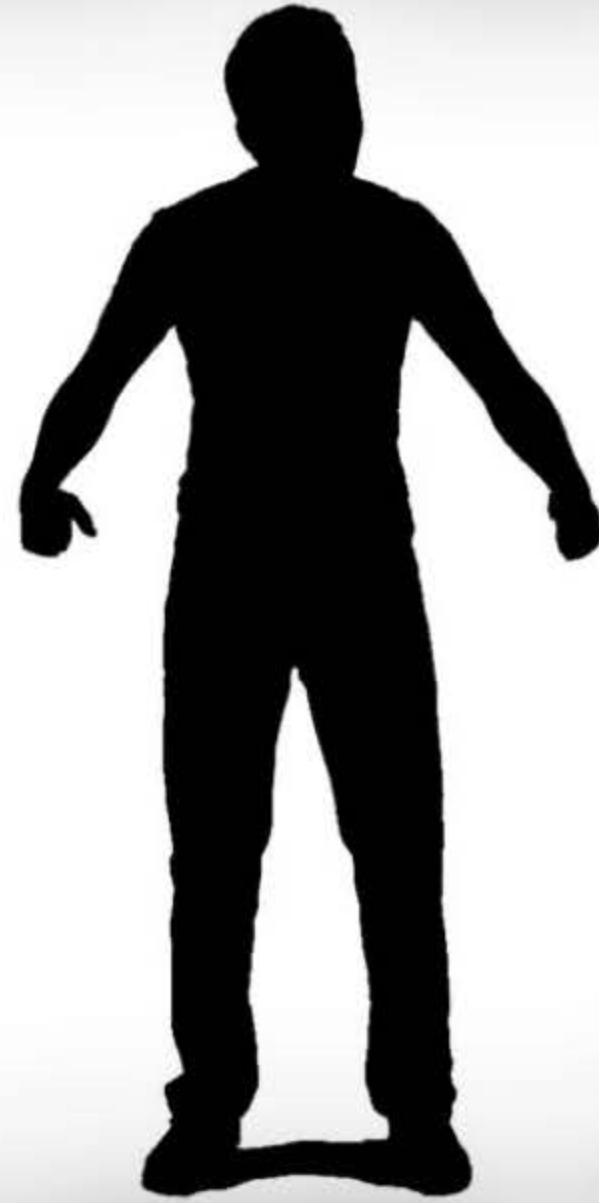


MOVING BEYOND



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.