

Accompaniment 1

Trust God, confess, & repent

How the Bible describes God

Psalms 31:5 Into Your hand I commit my spirit; You have redeemed me, O Lord God of truth. NKJV

1 John 3:17 But whoever has the world's goods, and sees his brother in need, and closes his heart of compassion against him, how does the love of God remain in him? WEB

Psalms 86:15 But you, Lord, are a compassionate and gracious God, slow to anger, abounding in love and faithfulness. NIV

1 John 4:16 We know and have believed the love which God has for us. God is love, and he who remains in love remains in God, and God remains in him. WEB

Psalms 37:31 The law of his God is in his heart. WEB

John 4:24 God is spirit, and those who worship him must worship in spirit and truth. WEB

1 Corinthians 14:33 For God is not the author of confusion but of peace, as in all the churches of the saints. NKJV

2 Thessalonians 1:6 God is just: He will pay back trouble to those who trouble you NIV

James 5:11 Behold, we call them blessed who endured. You have heard of the patience of Job, and have seen the Lord in the outcome, and how the Lord is full of compassion and mercy. WEB

Psalms 73:26 My flesh and my heart fails, but God is the strength of my heart and my portion forever. WEB

Romans 14:17 for the kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit. NKJV

Psalms 103:8 The Lord is compassionate and gracious, slow to anger, abounding in love. NIV

Philippians 4:7 And the peace of God, which surpasses all understanding, will guard your hearts and your thoughts in Christ Jesus. WEB

Philippians 4:9 The things which you learned, received, heard, and saw in me: do these things, and the God of peace will be with you. WEB

Romans 11:22-23 See then the goodness and severity of God. Toward those who fell, severity; but toward you, goodness, if you continue in his goodness; otherwise you also will be cut off. **23** They also, if they don't continue in their unbelief, will be grafted in, for God is able to graft them in again. WEB

Matthew 5:8 Blessed are the pure in heart, For they shall see God. NKJV

Psalm 31:5 Into your hands I commit my spirit; deliver me, Lord, my faithful God. NIV

Psalm 89:14 Righteousness and justice are the foundation of your throne. Loving kindness and truth go before your face. WEB

Mindfulness of God

Philippians 2:5 In your lives you must think and act like Christ Jesus. NCV

Ephesians 4:23 and be renewed in the spirit of your mind, NKJV

Colossians 3:2 Set your minds on things above, not on earthly things. NIV

Titus 1:15 To the pure, all things are pure; but to those who are defiled and unbelieving, nothing is pure; but both their mind and their conscience are defiled. WEB

One common instruction presented in scripture is the focus of one God and for us to be of the same mind. In order to accomplish this task of being of one mind together we must agree together on a set of principles. We ought to agree that there is one God. We ought to agree on the principles and character of God described by the Bible. We ought to agree on the first commandment:

“Deuteronomy 6:4-5 “Hear, O Israel: The Lord our God, the Lord is one![b] 5 You shall love the Lord your God with all your heart, with all your soul, and with all your strength.” NKJV And we ought to agree on what we ought to be doing as servants of such principles, because such principles lead to healthy relationships and the highest quality of life.

The journey of being unified with this same mindset requires that we all participate in daily study, practice, learning, problem solving, and working together in and with God’s character. Repetition over time is essential for retaining information. We ought to agree to seek, serve, and set our minds to gradually develop a stronger obedience with God’s character.

We are all unique in our perspectives, experiences, understandings, and beliefs about God. Even if we all believe God is love we each will view love a bit differently. Because of these differences in all of us, it is beneficial to create a shared understanding of God through groups, to collaborate together, be flexible enough in our thinking to learn from each other, and gradually develop a similar agreed understanding. If we avoid sharing

together our personal thoughts about God and God's character, how can we improve our unity toward God? If we avoid sincere sharing of feelings and thoughts how can we grow together spiritually?

Deuteronomy 6:6 6 "And these words which I command you today shall be in your heart. 7 You shall teach them diligently to your children, and shall talk of them when you sit in your house, when you walk by the way, when you lie down, and when you rise up. 8 You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. 9 You shall write them on the doorposts of your house and on your gates. NKJV

A sermon or lecture does little good to unify a groups thinking. People will come away from the experience with different ideas, questions, attitudes, and beliefs about the sermon. Some will agree, some will not agree, and others just won't care either way. Processing the teaching is absolutely necessary to grow together with a similar mindset. Regular discussions with similar people will make it possible for those attending to better understand each other. With honest and sincere sharing they may get to know each other more spiritually.

