
RENOVATE

TO MAKE NEW



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FLOW OF A RENOVATE SESSION

SOCIALIZE (10 MINUTES)

Spend a few minutes getting to know one another and catching up.

DISCUSS (10 MINUTES – OPTIONAL)

Talk about the homework completed the previous week:

Was anything helpful to you? If so, what?

What was more challenging than you expected?

WATCH (15 MINUTES)

The video session enhances the materials in the workbook by providing additional content on the topic.

DISCUSS (45 MINUTES)

The Discussion Questions provided in each session help participants explore the topic in conversation with one another. The questions are designed to allow people the freedom to reveal tensions or struggles with the topic, make personal discoveries, or think more about the subject.

REVIEW THE HOMEWORK (5 MINUTES)

The *Renovate* experience is different for each person. Some people may choose to skip certain exercises, while others will choose to complete all of them. Assure participants that they have the freedom to do as much or as little of the homework as they desire.

PRAY (5 MINUTES)

Sharing prayer requests and praying for one another is an important part of the experience. It is also okay for a participant not to share anything. Pressure should never be applied to disclose prayer requests.

2

Assess for Damage

SESSION 2: ASSESS FOR DAMAGE

It may sound strange to us that the apostle Paul wrote about living in our “flesh.” What is that all about? Paul was referring to the antagonist that lives inside us that wants its own way—even when its own way is unhealthy. Galatians 5:16 says, “So I say, walk by the Spirit, and you will not gratify the desires of the flesh.”

Our flesh isn’t who we are—it’s how we behave and respond emotionally when we don’t walk in the Spirit. Your flesh may tell you that you’re a disaster of a human being, or it may convince you that you’re self-sufficient and have no need for God. Obeying the desires of the flesh makes you feel distant from God.

OVERCOMING THE FLESH

Our flesh is all about trying to meet our needs on our own, apart from God. Since our behaviors and emotions are driven by beliefs, our unhealthy behaviors and emotions are helpful in identifying ways we live out our lives apart from Christ.

As you begin to work through what it means to live in the flesh, you’ll probably wonder, *If my flesh is not really who I am, then who am I?* This is normal. You’ll need to spend time wrestling with this. It may be especially confusing if the way you live in the flesh is socially acceptable.

THE THREE NEEDS

There's nothing inherently wrong with needs. God created us with needs. They fall into three broad categories:

Security (*Safety*)

Satisfaction (*Happiness*)

Significance (*Value*)

What matters is how you go about meeting those needs. It defines who you are. That's because the choices we make as we pursue security, satisfaction, and significance become the ways we shape our identities. They tell us who we are or who we want to be. Do you find security in money or material possessions? Do you find satisfaction in carrying the title of devoted parent or spouse? Do you find significance in your career?

Or do you look to God for security, satisfaction, and significance?

CONCLUSION

The sense of independence we all crave is not inherently good or bad. You can be independent in the flesh, working to meet your needs, or you can be independent as a result of God living through you. The way you go about getting this independence makes all the difference. It usually takes time and reflection to figure out if you're trying to meet legitimate needs in the flesh or if you're relying on Christ.

VIDEO NOTES

SESSION 2 COMMUNICATOR: GAVIN ADAMS

Gavin Adams is the lead pastor of Woodstock City Church. Before joining Woodstock City in 2008, Gavin was the Family Ministry Director of Southside Church. Gavin and his wife, Chantel, have been married for 19 years and have four children.

IN-SESSION ACTIVITY

1. Go through the list of common ways we meet needs on our own. Check the boxes in the first column for the things that are important to you.

NOTE: The second part of this exercise can be completed in-session or as homework.

2. Needs are often categorized into three areas:

Security (Safety)

Satisfaction (Happiness)

Significance (Value)

For each box you checked in the first column, categorize how you are trying to meet those needs by asking yourself this question:

Example: Does _____ have an impact on my _____?

Does *my appearance* have an impact on my *satisfaction*?

	Important	Security (Safety)	Satisfaction (Happiness)	Significance (Value)
My appearance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My weight	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Avoiding conflict with other people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Everything being "fine"	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Controlling circumstances	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Being emotionally supported	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Being financially supported	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Having friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Loyalty of friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



	Important	Security (Safety)	Satisfaction (Happiness)	Significance (Value)
Commitment from others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Having a significant other	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The success of my significant other	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My financial situation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Follow-through	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Material possessions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Approval from others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Positive facial expressions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Protection	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A provider	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stability	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Validation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Being heard	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Appreciation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Encouragement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recognition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pleasing others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Alcohol	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drugs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sex	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Important	Security (Safety)	Satisfaction (Happiness)	Significance (Value)
Being married	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Marital fidelity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Emotional stability	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Financial stability	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Owning a house	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A clean house	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Having children	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Having well-behaved children	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Organization and structure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My education	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My career	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My performance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My competence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Being adequate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Success	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Job titles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My achievement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Who I know	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My reputation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My emotional health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My physical health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Once you have completed the activity, begin the *Discussion Questions*.



DISCUSSION QUESTIONS

1. Do you consider yourself a thinker or a feeler? How have you benefitted from that tendency? What problems has it caused you?

2. Review your results from the *In-Session Activity*. What did they indicate that you pursue most—security, satisfaction, or significance? Do you agree with your results? Why or why not?

3. In the video, Gavin defines “the flesh” as “a dependency on anything other than Jesus as the ultimate source to meet our needs.” Respond to that statement. Does looking to Jesus to meet all of your needs seem reasonable? Why or why not?

4. How do you think the ways of meeting the needs you identified in the *In-Session Activity* are keeping you from growing with God, finding peace, or discovering life to the full?

