

**Session # 8** (21 min)

**Fixing the Flesh**

Pages 11b-13 of the work book

What was most meaningful in this session for you and why?

Take some time to fill out the elements on your personal worksheet, particularly box B on page 12 or the entire left hand side of the sheet developed by Don Arterburn

Go across the page to Box C. Choose several “feelings” in Box C (pg 12) or check all appropriate boxes in Box C of the Arterburn sheet that reflect how these “events” (worst hurts) made you feel.

Next, when something happens that stirs up one or more of those “feelings,” what in Box D do you do to try to “fix” the feeling?

When these don’t “work,” what in Box E do you do? When you get done doing Box E, how do you feel about yourself? (Box C generally). This is your self-defeating flesh cycle.

What did you learn about the development of your “old man” self and coping patterns? In what ways does it continue to affect you today? How has your emotional “god-view” made it worse?

Is there anything that is unclear about the statement “neither doing good nor doing evil will gain me favor with God”? (p13)

What are the advantages to “doing good?” What are the possible disadvantages?

What are the disadvantages of “doing evil?” What are the possible advantages?

How do you understand the concept that we have favor with God only in Christ?

What does that look like in daily life?

What does it mean to you to try and “fix the flesh” and why is this a losing proposition?

In what ways do we try to “fix the flesh” in the power of the flesh? Can you think of any examples from your own personal experience?

What might be some reasons that the “acceptable deeds of the flesh” stir up the “hidden deeds of the flesh” giving rise to the “unacceptable deeds of the flesh?”

How have you seen this in action?

What would you say is the most important thing that you have gleaned from this discussion and how can the group pray for you?