As described earlier it is best that each of us read the words in the Bible and share our understanding, confusion, questions, frustrations, fears, faith, joy, and concerns openly and freely with patience and compassion. We all come to the group with different levels of understanding. Those who have much experience ought to be patient with those who have little and those who have little ought to be patient with those who have much. It is important to be okay with where we are spiritually in the process and focus on our own journey in demonstrating God's goodness. The weak help the strong just as much as the strong help the weak. We are all part of the same spiritual body. Our one mind attitude is to work together in love, unity, patience, compassion, peace, mercy, forgiveness, truth, generosity, and justice.

To work together we must meet together regularly. We ought to prioritize our meetings and keep it weekly with minimal absences. Absences hurt ourselves and the group. The collaboration of different viewpoints is essential to understand the greater spiritual truth within each other. Each of us in our unique understanding can express a side of the spirit others cannot. The beautiful thing about mentorship is that the person we are walking with helps us learn more by their questions. While trying to answer other's questions we

search for answers and find something new. Our learning only ends when we stop teaching, answering questions, or seeing how we can better serve God.

So the key to being of one mind lies in the continuous sincere and honest journey together to improve our involvement with God's character. We must avoid the temptation of moving on or becoming distracted by other things. Boredom with God's great command, becoming tired, wanting something new, or sick of repetition, are thoughts which distract us from God's purpose. What spirit would be tired of God's character? What person would be complete in God's character? Our resistance ought to immediately be examined to see what character and motivations are behind it (pride, fear, selfish ambition, resentment, etc.). We all sin and fall short and will always have room to grow, others to teach, and souls to save. There is nothing greater or more important.

The path to mastery of anything requires that we revisit, redo, practice, improve, over and over again for years and sometimes our entire life as the case here. The instructions in the Bible use words like stand firm, continue, persevere, suffer, endure, and let us not stop. Throughout the Bible people come to God and then move away. The stories describe clearly that those who stay with God serving and growing with God's character experience goodness, peace, and love. Those who move on to other things and set their priorities in the world slowly wither away and become weak, desperate, empty, alone, and/or miserable. Yet many people have always and will continue to do it despite the evidence at hand.

1 Timothy 1 **3** As I urged you when I was going into Macedonia, stay at Ephesus that you might command certain men not to teach a different doctrine, **4** and not to pay attention to myths and endless genealogies, which cause disputes, rather than God's stewardship, which is in faith— **5** but the goal of this command is love, out of a pure heart and a good conscience and sincere faith; **6** from which things some, having missed the mark, have turned aside to vain talking; **7** desiring to be teachers of the law, though they understand neither what they say, nor about what they strongly affirm. WEB

Temptation will always be within us, in our weak minds. Deception will always surround us. And God's Spirit will also always be within us. Every situation we have we will be required to make a choice. Continuing our focus upon God's character each day places us in the best possible position to stay spiritually safe and protected. Choosing God can grow and develop like a

skill. If we chose to skip our group, prayer, meditation, collaboration, study, and self-examination we can set ourselves up for a dangerous spiritual regression. Staying the course is extremely important with honest sharing about our spiritual truth. We ought to share openly with a Spiritual brother or sister regarding temptation.

As we meet together with mentors we ought to openly share our fears, frustrations, doubts, and confusions. Such thoughts and beliefs are often our worst enemies. Pride may try to protect them and fault finding in others may keep us from collaboration or attendance. We must seek God for humility, forgiveness, mercy, and patience. We ought to speak the truth even when struggle will result. Differences are unavoidable, hurt feelings is part of the journey, and struggle comes before the healing. We must ensure we do not part out of anger, fear, selfishness, pride, or dishonesty. We must seek humility, compassion, and peace through truth and justice. Our own will, personal interests, ideas, and beliefs ought not interfere with spiritual fellowship.

