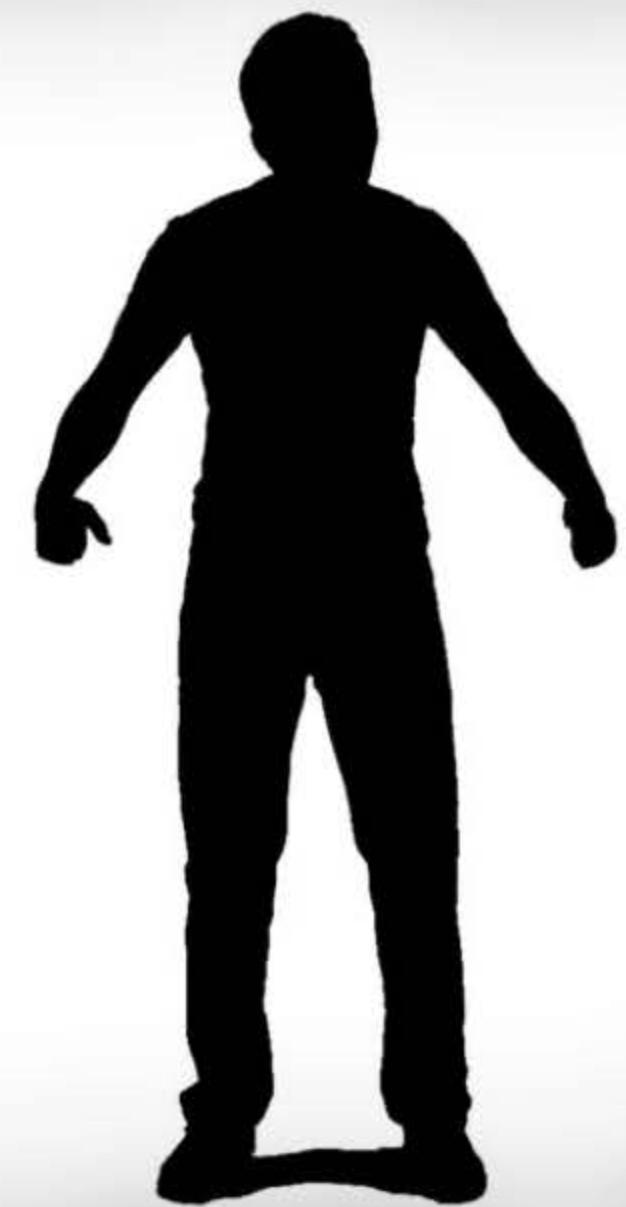


# MOVING BEYOND



# FIGHT OR FLIGHT

# Moving Beyond Fight or Flight

## SCRIPTURES TO STUDY

- Jesus' Confrontation: John 18:33-38 ESV
- Check your Self: Romans 8:17 TPT,  
Colossians 2:10 TPT
- Check the Source: Hebrews 12:11 AMPC
- Check the Information: Proverbs 15:32 NLT,  
Proverbs 10:17 ESV
- Transformed to Transform: 2 Cor 1:4 TPT

## MAIN POINTS, DEFINITIONS & APPLICATION

- We've been led to believe that the only 2 options in conflict are "Fight or Flight;" but what if there's another option: FAITH!!
- We don't have to respond to confrontation with panic, offense, defensiveness or combative responses. We can choose another way.
- In His exchange with Pilate, Jesus responded to confrontation by keeping His focus and responses on His God-given identity and purpose. The opinions or disappointments of others did not dictate His identity or purpose. Neither do our own mistakes, shortcomings or failures.

## WHEN YOU FEEL YOURSELF SLIPPING INTO FIGHT OR FLIGHT MODE:

1. Check your Self - DON'T JUMP OFF THE CLIFF! Analyze your emotions and remind yourself of the truth of your identity, who you are and what your purpose is.
2. Check the Source - identify where God may be in the midst of this conflict. What is He possibly trying to teach you through the hardship?
3. Check the Information - Despite the messenger or how it was delivered, could there possibly be some level of truth to what was said?

# Moving Beyond Fight or Flight

## MAIN POINTS, DEFINITIONS & APPLICATION

### OUR GOALS:

- Remind yourself "I WANT to grow!!" Embrace the discipline, correction and conflict. There is always something to take away for your betterment.
- Catch the impulse BEFORE it's released - This requires hands on experience. Trial and error.
- I have found that it's better to analyze your Fight or Flight patterns outside of the heat of the moment, rather than in the fire. DO. THE . WORK.
- The Pain, Hardship & Conflict (etc) have a purpose: You are blessed to be a blessing, comforted to comfort, transformed to transform.
- ALLOW the Lord to do the heart surgery in YOU so that you can assist in performing the heart surgery for others.