

The Exchanged Life Ministries
of
Denver, Colorado

presents

The Exchanged Life Conference

Encouraging Christians to believe in Jesus Christ
as their
Savior, Lord, and Life

*I have been crucified with Christ;
and it is no longer I who live, but Christ lives in me...*
Galatians 2:20a



elmco.org

Contents

Ministry and Training Programs	3
Conference Schedule	4
Session 1: Introduction	5
Session 2: The Nature of the Flesh	7
Session 3: The Exchanged Life	13
Session 4: The Believer's Victory	23
Session 5: The Believer's Identity	28
Session 6: Journey to the Cross	32
Session 7: Living the Exchanged Life	37
Appendix 1: Thirty Manifestations of the Flesh	39
Appendix 2: Who Am I?	45
Appendix 3: What Happened To Me?	46
Appendix 4: Clarification of the Term "Exchanged Life"	47
Appendix 5: Recommended Reading	48
Appendix 6: Questions for Discussion	50

Ministry and Training Programs

The purpose of Exchanged Life Ministries is to help equip the body of Christ to experience, mature in and effectively communicate the message of the cross (Galatians 2:20) in their various spheres of influence so that all may know Christ as Savior, Lord and Life.

We are first and foremost committed to training others and guiding them toward meeting the above-stated purpose through **conferences**, **workshops** and **advanced training** to equip discipleship counselors. While we do not provide formal counseling certification, we do offer an accredited Certificate of Ministry as well as a Masters of Ministry degree through our **New Life Bible Institute** (elmco.org/equipping/NLBI) in partnership with the Antioch School of Church Planting and Leadership Development (Antiochschool.edu) grounded in a clear grasp of the whole gospel that includes the training found in the conference, workshop and advanced training.

Exchanged Life discipling and counseling is a Biblical, Christ-centered method of discipleship counseling. It is based upon Galatians 2:20a, "I have been crucified with Christ, and I no longer live but Christ lives in me." Most Christians have been taught that Christ died for their sins, but few have been taught the truth of their death with Him. Consequently, few Christians find victory in their lives. Although they have been set free from the penalty of their sins, they have not yet experienced freedom from the domination of the flesh.

The message of the believer's identity with Christ is not new. It has been discovered, lived and preached by many people down through the years. We use the truths of the Exchanged Life as a discipleship counseling method. God has used these truths to set thousands free from the bondage of the flesh.

In addition to training, we provide discipleship counseling to individuals and families.

Welcome!

We are so happy that you are here. Our desire is for God's very best for you in every way.

We will try to honor your time by adhering as closely as possible to the announced schedule. Will you help us to do this by being in your place promptly at the beginning of each session and after breaks?

Conference Schedule

Session 1: Introduction

Session 2: The Nature of the Flesh

Session 3: The Exchanged Life

Session 4: The Believer's Victory

Session 5: The Believer's Identity

Session 6: Journey to the Cross

Session 7: Living the Exchanged Life

Session 1:

Introduction to The Exchanged Life Conference

I. What is God's greatest purpose for His children?

A. Possible Answers:

1. _____ the Lord
2. _____ the Lord
3. _____ the Lord
4. _____ the Lord

B. God's Answer

It is Jesus Christ expressing his life _____ and _____ us
that gives God His greatest glory.

God gave His life _____ us,
that He might give His life _____ us,
that He might live His life _____ us.

II. What hinders God's purposes?

A. The two ways of living:

The _____:

The _____:

B. The _____ hinders the expression of Christ's Life _____ us.

III. What is our plan for this Conference?

A. The Problem - The Nature of the Flesh

B. The Solution - The Exchanged Life

C. Overcoming Strongholds - The Believer's Victory

D. A New Creation - The Believer's Identity

E. Experiencing the Exchanged Life - Journey to the Cross

F. Living the Exchanged Life

Session 2: The Nature of the Flesh

I. Introduction: A Revelation is Needed!

One of the most important factors in Christian growth is the Holy Spirit's revelation of the self-life to the believer... In order for one to get beyond just knowing about the Lord Jesus and enter into a consistent and growing personal knowledge of, and fellowship with Him, one must *first* come to know oneself... **No believer will truly come to know the Lord Jesus as his life until he knows by experience the deadly self-life deep within for what it is.**

Self-revelation precedes divine revelation – that is a principle for both the humbling of self for salvation and the breaking of self for spiritual growth. The believer who is going through struggle and failure is the Christian who is being carefully and lovingly handled by his Lord in a very personal way. He is being taken through the experience of self-revelation and into death; the only basis upon which to “know Him and the power of His resurrection and the fellowship of his sufferings, being made conformable unto his death” (Philippians 3:10).

“How infinite are the forms in which self appears. Some are occupied with good self. They pride themselves on their excellencies. Others are just as much occupied with bad self. They are forever groaning over their imperfections, and struggling with the flesh as if they hoped in time to improve it. When shall we be convinced it is so utterly bad that it is beyond all recovery? Our experience, upward, in the power of God is just in proportion to our experience, downward, in ceasing from self” (Evan Hopkins).

From “Self” in Miles Stanford, *Principles of Spiritual Growth*

Depending on which version of the Bible you use, the “flesh” may also be known as the “sinful nature,” “self,” or as we use it in this Conference – the “self-life.” Later in the Conference it will be distinguished from the “old man” and the “power of sin.” **The flesh is the means by which we operate out of our own resources, doing things our way, thus attempting to achieve our own acceptance and/or our own victory.** The flesh is in operation in a non-Christian continuously. In a Christian, the flesh is operating whenever the believer is not abiding in Christ and walking by the Spirit, and thus is operating under the power of “indwelling sin.”

