



# Learning to Live

Welcome to Part 3 of 3



# **Stepping into Freedom**

## **Admitting powerlessness**

What does it mean to be powerless?



- **Body**

- **The Flesh**

- **How we feel can corrupt the body**

- **Soul**

- **Who we are**

- **The will can corrupts the soul**

- **Spirit**

- **How to know God**

- **What we believe can corrupt our spirit**

# Sin Nature

- Where does the Sin nature come from?
- Can the sin nature be cured?
- How can I resist the sin nature?

# Amending my ways

- **All three bring about change**
  - **Body    Soul                      Spirit**
- Resist the urges
- Think about the results
- Trust the rewards of God

# Anchoring my walk

- Promise
  - From God
- Purpose
  - For God
- Priorities
  - For others
- Possibilities
  - For you

# Godly Parenting

- Four Foundational Principles
  - Marriage
  - Communications
  - Discipline
  - Innocents

# Gods most excellent Design

- Husband and Wife Equal but different
  - Balance
    - Physical
    - Emotional
    - Spiritually



# Communications

- What type of words do you use?
- Is truth about God discussed?
- How do you communicate?
- Who leads conversations?

# Discipline

- What is Godly Discipline?
- When should I punish?
- Will it provoke change?

# Handling Loss and Grief

- Joy
- Hope
- Perseverance
- Truth

# Resolving Conflict

- Extreme
- Balance
- Approach
- Results

- **Learning to Live Initiative: *Decision Making***
- *DECISION MAKING* teaches participants how to change harmful thought processes through Biblical awareness. Changes in current thinking as well as processing past disappointments are the focus of this insightful class.
- Text: Overcoming Setbacks
  
- **Learning to Live Initiative: *Anger Management***
- *ANGER MANAGEMENT* is an integral course in self-awareness with a faith-based perspective. Participants will learn to recognize and label anger as an emotion. Personal triggers and past results of anger will be examined as a means to retrain positive anger management.
- Text: Anger: Our Master or Our Servant
  
- **Learning to Live Initiative: *Personal Integrity***
- *PERSONAL INTEGRITY* addresses positive life-changing through a faith-based strategy. A host of damaging addictive behaviors (substances, behaviors, and relationships) is analyzed. Alternative coping strategies are presented through a basis of the Word of God.
- Text: Stepping Free

- **Learning to Live Initiative: Godly Parenting**
- *GODLY PARENTING* offers the participant real strategies for raising children in an ever-changing world. With the Bible as the guide, principles for building a stable and nurturing relationship between parent and child will be discovered.
- Text: Godly Parenting
  
- **Learning to Live Initiative: Perseverance**
- *PERSEVERANCE* concentrates on managing situations of loss and grief in one's life. Participants will learn to view and utilize Scripture as a means of healing and pressing on to better life positions.
- Text: Handling Loss and Grief
  
- **Learning to Live Initiative: Resolving Conflict**
- *RESOLVING CONFLICT* instructs participants to be peacemakers using a faith-based construct. The topics of identifying causes of conflict, resolving conflict, and causing an improved outcome following conflict are the key principles of this course.
- Text: Peace Making