col. 2:12-13	I have been buried, raised and made alive with Christ.
Col. 3:1-4	I have been raised up with Christ. I died with Christ. My life is now hidden with Christ in God. Christ is now my life.
II Tim. 1:7	I have been given a spirit of power, love and self-discipline.
II Tim. 1:9	I have been saved and called (set apart) according to God's doing.
Heb. 2:11	Because I am sanctified and am one with the Sanctifier (Christ), He is not ashamed to call me brother.
Heb. 4:16	I have a right to come boldly before the throne of God (the throne of grace) to find mercy and find grace in time of need.
II Pet. 1:4	I have been given exceedingly great and precious promises by God, by which I am a partaker of the divine nature (God's nature).