II. Understanding Our Problem

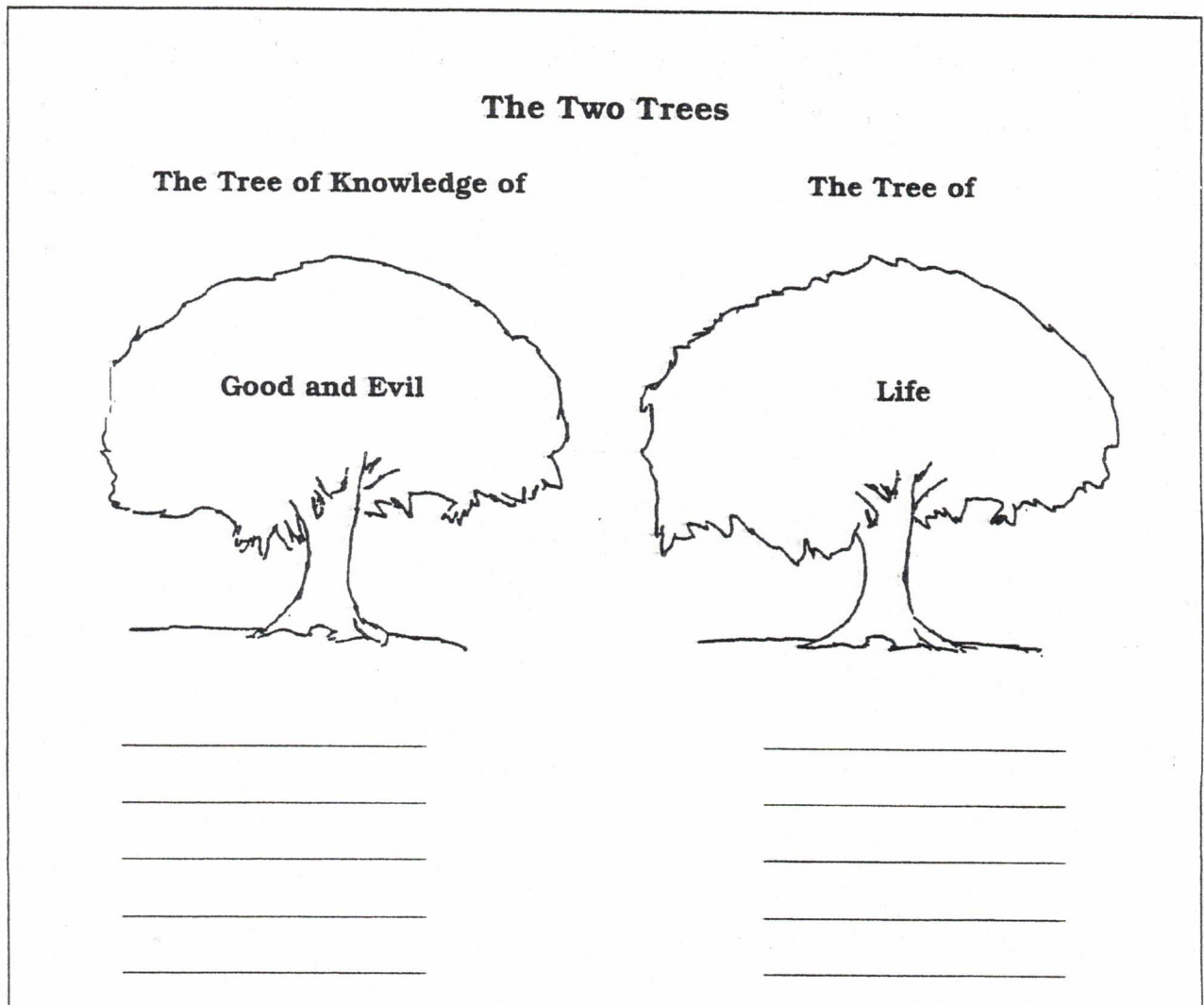
A. The Traditional View:

B. The Biblical View:

The flesh is the condition where my focus is primarily on myself when I am living out of my own resources in order to: 1) Cope and deal with life, 2) Solve my problems, 3) Meet my needs, and 4) Become a success!

III. The Biblical Origin of Our Problem

Diagram 1



IV. Varieties of Flesh

- A.
- B.
- C.

V. The Most Common Characteristics of Flesh

A. Flesh is a _____

Purpose of Control:

1. To keep _____ from controlling or getting too close to us.
2. To keep us from being overwhelmed by _____.
3. To _____ ourselves from others: to be sure we _____ others rather than others _____ us.
4. To keep our emotions _____.

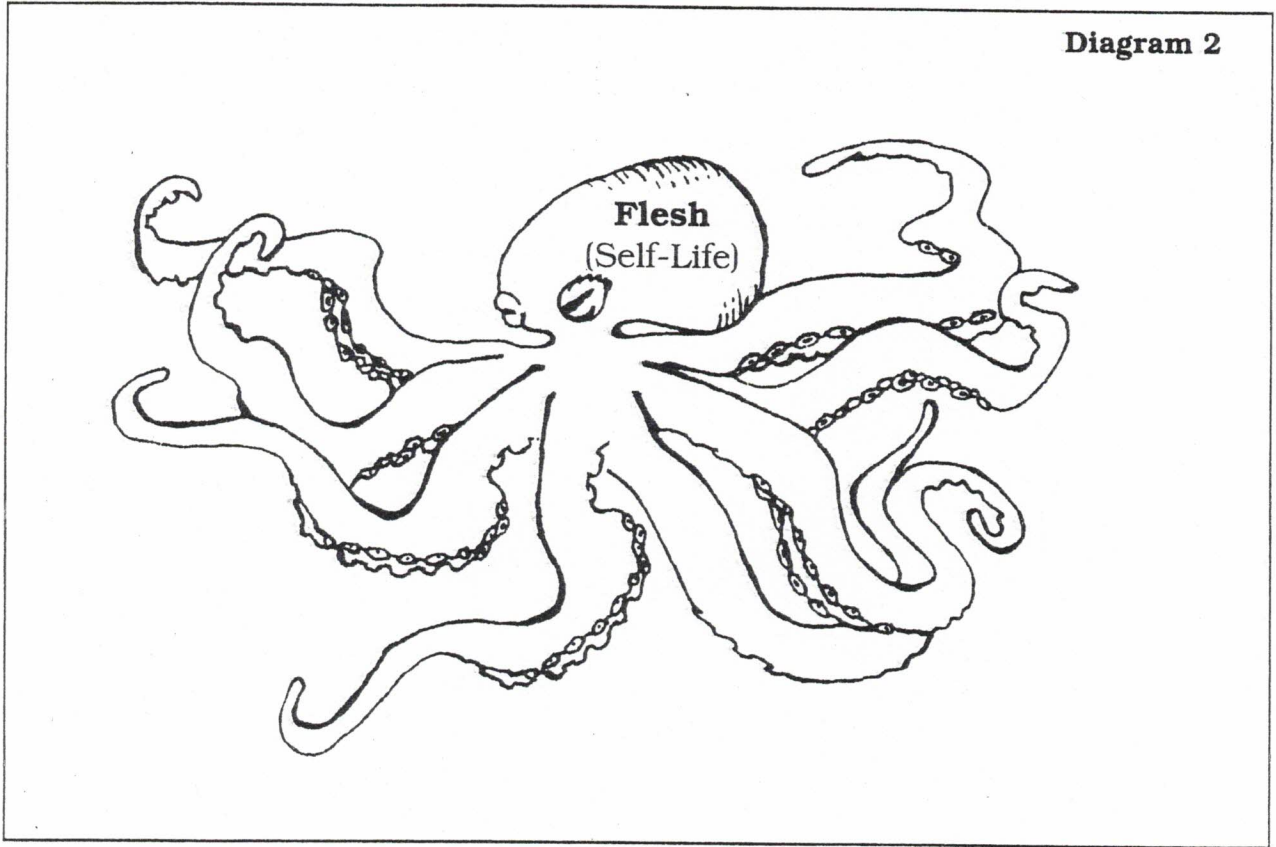
Methods of control:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Control measures cannot _____ or _____ the flesh. They can only temporarily _____ its behavior.