Powerless - of ourselves we are nothing - self knowledge is insufficient

Powerlessness is a widely used term within 12 step programs. The main focus of the first step is to admit we are powerless. Yet it is often misunderstood. When we think of powerless we might envision someone without self-control, strength, or intelligence. This is not the case. Instead, we use our intelligence to see how our selfishness has hurt us and others. Through humility and truth we can learn how we are deceived and misguided by our self-knowledge, personal ideas, past hurts, expectations, temptations, and desires. The idea behind accepting that we are powerless is to open our minds toward a new way of life, God's way. We admit that our way of doing things may not be the best. We become willing to try new things, take new action, and seek God. The idea behind admitting powerlessness is learning how our maladjusted methods toward life cause harm and fall short of God's design. We admit that our way has problems. God has better ideas for us, but our dependency upon our selfish methods make us powerless to change or improve. When we rely upon our self-knowledge instead of God's will, we become stuck in sin. We can't change our way of doing things using our way of doing things. We are instructed to deny ourselves, the part that relies on the world and self-knowledge, through God's grace of humility and truth. Through humility and truth we can give up selfish ambition for Grace ambition which can save us through faith. Faith in grace means we will trust

in God's character, principles, and instruction above our own selfish beliefs. But our faith in God must become greater than faith in ourselves or anything else. Reliance upon God and God's character is necessary.

Matthew 16:24 Then Jesus said to His disciples, "If anyone desires to come after Me, let him deny himself, and take up his cross, and follow Me. NKJV

Mark 9:35 And He sat down, called the twelve, and said to them, "If anyone desires to be first, he shall be last of all and servant of all." NKJV

James 4:10 Humble yourselves in the sight of the Lord, and He will lift you up. NKJV

We must humble ourselves to rely more and more upon God. Some other words frequently used in the bible are: follow, serve, obey, trust, believe, seek, listen, wait, worship, and fear (reverent).

Many of us have learned to build pride, trust in ourselves, seek money, listen to vanity, follow greed, worship fame, condone lust, and or listen to the rich. The bible has many stories against such attitudes and how they are destructive.

James 4:6 But He gives more grace. Therefore He says: "God resists the proud, But gives grace to the humble." NKJV

Powerless worksheet - self evaluation

I want it my way... acknowledge our pride & selfishness

1. Write down character traits that can be shown through your actions over the past year. Actions will often testify to the character we seek or have sought within us. The character we have practiced we tend to seek to repeat. We ought to seek to practice God's character more and more.
 - (Godly traits - Truth, Love, Mercy, Forgiveness, Generous, Just, Peace, Compassion, Patience)
 - (sin - dishonest, resentful, withdrawn from intimacy, hold grudges, impatient, miserly, anxious, fearful, selfish, irritated, discontent, uncaring, unfair)

Examples - I lied to my friends, I avoided taking responsibility for my actions, I didn't show up for things I said I would, I hold grudges, I keep secrets, I focus on negative things and blame other people. I use others for selfish gain.

I isolate or avoid people. I only think or do for myself. I upset others for entertainment.

My way has flaws... see the defects in our character

2. How would you describe your attitude in your thoughts toward friends, self, people you love, and acquaintances. What messages do we think to ourselves about us and the world around us? What kind of feelings do such thoughts provoke within us? How does our attitude, thoughts, and actions affect our emotional condition and our relationships?

Examples of attitude - I don't care, I avoid others feelings, I don't trust others, I don't let people know what I really think, I try to take advantage of others, I hate myself and think shameful things to myself, I have a lot of anger toward others, I avoid feelings, I want to be in control. I blame everyone else for all my problems, I'm the victim.

Affects - feel afraid or angry, people avoid me or don't like me, I've hurt those close to me with my choices and actions, I'm confused and feel alone, I feel ashamed and embarrassed by my actions, I've lost income, I've lost trust, I've lost comfort, or my quality of living has gone down due to my attitude and choices. I have lost faith or hope. I don't know what to do next.

Living selfishly through lies, manipulation, and various forms of idolatry slowly eradicates and destroys our psycho-emotional-spiritual and physical health.

God's way is and always has been the best way

3. Let's examine just one character trait of God to see its power. Truth/Honesty. Imagine someone that is always reliable. Everything that person said would be as good as gold. God's Truth can build integrity and trust. Truth can develop good relationships. Imagine all the pain, lost trust, and hurt relationships hurt from dishonesty being removed. Truth is easier because it shapes good character and a good reputation. We become more desirable and attractive. Our character choices shape our future.

Each character trait practiced brings with it healing and restoration toward our self-esteem, relationships, heart, mind, and soul. As we practice and develop godly character we increase our faith, hope, well being, and spiritual understanding. Take time to think about these character traits and discuss

how implementing them can affect relationships, self-esteem, heart, mind, and even employability toward a career. Then write down a character trait you can begin to pray for, think about, learn from and practice. Write down three ways you can practice the character trait that is achievable today. Revisit this goal each week with character building partner or group and discuss difficulties, solutions, experiences, observations, and questions.

