

Heat/Suffering

Sickness, pain, marital conflict,  
rebellion, financial hardship, lack  
of clarity, abuse, deceit, natural  
disaster, death, homelessness,  
hormonal imbalance

Bad Fruit

Anger – bitter, impatient, judgmental,  
abusive, frustrated  
Fear – controlling, paranoid, insecure,  
frozen, anxious  
Despair – hopeless, self absorbed,  
depressed  
Foolishness – unsatisfied, lazy, rebellious

Good Fruit

Love, Joy, Peace, Patience, Kindness,  
Goodness, Faithfulness, Gentleness,  
Self-Control, Compassion, Humility,  
Meekness, Forgiveness, Wisdom,  
Thankfulness  
(Gal 5:22-23, Col 3:12-17)

Beliefs/Lies

God isn't just/trustworthy/caring/enough  
God is disappointed in me  
It will always be this way  
If I don't do something, no one will  
My circumstances need to change to be ok  
I'm too far gone to have relationship with God

Beliefs/Truth

I belong to God (1 John 3:1)  
There is no condemnation (Rom 8:1)  
God hears and answers my prayers (Matt 7:7)  
I can have peace now (Phil 4:7)  
I can have contentment now (Phil 4:11-13)  
God gives me everything I need (Phil 4:19)



Transformation is made possible by the perfect life, death, and resurrection of Jesus,  
and by the work of the Holy Spirit in our sanctification

Root Affections

Strong marriage, obedient children,  
good friends, respect, success, comfort,  
financial stability, health, talent, safety,  
wisdom, victory over sin. I want gifts.

Repent – confess root affections

Put off the old self (Eph 4:22)

Renew – allow your mind to be  
changed by God's Word (Eph 4:23)

Obey – put on the new self (Eph 4:24)

Root Affection

Relationship with Jesus, God's glory, joy  
in Christ regardless of circumstances,  
hope for his return when he will make  
all things right. (1 Kings 8:61)