B. Flesh is _____.

C. Flesh is like an _____.



D. Flesh holds me _____ and _____ me.

E. Flesh is _____.

F. Flesh builds its identity based on _____.

G. Flesh is _____.

H. Flesh is an _____.

I. Flesh is a _____.

Messages about myself that I have received...

--	--	--	--	--

Have led me to feel and think this way about myself...

BELIEFS **FEELINGS**

which motivates me to build protective layers like these.

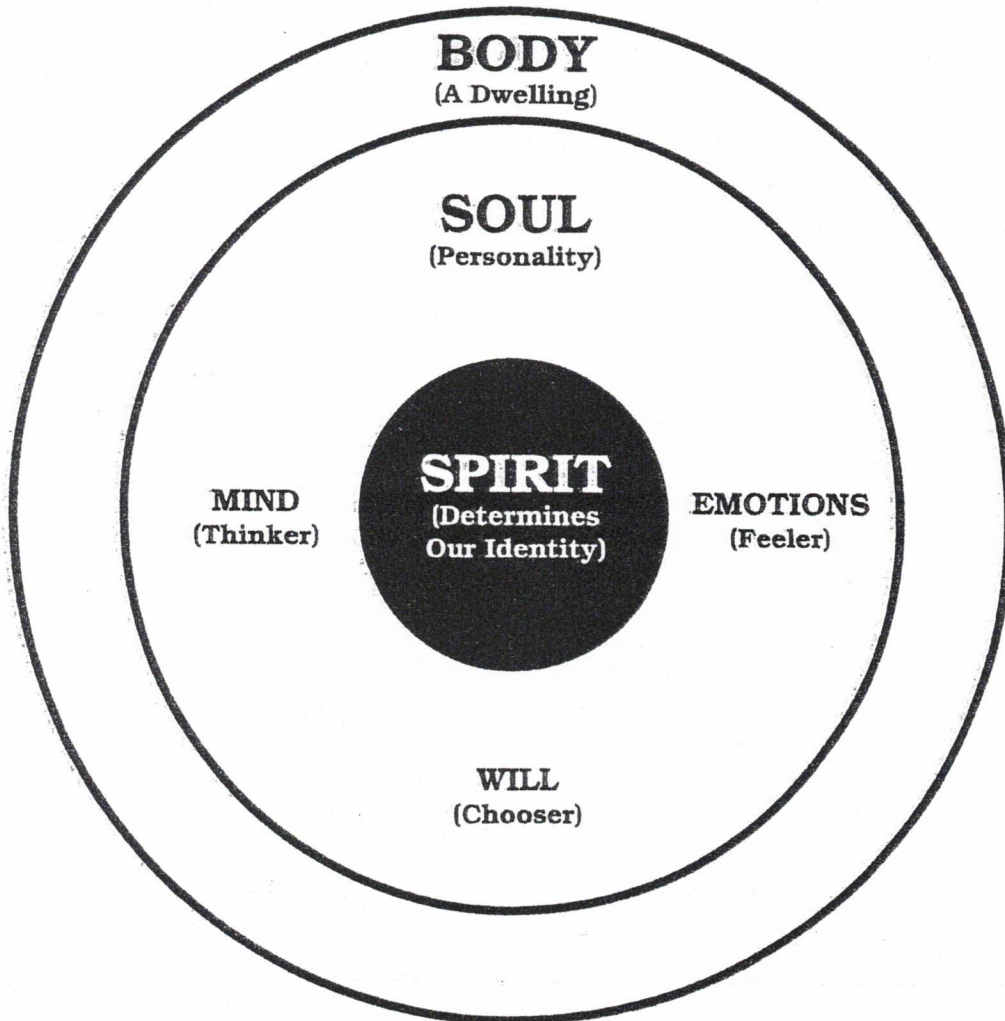
