

Walking by the Flesh

(Gal. 5:19-21)

1. Doubt God. (Trust myself.)
2. Protect myself from pain by indulgence or conformity.
3. Live by Law.
4. Focus on me.
5. Look for a plan to follow. (Find the program that works!)
6. Use and manipulate others (and God).
7. Ask, "What do I want/need?"
8. Ask, "How can I solve my problems?"
9. Make decisions to please myself.
10. Try desperately to save my "life" (as I define it).
11. Think, "I *can* and *will* make life satisfying."
12. Feel pressure to improve and grow.
13. Seek illegitimate relief from pain.
14. Move away from others when uncomfortable.
15. Blame others and/or circumstances.
16. Work harder and try to do more.
17. Try to control others and circumstances.
18. Immorality, idolatry, hatred, jealousy, envy, rage, etc.
19. Bothered more by my pain and by wounds from others.
20. Demand from others. Demand from God.
21. Committed to relieving pain.
22. My life stories focus on others and circumstances.
23. Demand that life works my way.
24. Try to change others.
25. Committed to making present life happier.
26. Seek solutions and answers from God.
27. Demand to feel better.
28. Deny my hurt or obsessively delve into it.
29. Pray for my will to be done.

Walking by the Spirit

(Gal. 5:22-24)

1. Trust God. (Deny myself.)
2. Admit deep pain and depend on God for comfort.
3. Live in Grace.
4. Focus on Christ.
5. Trust God to work for good in all things.
6. Serve and minister to others.
7. Ask, "What can I give? What will glorify God?"
8. Ask, "What is God doing in my life?"
9. Make decisions to obey God and love others.
10. Lose my "life" for Jesus' sake.
11. Trust "God will meet all my needs in Christ."
12. Accept Christ's righteousness and rest in it.
13. Persevere and obey in the midst of pain.
14. Move toward others despite discomfort.
15. Confess sins and selfishness and doubting God.
16. Repent and rest in Christ's forgiveness.
17. Enjoy freedom from striving to control life.
18. Love, joy, peace, patience, kindness, etc.
19. Bothered more by my sinfulness and sins.
20. Give to others. Surrender to God.
21. Committed to trusting God and loving others.
22. My life stories focus on how I relate and react.
23. Trust God's love and goodness to see me through.
24. Accept others as Christ has accepted me.
25. Committed to exalting Christ and glorifying God.
26. Seek fellowship and closer relationship with God.
27. Long for a clean heart and a giving spirit.
28. Embrace mystery and trust God's goodness.
29. Pray for Thy will to be done.