Each day we decide what role we are to take with our thoughts and mental attitude which affect our character development. Disciples of God actively seek to perform God's will more and more through simple acts of Godly character. Many of us have selfish thoughts of fear or anger which can block us. We must not let such thinking control us. If we listen to and obey anger or fear we will be less likely to follow God. So we must begin with humility and seek faith, truth, and forgiveness that can lead to actions which may bring Godly results. We can learn the destructive ways in which we keep ourselves away from God's restorative grace. We must avoid thoughts which can distract us from building Godly character. We keep our attention toward our own character.

We can write down distracting thoughts which can block our pursuit of God's goodness and grace, share them with mentor, and develop a replacement message. To correct our method of thinking takes time and practice with God's will. Healing and growth takes time. Perseverance and endurance will be required for the healing process. Perseverance is required to face our destructive attitude and piece by piece replace our destructive mental attitude with Godly mental character. Our thoughts prompt us to actions and feelings.

So each morning when we rise and reach out to connect with God to seek, follow, learn, and practice God's character, we ought to hold the list of God's ways within our minds for within them is the armor of God.

We ought to give up our selfish ways, pursuits, preferences, and desires in order to make room for God's Goodness, Righteousness, and Grace. If we continue to hold onto our selfish ways with both hands we will not have space for God.

We ought to cling to God:

Deuteronomy 13:4 You shall walk after Yahweh your God, fear him, keep his commandments, and obey his voice, and you shall serve him, and cling to him. WEB

Romans 12:9 Let love be without hypocrisy. Abhor that which is evil. Cling to that which is good. WEB

If our attitude is right with God, we are now about God's business. What is ours, is now God's, and what is God's, is now ours. This is the mental attitude that can take some time to develop as we gradually grow more and more into God's Character and Grace.

Wall

Our hearts can harden and grow dull

Romans 7 Paul describes a law working within him which dominates him at times. He persists to set his mind toward God, but is conflicted by a law of evil which exists within his body. We have two laws working within us, the law of sin and the Spirit of God. The Spirit of God is the law that is written on our hearts.

Hebrews 10:16 “This is the covenant that I will make with them: ‘After those days,’ says the Lord, ‘I will put my laws on their heart, I will also write them on their mind;’” WEB

Matthew 13:15 For the hearts of this people have grown dull.... Lest they should understand with their hearts and turn, So that I should heal them.’ NKJV

Hardheartedness dulls our ability to sense the Spirit of God. Arrogance can blind us from seeing where we are wrong. Pride can block us from asking for help. Fear can freeze us from trying new things. Anger can isolate us from others. Self pity can reduce us into hopelessness. All of these are forms of selfishness that oppose God’s character. Our faith can be formed by the messages we believe, either from others or even ourselves. Do we place hope in the world or in God’s character?

We ought to be in the daily process of guarding against an attitude which can harden our hearts. Humility, willingness, truth, service and love become our guide to action. We ought to willingly and truthfully look inwardly at our thoughts and beliefs which counter God’s will/love. We must be honest with ourselves about our condition which dulls our sensitivity to the Spirit within us.

Acts 5:32 32 We are His witnesses of these things; and so also is the Holy Spirit, whom God has given to those who obey him.” WEB

In our obedience to God we can gain the guidance of the Holy Spirit. Yet it is not an outward obedience, but an inward obedience. Doing everything ‘right’ on the outside will not necessarily produce the ‘right’ heart and mind on the

inside. We are to love God with our heart, mind, soul, and strength. These are all within us where no one can see. So we must begin by eliminating all that blocks, blinds, freezes, and isolates us from developing God's character within us.

Pride, fear, resentment, and other forms of selfishness will sway us in many ways away from humility, servitude, generosity, compassion, forgiveness, and mercy. Once we have revealed some of these destructive traits we can then humbly seek to give up such mental attitudes which block love, while seeking God's truth in how we ought to think and act. We can correct our understanding with thorough investigation and develop new Godly principles and ideology. If we truthfully seek to love as the bible describes it, how love is not selfish or self-seeking, we can discover how our own ideas about love or even God may be mistaken. We are called to serve humbly in God's love through faith and such actions can bring us peace, healing, confidence, joy, and protection.