**Session 3:
The Exchanged Life**

Diagram 4

A Biblical Picture of Humanity

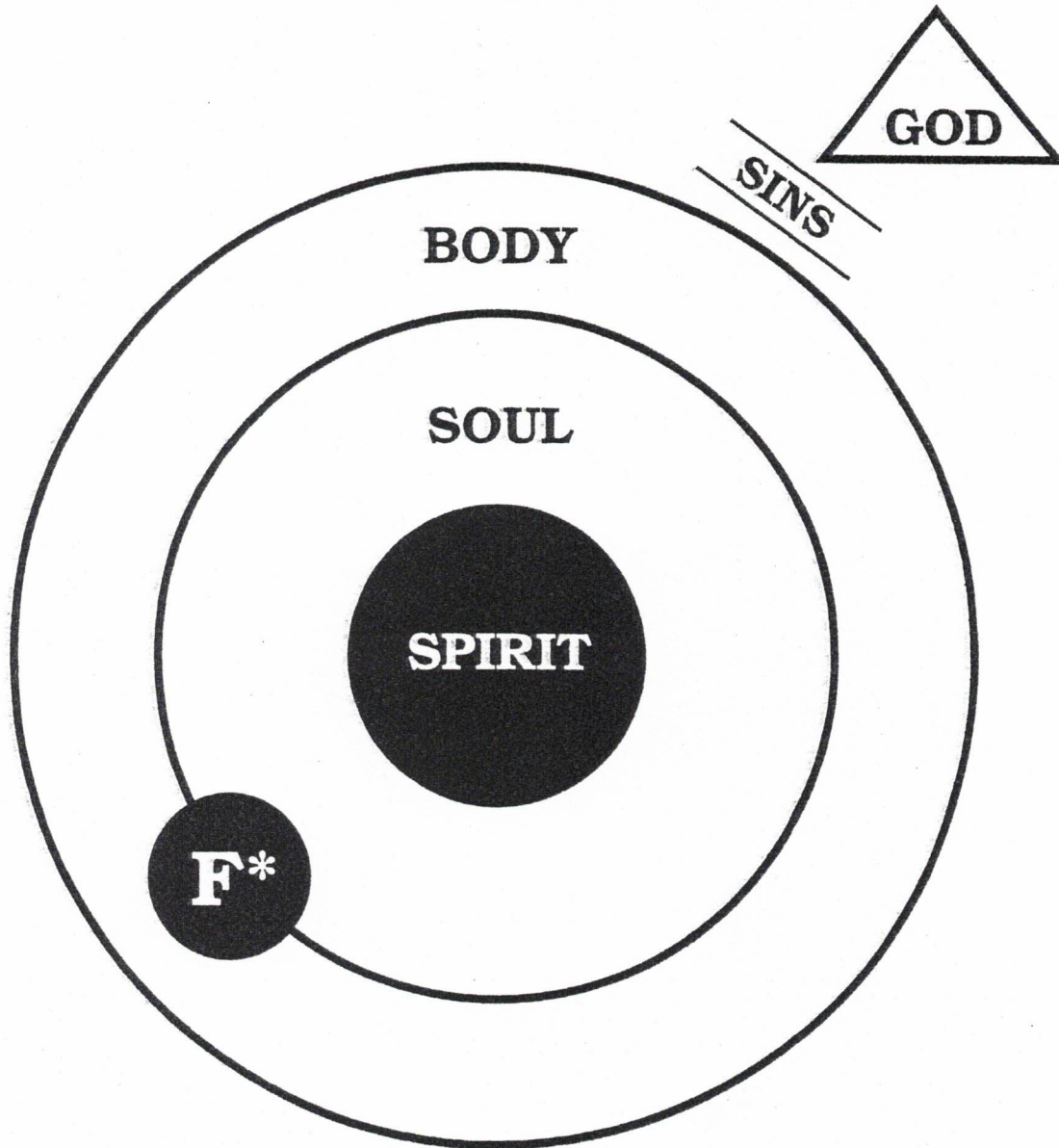
A THREE-PART WHOLE

(1 Thessalonians 5:23)



Man is essentially a _____, who has a _____,
and lives in a _____.

The Pre-Salvation Person

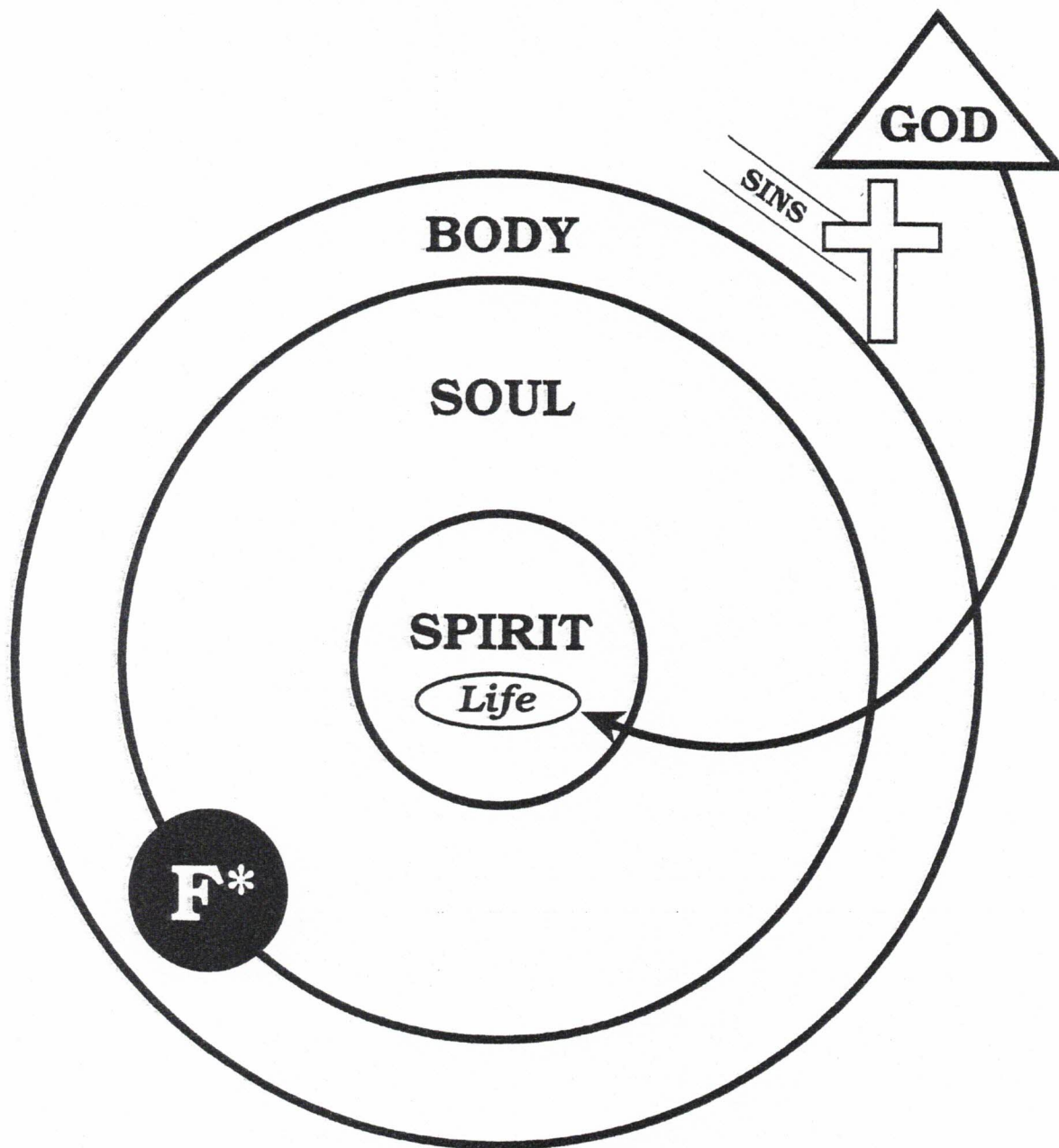


*Flesh; also called 'Self-Life'

Isaiah 59:2
Ephesians 2:1-3

Man's basic problem at birth is that he is _____ from God and therefore, without _____.

