

FACTSHEET

Who will you choose to listen to—the lies from your past or the Truth from your Father (God)?

The Natural Person

The *natural person* is somebody who isn't a Christian yet. It describes the old story and the way things were before Jesus came. Natural people are separated from God. They're spiritually dead. They are striving for their security, significance, and acceptance outside of God. A natural person might seem happy, but ultimately their stories lack meaning and spiritual life because they don't have that connection to God.

The Spiritual Person

The *spiritual person* is a Christian who lives by God's Truths. *The mind governed by the flesh equals death, but the mind governed by the spirit is life and peace.* You have a choice to make about whether you want to walk according to the promptings of the Holy Spirit, or according to the pull of the flesh in your life. *If we're not proactive about following the spirit and going forward in that, by default, we will roll back down the hill to the life that God has not called us to.*

The Fleshly Person

A *fleshly person* is still a Christian, but they're ignoring the spirit and listening to the flesh. Their position is exactly the same as a spiritual person. Their stories change, their destiny is still sad, but you might struggle to notice it. You might see them as a bit hypocritical because their life will look more like the natural person than the spiritual person. They struggle to overcome addictions and they're likely to get stuck in old bad habits.

Strongholds

Strongholds are particularly entrenched, habitual ways of thinking that don't line up with God's Word.

What do you turn to when things go wrong?

- **God**
- **Work**
- **Drinking**
- **Drugs**
- **Shopping**
- **Food**
- **Sex**

Whatever it is that you use to cope, in order to escape, is not part of your core identity. It is carried over from your past.

Remember, everything changed, right to your core, when you came to Jesus. No one has pressed the delete button in your mind, so the old ways of thinking are still there until you change them by renewing your mind.

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Your Takeaway

The choice is WHO you choose to listen to:

The lies from your past or the truth from your Father

Jesus invites us to a journey with Him day by day, to walk with Him, and to live a life that's interwoven with His. As you focus on your relationship with Him, you will find that you will walk by the Spirit, and automatically, you will not gratify the desires of the flesh. The fruit of the spirit will grow and you will become more and more like Jesus.