

**EXAMPLE:**  
**Sin Pattern: Fear of Man/Co-dependency**  
**Idol: Peace from Others, rather than Christ**

<b>Understanding my PATTERN &amp; TRIGGERS</b>	<b>How do I TURN FROM SIN?</b>	<b>How do I TURN TO CHRIST?</b>
<p><b>WHO influences your struggle?</b> Me, my mind Certain people with debating/strong personalities, when I have an issue or concern to bring up or better understand.</p>	<p>Before being in their presence, choose to thank God by name for them, and for elements of their personality, and that he has made of different for a purpose.  Don't assume I understand their motive or behavior.</p>	<p>Ask the Spirit to help me see relationships are his normal means of sharing me/us to be more like Christ – being settled in him as my “rough parts” get exposed.  Pray God would use us in one another's lives to grow to be more like him. (Eph 4:16)</p>
<p><b>WHAT ways I access my struggle or triggers to my struggle?</b> Obsessive thoughts /worry about response and feeling out of control Spend too much time thinking about how I will say what I say, and put it off</p>	<p>Journal my thoughts once – thoroughly – versus think frequently about them without engaging with God. Bring these into the light with God.</p>	<p>For each one, ask for God's wisdom and truth: is this true or a lie? is this motivated by fear or unknowns or by love? (Phil 4:18)  Talk through these with trusted community/friends. Ask for input on where I am off.</p>
<p><b>WHEN are you vulnerable?</b> When I feel insecure and put too much weight on their response to me. When I share something that I don't have it “figured out” and things feel confusing, like I need to figure it out.</p>	<p>Confess to God and others fear and feelings to have it figured out before bringing it to their attention.  Practice the habit of sharing what I think/feel before having it figured out  Confess over-responsibility; I don't need to “figure it out or fix it”.</p>	<p>Take extended time with God to pray further through deeper issues of change in my heart, that have nothing to do with the person or topic. The deeper repentance is for sin beneath the sin – which is against him: - My trust in self over God (Prov 3:5-6) - My lack of receiving satisfaction in God's affirmation regardless of other's response (Eph 2)</p>
<p><b>WHERE do you frequently struggle?</b> Prior to seeing the person Anticipating talking about the issues</p>	<p>Take some time in solitude/prayer before engaging, reviewing this chart.</p>	
<p><b>WHY you struggle – what are the feelings, desires, needs to fill or escape from struggle?</b> Fear of losing the relationship, respect / Fear of feeling out of control or shut down in conversation  Desire peace and relationship.</p>	<p>Ask God to remind me what I REALLY want - a loving healthy relationship – and to help me do my part. (Jer 6:14)  Be okay with loss of these things or confusion. Be more secure in Christ. Admit I have and will fail in trying to love well but I don't want to neglect loving.</p>	<p>Ask God for open eyes and faith to receive all affirmation from Him as a daughter... to free me to love courageously. (2 Tim 1:7)  Believe God is powerful enough to change my heart to love out wisdom in this relationship (James 3:17)  Ask God to change my heart to please God over man. (Galatians 1:10)</p>
<p><b>HOW are you tempted to move towards/act on the struggle?</b> Worry, thinking without turning to God Holding back from communication/presence with that person</p>	<p>Be humble and pray for insight and truth to acknowledge where Negative Interpretation and anticipating Negative Interpretation is happening.  Setting a date to get together and share, not putting it off.</p>	<p>Turn to God, asking Him to show me where I am off in how I see things or act, make my heart pure and give me a motive to truly love. Engage with the person trusting in God. (Matthew 7:3-5)</p>