Romans 2:4-5 Or do you despise the riches of his goodness, forbearance, and patience, not knowing that the goodness of God leads you to repentance?
5 But according to your hardness and unrepentant heart you are treasuring up for yourself wrath in the day of wrath, revelation, and of the righteous judgment of God; WEB

James 4:8 Draw near to God, and he will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded. WEB

We will be able to progressively change from resentment toward forgiveness and mercy if we willingly, honestly, and humbly seek God's will over time with endurance and perseverance.

Matthew 6:33 But seek first God's Kingdom, and his righteousness; and all these things will be given to you as well. WEB

Below is an example of a wall filled with experiences and character traits. Such experiences create a system of thinking and believing that resist God's character. Experiences like these can block or damage our spiritual condition. We ought to improve our insight and understanding of these to

enable ourselves toward developing God's character which may set us free. This by no means is meant to be comfortable.

Romans 5:3 Not only this, but we also rejoice in our sufferings, knowing that suffering produces perseverance; 4 and perseverance, proven character; and proven character, hope: 5 and hope doesn't disappoint us, because God's love has been poured out into our hearts through the Holy Spirit who was given to us. WEB

It can be helpful to collaborate with others as we investigate our heart and mind. Connecting with someone else who may understand with similar struggles, pain, fear, pride, and personal experiences can enrich the experience. Such compassion in relating to one another is a powerful form of spiritual encouragement. God is compassion. Who wouldn't want to be understood at this level. Many times the best person to help someone out of trouble is someone who has been there and knows the way out. But first, we need to see our own errors and become willing to seek God's help.

Let us examine the labels on the wall below to see where we may relate. What are some situations where we may have experienced fear, anger, dishonesty, or betrayal. In this self-examination we ought to be careful to learn about ourselves.

In some cases we may require professional assistance to help us. Serious trauma and injury can, in some cases, be too much for this process without professional guidance.

It is important to take an attitude of humility, willingness, honesty, patience, and endurance as we look inside ourselves. As we look at ourselves we ought to begin seeing how we can correct our thoughts to be more aligned with God's character.

Genesis 6:5 Yahweh saw that the wickedness of man was great in the earth, and that every imagination of the thoughts of man's heart was continually only evil. WEB

2 Corinthians 10:5 throwing down imaginations and every high thing that is exalted against the knowledge of God, and bringing every thought into captivity to the obedience of Christ; WEB

Correction will become part our daily practice toward a new identity. First we must understand the thoughts and imaginations which may hinder our pursuit toward God's character.

TEMPTATION	FEAR	PRIDE	DiSHONESTY
ANGER	BLAME	RESENTMENT	
DiSTRUST	BETRAYAL	ENVY	SHAME
PAST HURT	FAiLURE	DiSBELiEF	
LUST	PERFECTIONiSM	ADDiCTION	GREED
BUSYNESS	COMPETiTiON	WORRY	
IDOLATRY	CONTROL	INDiFFERENCE	JUDGEMENT
OBSESSiON	SELFiSHNESS	ISOLATiON	
PAiN	RAPE	MURDER	LOSS

2 Timothy 3:16 All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, NKJV

Hebrews 12:9 Furthermore, we have had human fathers who corrected us, and we paid them respect. Shall we not much more readily be in subjection to the Father of spirits and live? NKJV

Repent means turn to God, serve, follow, and obey God

Matthew 4:17 From that time, Jesus began to preach, and to say, "Repent! For the Kingdom of Heaven is at hand." WEB

In Matthew 4:17 Jesus preaches, "The Kingdom of Heaven is at hand." So it is near and present. We have access to it if we chose to seek, follow, and obey God's will and character. With all our strength we are to love God, God's character. It is important to continuously shape our mindset to seek, participate, and practice Godly character. It can become easy to spend too much time evaluating error, problems, and sin too gain much ground improving toward God's will. If we give our attention to problems, then we will not strive toward solutions. If we have groups focused on eliminating a problem then how will we give attention toward the solution. We do not improve our relationship with God by trying to get rid of destruction. We only improve our relationship when we build in God's grace and character within our heart, mind, and soul.

2 Peter 3:9 The Lord is not slow concerning his promise, as some count slowness; but is patient with us, not wishing that any should perish, but that all should come to repentance. WEB

"All" of us "should come to repentance." This is a process involving patience. It takes continuous, consistent, and repetitive practice to form character. It is highly important to carry with us the principles behind our participation in God's character. God's character teaches us how to sense God's Spirit within us, which ought to become our guide, teacher, instructor, and counselor over time. God gave us His Spirit to be our coach.