The Saved Person



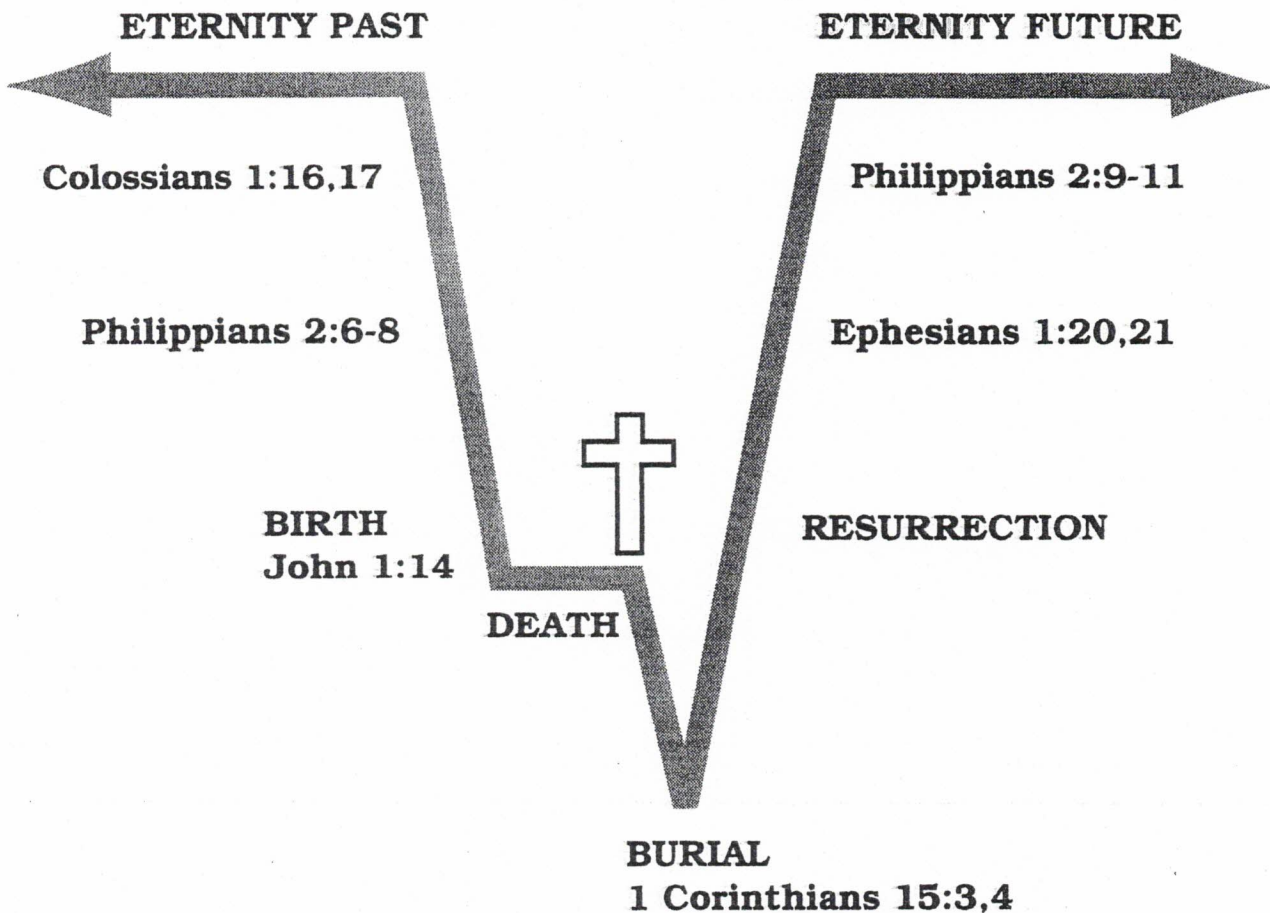
*Flesh; also called "Self-Life"

Ephesians 1:7
Romans 5:10

God gave His life _____ us, in order to give His life _____ us,
in order that He might live His life _____ us.

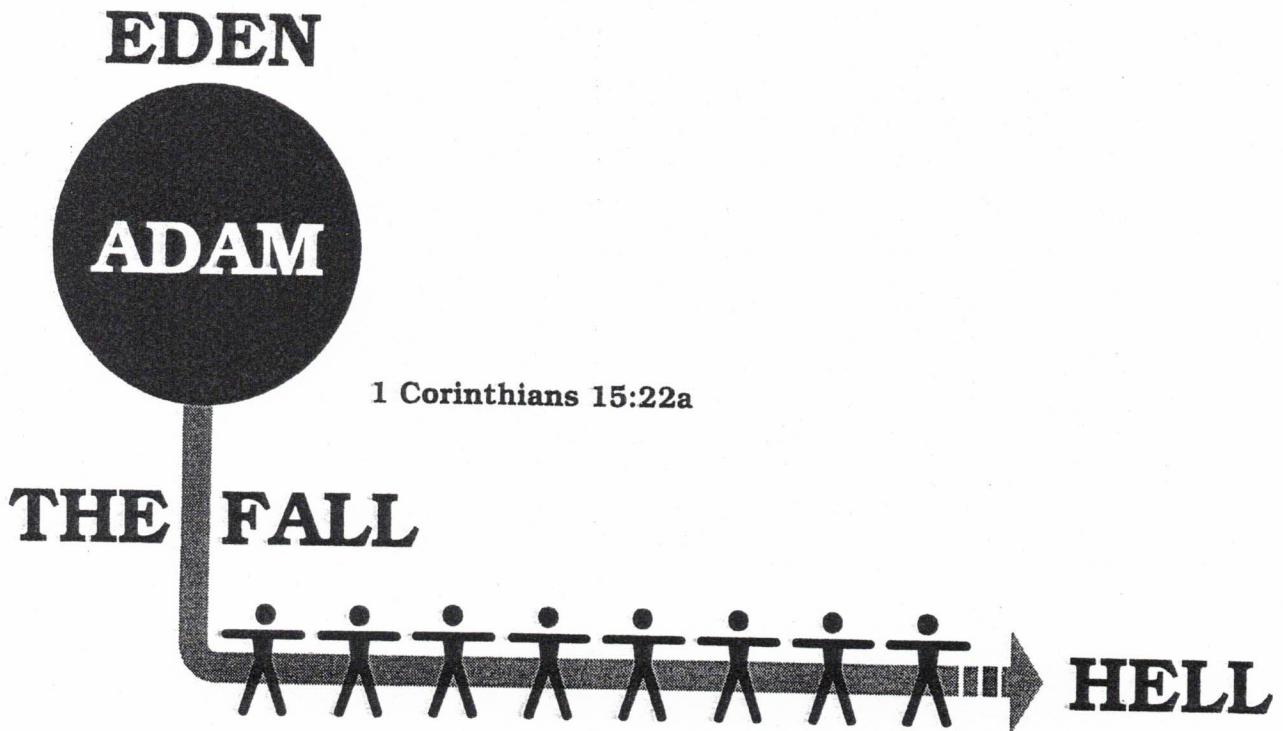
Eternal Life is Christ's Life

I John 1:1,2; 5:11-12, 20



Eternal Life is not something that _____ when we become a Christian. It is something we _____ and of which we become a _____ at the moment of salvation. It is receiving a new life altogether – Christ's Life!

