

Lesson Two Analyze and Identify

I. We Should Analyze Our Characteristic Ways of Sinning.

A. We must “go long.”

Map out what has occurred in the past. Try to think back to major Significant Emotional Events (SEEs) that have impacted your life. SEEs may be physical (I lost 150 pounds over one year), spiritual (I was saved in 2005), life events (graduated college), regrets (sex before marriage), accomplishments (MVP on college volleyball team), etc.

B. We must “go deep.”

1. What is going on? (Situation)
2. What do you do in response to what is going on? (Responses)
3. What do you think about what is going on? (Thoughts)
4. What do you want out of what is going on? (Desires/Motives)

II. We Should Identify Our Underlying Heart Issues.

We each have specific idols that have a tendency to rule our hearts and turn our worship away from God. Rate yourself on the following items. Don’t overanalyze yourself. These are common, but not all-inclusive, symptoms that can reveal what may be happening in our hearts.

Rate each of the following statements:

1 – almost never 2 – sometimes 3 – more often than not 4 – to a great extent

1. _____ I become anxious when facing the unknown.
2. _____ I become anxious when faced with being alone or excluded.
3. _____ I do whatever is necessary to avoid stress.
4. _____ I become anxious at the possibility of failure or rejection.
5. _____ I become anxious when not in control.
6. _____ I fear my weaknesses/sins being exposed.
7. _____ I fear something bad will happen.
8. _____ I become defensive or hurt when criticized.
9. _____ I strongly dislike having to make sacrifices.
10. _____ I worry about not being the best.
11. _____ It is important to me that I feel respected.
12. _____ It is important to me that I feel accepted.
13. _____ It is important to me that I feel safe.
14. _____ It is important to me that I have “me time.”
15. _____ It is important to me that I am a hard worker.
16. _____ I make decisions based on what will keep me from showing my faults or weaknesses.
17. _____ I make decisions based on what will please others.
18. _____ I make decisions regardless of others.
19. _____ I make decisions based on what will bring results.
20. _____ I make decisions based on what feels good.
21. _____ I make decisions based on what will require the least amount of responsibility.

22. _____ I either “shut down” or panic when bad things happen.
23. _____ I feel angry or anxious when I am unable to do anything.
24. _____ I will do or say whatever is necessary to get what I want.
25. _____ I will become defensive when others place expectations on me.
26. _____ I am easily offended by the actions or words of others.
27. _____ I feel inadequate or insignificant when not recognized by others.
28. _____ I base my identity on the opinions of others.
29. _____ I base my identity on what I accomplish.
30. _____ I base my identity on winning or positions of power.

- A. Add up the score you gave yourself on the following numbers: 1, 6, 7, 13, 16, 22 _____
- B. Add up the score you gave yourself on the following numbers: 2, 8, 12, 17, 26, 28 _____
- C. Add up the score you gave yourself on the following numbers: 3, 9, 14, 20, 21, 25 _____
- D. Add up the score you gave yourself on the following numbers: 4, 10, 15, 19, 27, 29 _____
- E. Add up the score you gave yourself on the following numbers: 5, 11, 18, 23, 24, 30 _____

Circle the numbers in A-E that you scored as a “3” or “4”

Identify the letter(s) you scored the highest on and the ones you scored the most 3s and 4s on. Read the corresponding descriptions below and think about whether they accurately describe you. There is a good chance at least one of these areas can tend to take prominence in your life and lead you away from worshiping God alone.

Match your highest score with the description below.

- A. You fear the possibility of anything bad happening – health problems, loss of financial security, a broken relationship, having your faults and weaknesses exposed – and therefore you often fear the unknown. Your decisions are often based on what will maintain the status quo and keep you safe. When things begin going bad, you feel anxious and depressed and you may panic, shut down, or run away. You dislike being singled out. The idol that may rule your heart is a desire for **security**.
- B. You fear being alone or excluded; you wrestle with feelings of jealousy in your relationships; you can quickly feel offended by what others do or say; you make decisions based on what will please others and make them like you; you may avoid conflict or avoid others for fear they will reject or judge you. The idol that may rule your heart is a need for **acceptance** or belonging.
- C. You fear stress and dislike anything that requires too much work, responsibility, or high expectations; you avoid anything that disrupts your plans and will become angry when your plans are interfered with; you avoid having to make sacrifices; you make decisions based on what feels good. The idol that may rule your heart is the desire for **comfort**.
- D. You have the tendency to be task oriented and will avoid people if they prevent you from completing a task; you enjoy recognition; you can become defensive at criticism; you want to feel significant by what you achieve; you may fear failure or imperfection. The idol that may rule your heart is the drive for **achievement**, success, or significance.
- E. You fear not being in control; you are driven by the chance to win or to have a position of power or responsibility; you can become angry or anxious when others try to control you; you are willing to be manipulative to get what you want; you strongly dislike being wrong or being asked to back down. The idol that may rule your heart is the need for **power** or control.

Ask for God’s forgiveness for turning to idols. Remember, God’s grace is undeserved favor. He won’t reject you. He gives grace to all who seek his forgiveness and help as they trust in Jesus.