1 Timothy 1:5 but the goal of this command is love, out of a pure heart and a good conscience and sincere faith; WEB

We ought to purify our hearts from anger, fear, selfish ambitions, and dishonesty. We purify our hearts by adding pure ingredients of Godly character traits and grace. As we seek to become more truthful in our thoughts we begin our purification. As we practice forgiveness we lower resentments. As we humble ourselves by submission to God we reduce our pride. As we seek God's interests we stop focusing so hard on our own which often leads to uncomfortable anxiety, anger, stress, and fear. This is a daily

process through endurance, perseverance, practice, submission, and clinging to God's Goodness.

A common road block at this point is unwillingness to accept the error in our choices. Justifying our actions based upon what others do or our conditions can lead us to continue in our destructive ways. Humbling ourselves to see how our choices and actions are not correct with God and that they can improve with God is an essential beginning step toward purifying our hearts and Spiritual correction. This takes courage and strength to resist our pride's/devil's defensive schemes. Our minds can be full of misleading information to keep us from correction and developing God's character. We must learn to deny this evil temptation and continue to take new action toward Spiritual correction.

The chart below is only an example. There are many ways where we have fallen short of God's goal for us and just as many ways where we can be corrected in adherence to God's Goodness. It is important to improve our ability to see, recognize, identify, and understand the spiritual affects in ourselves and others by our choices and actions.

Daily spiritual evaluation and adjustments
(Example list)

Sin	What happened?	Mind & Heart affects	Righteous Adjustment
Greed	I kept money for myself not thinking about or caring for others. Focus on selfish gains.	Fear of what others think-having less, decreased self-esteem, guilt, feel separated or distanced emotionally, compete.	End idolatry, humbly increase sharing with others, Generosity, Mercy, seek building Love, belonging, and Peace. Create thoughts toward these Godly character traits.
Lust	Envy others, want more, judge others by appearance, sexual gratification.	Feel inadequate, unsatisfied, emotionally empty, alone, superficial, shallow, bored, desire physical gratification.	End idolatry, humbly correct deceptive thoughts, build empathy, focus on the Spirit and hearts, and intimacy, discuss temptation with God and others, and pray.

Gluttony	Seeking food for good feelings or avoiding feelings, filling stomach for satisfaction, indulging in taste and smell for pleasure.	Feel ashamed, insecure, weak, anger, fearful, helpless & hopeless attitude, deprived, spiritually empty, and the need for control. Goal is always more...	End idolatry, instead of food or body image humbly seek Spiritual connection with others, learn new coping skills to seek out and manage feelings, seek out compassion and intimacy. Confess all anger, fear, dishonesty, etc.
Pride & Vanity	Worry about what other people think, focus on image, have the last word, be better than others	Focus on status, care about self, better than others, alone, controlling, fear of trusting others, keep secrets, fear weakness	Humble ourselves, trust in God, seek out helping someone else, love someone who is in need, talk about faults, and weaknesses.
Resentment	Hold grudges, fault finding, negative focused, complain, victim beliefs, defensive, plan for the worst	Angry, guarded, hard hearted, thick boundaries, protective, seek retaliation, passive aggressive, and care about self.	Forgiveness, mercy, seek peace, humbly seek to understand others with empathy. Pray for those we find offensive and for spiritual growth.
Fear	Fear dominates our decisions. Fear avoidance becomes a lifestyle	Focus on fear daily, feeling afraid and anxious. Believe hopeless thoughts about the fear.	Learn how fear is a learned behavior and we can gradually change it with God. Humbly seek faith and grow in God's character which can increase faith.
Dishonesty	False flattery to make others feel good, lie to control others, manipulate to get our way. Avoid responsibility.	Think about manipulation and control over relationships. Learn ways to take advantage of others. Lie to ourselves about our spiritual damage. Emotionally fake and spiritually empty.	Humbly confess our dishonesty and take responsibility for our corruption. Be real/genuine, sincere, & honest with others. Seek God's character of compassion, truth, justice, and peace. Let Godly character have control.