5. How do you think you might benefit from understanding how your emotions influence the ways you try to meet your needs apart from Jesus?

PRIMER:

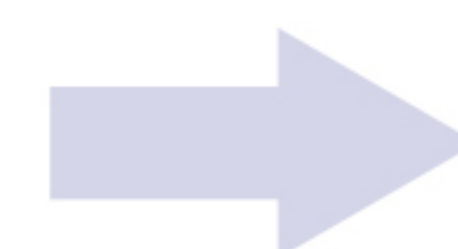
THE HOMEWORK FOR THIS WEEK

- Complete the *Behaviors and Emotions* exercise, pp. 26–27. (10 minutes)
- Complete the *Mapping My Flesh* exercise, pp. 28–29. (20 minutes)
- Read Session 3, pp. 32–34. (5 minutes)

SECOND COAT:

IF YOU WANT MORE

- Read *Influences: Common By-Products* located in the Appendix, pp. 94–97. It lists common behaviors and emotions that present themselves in the lives of people who have experienced certain relationships or events.

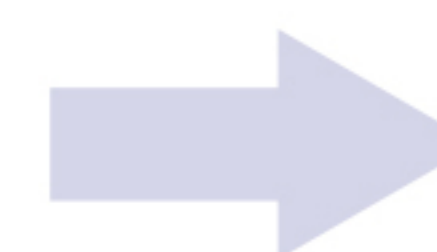


HOMework: BEHAVIORS AND EMOTIONS {OF MY FLESH}

Below is a list of words or phrases that describe behaviors and emotions resulting from our flesh. Check the boxes that seem to be present in your life most of the time.

- | | |
|---|--|
| <input type="checkbox"/> Aggressive | <input type="checkbox"/> Exaggerating |
| <input type="checkbox"/> Angry | <input type="checkbox"/> Falsely humble |
| <input type="checkbox"/> Anxious (lacking peace) | <input type="checkbox"/> Falsely spiritual |
| <input type="checkbox"/> Argumentative | <input type="checkbox"/> Fearful |
| <input type="checkbox"/> Arrogant (cocky) | <input type="checkbox"/> Gossipy |
| <input type="checkbox"/> Bitter | <input type="checkbox"/> Guilt-ridden |
| <input type="checkbox"/> Blaming other people | <input type="checkbox"/> Harsh |
| <input type="checkbox"/> Compulsive | <input type="checkbox"/> Hateful |
| <input type="checkbox"/> Controlled by doubts | <input type="checkbox"/> Hold grudges |
| <input type="checkbox"/> Controlled by emotions | <input type="checkbox"/> Impatient |
| <input type="checkbox"/> Controlled by other people | <input type="checkbox"/> Inadequate |
| <input type="checkbox"/> Controlling | <input type="checkbox"/> Independent |
| <input type="checkbox"/> Critical (negative) | <input type="checkbox"/> Inferior |
| <input type="checkbox"/> Deceitful (misleading) | <input type="checkbox"/> Inflexible |
| <input type="checkbox"/> Defensive | <input type="checkbox"/> Insecure |
| <input type="checkbox"/> Depressed | <input type="checkbox"/> Insensitive |
| <input type="checkbox"/> Despairing | <input type="checkbox"/> Intolerant |
| <input type="checkbox"/> Dominant | <input type="checkbox"/> Jealous |
| <input type="checkbox"/> Emotionally withdrawn | <input type="checkbox"/> Judgmental |
| <input type="checkbox"/> Envious | <input type="checkbox"/> Lacking in compassion |

- Lacking in self-control
- Lacking in trust (easily suspicious)
- Lust for sex
- Make excuses
- Manipulative
- Materialistic
- Must please other people
- Nervous
- Overeat
- Passive-aggressive
- Perfectionist
- Poor listener
- Possessive
- Power-seeking
- Prideful
- Rebel against authority
- Resentful
- Restless
- Rude
- Sarcastic
- Self-condemning
- Self-confident
- Self-deprecating
- Self-indulgent
- Self-justifying
- Self-pitying
- Self-reliant
- Self-righteous
- Selfishly ambitious
- Slanderous
- Slow to forgive
- Too opinionated
- Too quick to speak
- Too sensitive to criticism
- Too strict
- Too subjective
- Too submissive
- Uncooperative
- Undisciplined
- Unemotional
- Unreasonable
- Unreliable
- Unsympathetic
- Unteachable



HOMework: MAPPING MY FLESH

Over the last two sessions, we have looked into our pasts to explore the correlation between our influences, false beliefs, behaviors, and emotions. This exercise is designed to help you map out your flesh as well as assist you in determining some patterns that may exist in your life.

INFLUENCES

See pages 11–12 for the influences you selected. Write out your top three in the space provided.

- _____
- _____
- _____

FALSE BELIEFS

See pages 15–16 for the false beliefs you selected. Write out your top three in the space provided.

- _____
- _____
- _____

WALL OF BEHAVIORS AND EMOTIONS

See pages 26–27 for the behaviors and emotions you exhibit. Write the ones you selected in the space provided.

THIS IS NOT WHO I AM

When we are able to map out our flesh patterns, it helps to identify our flesh for what it is: messy, ugly, and not how God designed us to operate. This exercise is often difficult to work through, and you may come to the end of it feeling disappointed or overwhelmed. The good news is that this is not who you really are. Flesh is a dependency on anything other than Jesus as the ultimate source to meet your needs. God designed you for so much more. In the next session, we will look at how you can move away from your unhealthy flesh patterns and toward a discovery of who God says you are.