

Flesh Inventory

by Dara Halydier

FLESH: Your ability or inability to satisfy your human, God-given needs in your own way, using your own strength, and your own resources apart from Christ.

Place a number from 1 – 10 (ten being greatest) next to the following traits you identify with.

These traits were generated through walking in the world. Some are socially acceptable, some are not. They constitute your unique version of the flesh. Satan, using the indwelling power of sin, will seek to control you through these patterns.

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|---------------------------------|-----------------------------|
| Angry at God | Dominance |
| Angry at others | Don't trust God |
| Angry at self | Doubt God's Word |
| Anxiety | Drink to relax |
| Argumentative | Drug dependency |
| Astrology, horoscopes | Empty religiosity |
| Avoid intimacy | Envy Escapism |
| Bigotry | False modesty |
| Bitterness | Fear |
| Blame God | Fear pf weakness |
| Blame others | Feel inadequate |
| Boastful | Feel inferior |
| Bossy | Feel insecure |
| Bottle emotions up | Feel rejected |
| Can't apologize | Feel stupid |
| Can't express gratitude | Feel superior |
| Causing dissension | Feel unlovable |
| Complacent | Feel unworthy |
| Compulsion to repay favors done | Feel weak/helpless |
| Compulsive behavior | Feel worthless |
| Compulsive thoughts | Gluttony |
| Conceit | Greed |
| Control others | Guilt (unwarranted) |
| Controlled by emotions | Guilt (valid) |
| Controlled by peers | Happiness is the major goal |
| Covetousness | Hateful to others |
| Critical attitude | Hatred |
| Deceitful | Homosexual attraction |
| Defensive | Hostile toward God |
| Demand rights | Hostile toward others |
| Denial | Hostile toward self |
| Depression | Idolatry |



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| Difficult to receive help | If it feels good, do it |
| Impatient | Restlessness |
| Impulsive | Sadness |
| Impure thoughts | Self-absorbed |
| Inadequate | Self-condemnation |
| Indifferent to others' pain | Self-depreciation |
| Inhibited emotionally | Self-gratifying |
| Insecure | Self-hatred |
| Intemperance | Self-indulgence |
| Intimidate others (deliberate) | Selfish ambition |
| Introspective | Selfish with possessions |
| Jealous | Selfish with time |
| Lazy | Self-justification |
| Loner | Self-pity |
| Low self-discipline | Self-reliant |
| Low self-image | Self-righteous |
| Lust for pleasure | Self-serving |
| Manipulate others | Self-sufficient |
| Materialistic | Sensuality |
| Must be in control | Sexual fantasizing |
| Must be strong | Sexual lust |
| Negativism | Silent treatment |
| Nervousness | Slow to forgive |
| Not under authority | Stubbornness |
| Obsessive/compulsive behavior | Subjective (live by feelings) |
| Occult (attracted to) | Suicidal thinking |
| Opinionated | Suspicious of God |
| Overly quiet | Suspicious of others |
| Overly sensitive to criticism | Temper |
| Overly submissive | Time consciousness impairment |
| Passive aggressive | Too quick to speak |
| Passivity | Unbelief of God's Word |
| Perfectionist | Unlovely (self-perceived) |
| Performance-based acceptance of others | Use blackmail to control others |
| Performance-based self-acceptance | Use guilt to control others |
| Possessive of others/things | Use manipulation to control others |
| Prejudice | Use money to control others |
| Pride Procrastination | Use passivity to escape responsibility |
| Profane | Use threats to control others |
| Project blame | Vanity |



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Prone to gossip
Rebellion at authority
Resentment

Withdrawal
Workaholic
Worrier

List all of the above that you gave yourself a 6 to 10. This is your unique version of the flesh.

*Therefore if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come. (2 Corinthians 5:17)

*For He rescued us from the domain of darkness, and transferred us to the kingdom of His beloved Son, in whom we have redemption, the forgiveness of sins. (Colossians 1:13)

*Therefore there is now no condemnation for those who are in Christ Jesus. (Romans 8:1)

*Do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect. (Romans 12:2)

*Finally, Brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things. (Philippians 4:8)



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