Idolatry	Trust in things other than God. Love money and material things/toys. Worship people, appearance, and approval.	Place security and/or dependency upon money, material, status or people. Feel empty, uncertain, lost direction, confused, and alone.	Practice placing God's character as our spiritual food and security. Let go of superficial living. Live deeper. Truth, love, peace, etc. becomes our highest priority. Practice the greatest commandment each day.
Approval from others	Worry about what other's think. Try to win people. Make everyone happy. Control others views.	Nervous, anxious, & fearful of not being accepted. Fear mistakes. What other people think of us dominates our thoughts.	Humbly trust in God, practice making God and his character a higher priority. Desire an honest spiritual relationship with others and learn to be okay with others not approving of us.
Control	We must be in control. Do not trust others. Want something done right do it yourself. Be a step ahead of everyone else.	Put stress on self feeling responsible for everything all the time. Feel anxious and fearful frequently. Fear mistakes and problems. Do more and be better.	Learn to be at peace with problems humbly seeking development of Godly character. Let go of controlling results and let Godly action create Godly results we can't yet understand. We seek peace.
Sloth	Do it later. Avoid discomfort and postpone action. Excuses... I don't feel like it. I'll wait until it feels right.	Understanding is dulled, feel shame and insecure, stunted spiritual growth, hurt relationships, and irresponsible. Disbelief in abilities.	Humbly seek God in prayer and seek support from others. Confess feelings and thoughts. Stop listening to self direction, take small steps toward goal, take action daily for gradual improvement.
Self-pity	I can't. Focus on negative things and think victim messages. Poor me attitude. I'm hopeless and helpless.	Feel miserable & unmotivated, reduce interest and concern for self. Feel hopeless and unworthy. Focus thoughts on negative. Listen to negative messages.	Trust in God's way over our own. Practice God's truth, confess fear & anger, think sincere affirming positive thoughts daily. Spend time with others who have overcome their self pity and ask questions then listen.

Isolation	Keep others out. Don't trust people.	Loss of intimacy, connection, increased loneliness,	Spend time with others daily, build intimacy, and practice compassion.
-----------	---	---	--

Creating such a list will involve seeing parts of ourselves we may wish to avoid. Avoidance often creates more suffering. We ought to seek and align our heart, mind, soul, and strength with God today. Peace can come through our honest confession of anger, fear, hurt, selfishness, and shame. We must look at our destructive character to confess and correct it with Godly action. A student who does not ask questions will limit their learning. So we ought to meet with others and discuss the process. Confusion is a normal development as we become investigators on how we can improve in God's character. We ought to seek understanding with the biblical character of perseverance, humility, endurance, strength, courage, and patience. Humility, strength, and courage work together with Love. Love is the central ingredient that is always present in Godly character.

1 John 1:10 If we say that we haven't sinned, we make him a liar, and his word is not in us. WEB

We ought to guard against arguing, blaming, faultfinding, distracting, etc. Instead we ought to seek out what is right. If we think or say the words, "ya, but" then we can see our own resistance. Instead, we ought to ask ourselves why we are resistant? Why do we seek to find the dust in the eye of another instead of the plank in our own eye? Pride, fear, selfishness, lies, anger and resentment are often involved. Once we remove these and take on an attitude of love, mercy, forgiveness, generosity, peace, truth, justice, and compassion the defensive manners seem to fade away. We ought to see how we can demonstrate God's Goodness, Righteousness, and mercy more than showing everyone how right we are or how much we know. Humility could be the life preserver in our spiritual ocean. We ought to continuously carry humility with us in all our relationships every day.

Sin means we miss the mark

Sin is defined as “miss the mark,” (<http://biblehub.com/greek/264.htm>). Repent means “change my mind” (<http://biblehub.com/greek/3340.htm>) which means we are correctly aligning our minds and hearts with God. Just stopping a sinful activity does not mean we are improving toward God’s Love. Such sin management is rarely productive for our growth towards God. It can reduce severity of the damage caused by it, giving it a first impression of goodness, but often times our hearts remain dulled, which can tend to lead us back into another sin. So we can get caught in cycle of stopping one sin and moving on to another. God’s love does not develop by only reducing or stopping sin. We must seek, follow, and obey God’s will to grow in truth, peace, and love.

Instead of practicing avoidance of sin we ought to look intentionally at God for solutions. The more we focus on and move toward God/the less sin we will seek and practice. Remember, sin means miss the mark, God is the mark, the only way to avoid missing the mark is to hit it. The only way to avoid sin is grow with God. It’s best to create simple achievable goals to build God’s character of Love, Peace, Forgiveness, Mercy, and Generosity etc. within our hearts and minds. We must begin to gradually purify our hearts from our sinful destructive thoughts and attitudes through evaluation, confession, repentance, restitution, meditation, and prayer. We ought to examine ourselves continually to change our mind from corruption toward Godly character traits through making Righteous Adjustments.