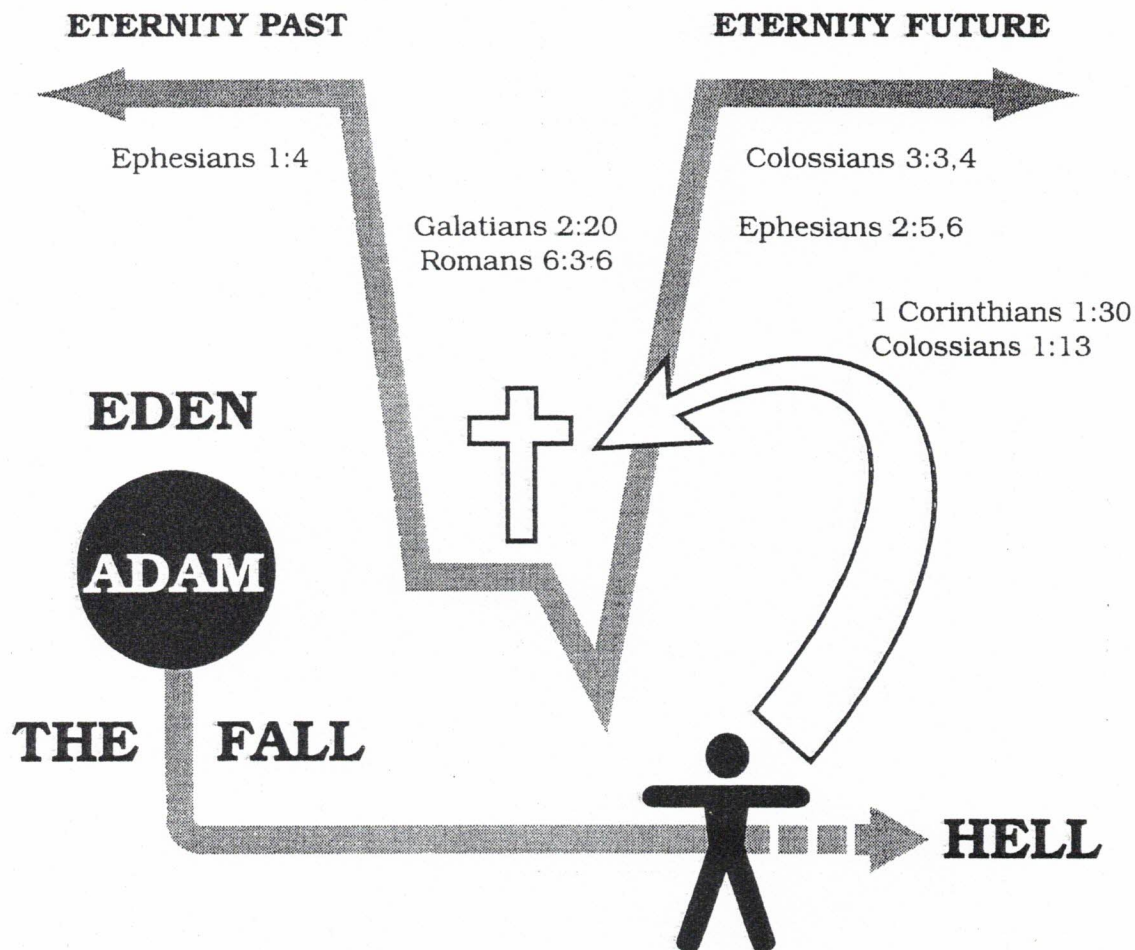
In Adam



Since we were all _____, when he:

1. _____, we _____. **Romans 5:12b**
2. _____, we _____
and were left to our own _____. **Romans 5:15**
3. Was _____, we were _____. **Romans 5:18**
4. Became a _____, we became _____. **Romans 5:19**

