i-Skill 7A: STANDS in Christ

The Attacks Against You In Christ: Assume that some people may agree with your Core Values in Christ—such as a belief in the resurrection and forgiveness—but oppose your Life Vision in Christ—be a pastor, work for a not-for-profit for the homeless, give your money to a cause in your will. Also assume that some people may agree with your Life Vision in Christ but may disagree with and even reject your Core Values in Christ—such as “return good for evil received”. In either case, you will always need to defend both your Core Values and Life Vision in Christ. Therefore, let us focus on doing that right now.

A. If you were to share your Life Vision or your Core Values in Christ with your peers or co-workers, list some of the deflating things some of them might say against them.

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3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

B. If you were to share your Life Vision and Core Values in Christ with your family, list some of the deflating things some of them might say against them.

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C. Sometimes when you go over your Core Values and Life Vision in Christ in your own mind, list some of the deflating things you have or might say to yourself as Paul did in Romans 7.

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3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Draw what your face and shoulders would look like if you were to:

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| --- | --- | --- |
|  d. believe all the above negatives against your Core Values and Life Vision in Christ; |  e. reject all attacks and remain centered in Christ in your  Life Vision and Core Values.  |  f. reject all attacks, but lose self-control and attack back. |

Physiological Effects of the Attacks on You

A. On the previous page, you imagined your peers or co-workers attacking your Core Values and/or your Life Vision in Christ.

A1. As a result of that imagined conflict with your peers, describe where you felt that conflict in your body and what it felt like.

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A2. As you imagined those attacks coming, what was going through your mind? Write down what you were thinking.

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B. On the previous page, you imagined your family attacking your Core Values and/or your Life Vision in Christ.

B1. As a result of that imagined conflict with your family, describe where you felt that conflict in your body and what it felt like.

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B2. As you imagined those attacks coming, what was going through your mind? Write down what you were thinking.

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C. On the previous page, you reviewed how you attacked your own Core Values and/or your Life Vision in Christ.

C1. Imagine undermining your own Core Values and Life Vision in Christ as Paul described in Roman 7. Describe where you felt that in your body and what it felt like.

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C2. As you experienced yourself not living your own Core Values and Life Vision in Christ what was going through your mind? Write down what you were thinking.

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When you have finished, restart the video.