We can use the blank chart below as a guide to to work through our inward condition.

Sin	What happened?	Mind & Heart affects	Righteous Adjustment

As we do this we seek God in prayer for guidance, truth, and strength to better do God's will. Facing ourselves is essential to make the much needed corrections and adjustments. It may be best to confess our sin with spiritual brothers and sisters. It can often times help others as much as it helps ourselves.

If we are uncertain about our sin areas we can consult those around us for some ideas. Chances are they might now a few things about us we don't or won't see. If we refuse, then we are back to square one. If we are ready to deny ourselves and trust God we ought not to hesitate whether fear exists or not. We do it despite fear or confusion because it is God's way.

To understand further how to make Righteous Adjustments we will need to gather experiential understanding of God's Righteousness. We cannot fully understand some things until we have experienced it. If all we have ever known was anxiety, how can we understand peace and calmness. We will see it as foreign and resist it. It will feel out of place and awkward. We would not recognize ourselves in such a condition. This can be the case in transformation. We must give ourselves over more and more to experiencing God's character in our minds and hearts to know it deep down into our soul.

Below are Biblical descriptions of spiritual living. We ought to hold these attitudes in our thoughts for increased understanding and participate in them more and more. We first chose and then we act. We ought to seek participation in them each day. We have so much to learn about God and God's Righteousness. The attitude of such Righteousness involves empathy, intimacy, sincerity, seeking peace, truth, and genuineness. Such character traits are intangible and come from God's spirit within us and within others. We ought to spend much of our day paying close attention to our hearts and minds to improve our spiritual eyes and ears. We ought to be truthful, slow to anger, abounding in love, patient with all things, enduring all things, persevering, and standing firm. This is a lifestyle, which can gradually develop our character and understanding of God more and more. Through patience and continued practice over time, as we experience, as we seek, and and as we participate with God our ability to perform God's character can improve in power and strength. Let us live each day experiencing God with

each other and sharing those experiences together. Correction on a daily basis is part of being Christian.

Galatians 5:13-24

¹³ For you, brothers, were called for freedom. Only don't use your freedom for gain to the flesh, but through love be servants to one another. ¹⁴ For the whole law is fulfilled in one word, in this: "You shall love your neighbor as yourself."^[a] ¹⁵ But if you bite and devour one another, be careful that you don't consume one another. ¹⁶ But I say, walk by the Spirit, and you won't fulfill the lust of the flesh. ¹⁷ For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, that you may not do the things that you desire. ¹⁸ But if you are led by the Spirit, you are not under the law. ¹⁹ Now the deeds of the flesh are obvious, which are: adultery, sexual immorality, uncleanness, lustfulness, ²⁰ idolatry, sorcery, hatred, strife, jealousies, outbursts of anger, rivalries, divisions, heresies, ²¹ envy, murders, drunkenness, orgies, and things like these; of which I forewarn you, even as I also forewarned you, that those who practice such things will not inherit God's Kingdom.

²² But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faith,^[b] ²³ gentleness, and self-control. Against such things there is no law. ²⁴ Those who belong to Christ have crucified the flesh with its passions and lusts. WEB

Gradual development of Godly character and transformation is a slow continuous growth occurring through our continued experience and practice of it. We will need to problem solve our confusion and conflict through conversation, prayer, meditation, new learning, and reflection. This requires a commitment with our heart, mind, soul, and strength. If we cannot or will not commit to the task we will be less likely to achieve it. As stated above in verse 24, "Those who belong to Christ have crucified the flesh with its passions and desires," means we are seeking to let go of our selfishness, self-knowledge, idolatry, habitual customs, traditions, wants, desires, and expectations which are devoid of Godly character for a new way of life with God, seeking God's will, way, path, statutes, with obedience, reliance, and faith. We are seeking to build a new spiritual identity through aligning ourselves with God.

"either God is everything or else He is nothing. God either is or He isn't. What was our choice to be?" Page 53 Alcoholics Anonymous.

When we feel angry we can shift our minds and hearts toward forgiveness, humility, peace, and mercy. When we feel anxious we can pause, slow down, breathe, seek peace, serenity, and love while giving up our selfish fears, demands, and preferences. When we are faced with fear we can read helpful scripture, pray for faith, listen for God's Spirit within us, and connect with a mentor or guide for help. Humbling ourselves for help and to take new Godly action is key. The bible instructs us to love each other as Jesus did. Any delay is sin. So, let's get to it.