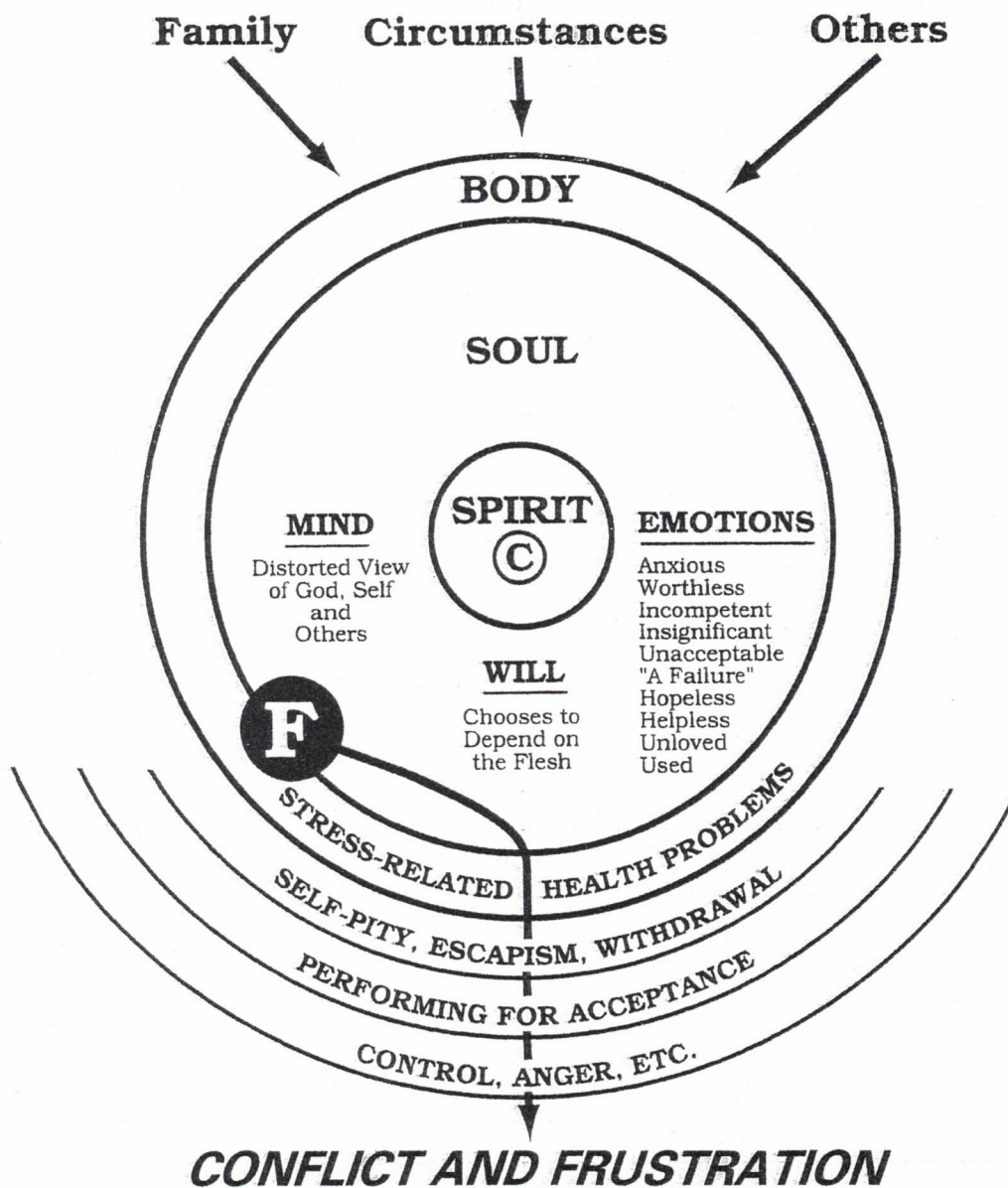
In Christ



1. Our Old Self (Old Man) was our _____
2. At salvation, God took us _____ out of Adam and placed us into Christ.
3. We participated _____ in Christ's death, burial, resurrection, ascension and seating at the right hand of the Father.
4. We have a _____. We can live in our strength, or we can give up on our fleshly efforts and allow Christ to live _____ us.

Negatively Programmed Flesh

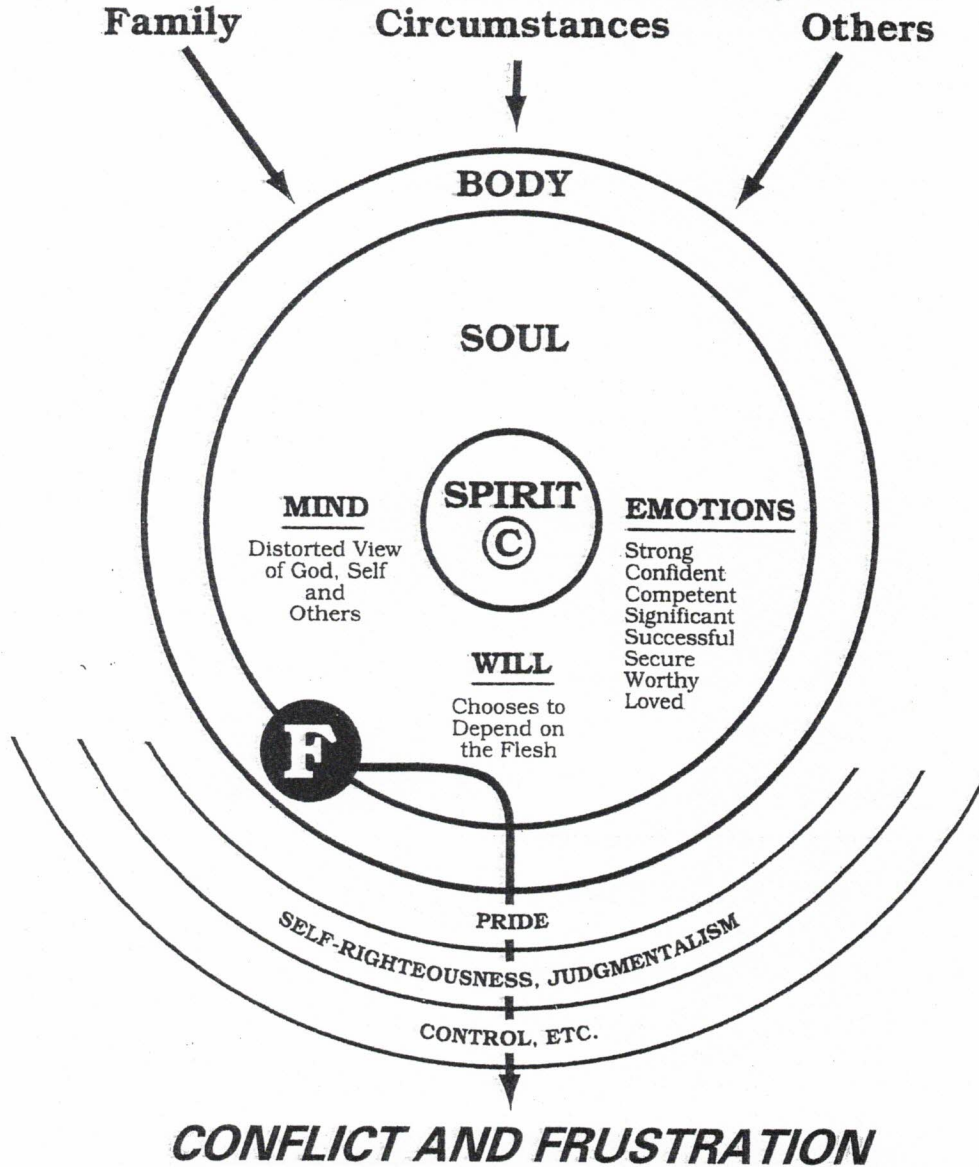
(Many Rejective and Traumatic Experiences)



When the person depends upon his _____ to cope with present _____ and past _____, the result is ultimately _____ and _____.

