



FRUIT

What are you doing?
 Sins: Fruit of the flesh (Gal 5:19-21, 26)
 What stopped you in your tracks this week?

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|----------|----------------|-----------------|----------------|
| Lust | Jealousy | Laziness | Entitlement |
| Pride | Quick to anger | Greed | Fear/Anxiety |
| Stealing | Addictions | Hiding/Covering | Blame others |
| Judging | Gluttony | Vanity | Critical/Harsh |
| Gossip | Selfishness | Envy | Hatred |

BRANCHES

What are you feeling?
 What made you feel this way? (Self, others, circumstances)

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|------------------|------------------|-------------|-------------------|
| Fear/Worry | Frustration | Grief | Despair |
| Anger | Jealousy/Envy | Disgusted | Criticized |
| Sadness | Hopelessness | Unsupported | Unsafe |
| Shame | Alone/Loneliness | Insecure | Stressed |
| Depression/Gloom | Doubt | Detested | Overwhelmed |
| Tense | Guarded | Weak | Disheartened |
| Numb | Unimportant | Unloved | Irritable/Cynical |

TRUNK

What do you desire?
 What sounds good?
 Could you use some comfort? Are you wanting to control?
 Are you looking for approval? Is this an issue of power?

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|-----------------|----------|-------------------|
| Comfort/Control | Approval | Performance/Power |
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ROOT

What are you believing?
 Why are you wanting that?

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|----------------------------|-------------------|---------------------|
| I am uncomfortable. | I am abandoned. | I am insignificant. |
| I am overwhelmed. | I am purposeless. | I am pathetic. |
| I am shameful. | I am alone. | I am worthless. |
| I am not enough. | I am unsafe. | I am weak. |
| I am unknown. | I am fearful. | I am useless. |
| I am insufficient/failure. | I am unsupported. | I am purposeless. |
| I am helpless. | I am insecure. | I am unimportant. |
| I am out of control. | I am unseen. | I am unworthy. |

Who told you this?
 "Who told you that you "were naked"?"

What will we do instead?

(What fruit is available to you to experience now? i.e. Fruit of the Spirit: Gal 5:22-23 - love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control)

Worship, rest, experience freedom, etc.

Who is Jesus to you now?

Who are we in light of who God is and what He has done?

We are children of God.	We are loved by Him.	We are His pleasure.
We are secure in Him.	We belong to Him.	We are significant in Him.
We are comforted by Him.	We have His approval.	We can rest in His finished work.
We find deep peace in Him.	We are delighted in.	We are free to be in Him.
We are hidden in Him.	We are covered by Him.	We are fully forgiven in Him.

How does He comfort me in Christ? How am I trusting in God's control in Christ?

How does He make me -lovable in Christ? -significant in Christ? -belong in Christ?

How does He make me significant in Christ?

What has He done (particularly in Christ) for us to know this?

(What does God's word say about us?)

He wants me.	He gives me belonging.	He gives me significance.
He removes my shame.	He protects me.	He gives me worth/value.
He makes me righteous.	He includes me.	He forgives me.
He comforts/walks with me.	He validates me.	He completes me.
He understands me.	He accepts me.	He gives me strength.
He is present with me.	He sees me.	He gives me meaning.
He gives me security in Him.	He loves me.	He takes all my guilt.
He gives me peace.	He gives me honor.	He gives me purpose.
He is my refuge.	He casts out fear.	He is pleased with me.

Jesus secured the Father's comfort and control.

Jesus was rejected so we can have the Father's full approval and belonging.

Jesus performed perfectly for us and gave up the power so we can be significant and find our purpose in Him.

Who is God?

He is trustworthy and secure.	He is safe.	He is strong.
He is present.	He is love.	He is joy.
He is in control.	He is refuge.	He is powerful and holy.
He reigns on the throne.	He is gentle.	He is gracious.
He is good.	He is merciful.	He is just.
He is faithful.	He is protector.	He is right/righteous.
He is peace.	He is unchanging.	He is healer.

God is good so I don't have to look elsewhere for my satisfaction. God is great so I don't have to be in control.

God is glorious so I don't have to fear others.

God is gracious so I don't have to prove myself.

Adapted from Crossroads Bible Church.

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ROOT