Positively Programmed Flesh

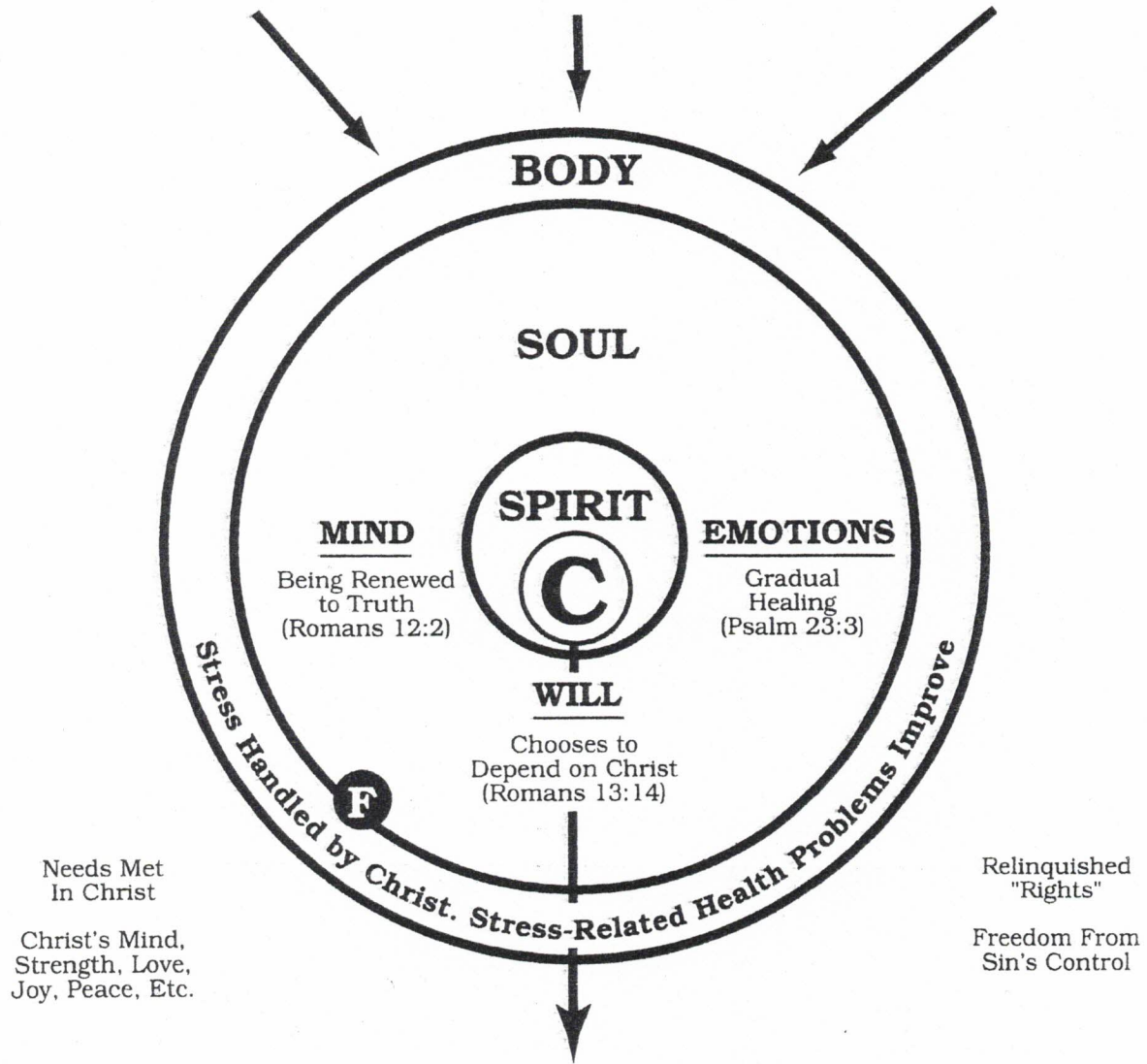
(Positive Experiences and Few Rejections)



God loves both His _____ and _____ programmed children enough to do whatever it takes to reveal the _____ of the flesh, so that we will be ready to exchange the _____ for the _____.

The Exchanged Life

"All Things" (Romans 8:28)

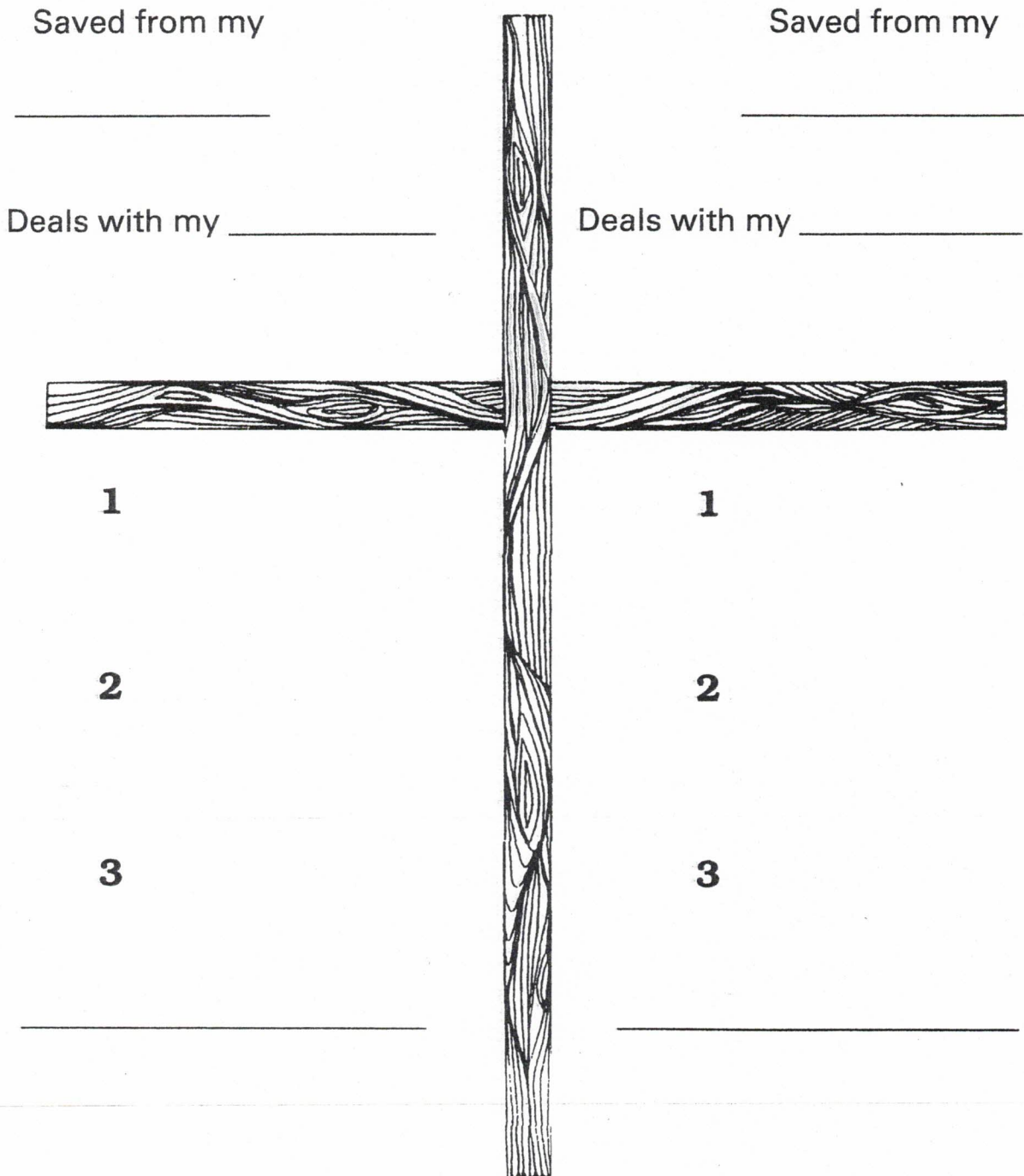


VICTORIOUS LIVING!

(Romans 15:18, Ephesians 3:20)

Christ living _____ through us is victorious living!

Two Aspects of Salvation



Grace

Grace

Faith

Faith

Ephesians 2:8, 9

Session 4: The Believer's Victory

More Than Conquerors?

I. Introduction

II. The World's Method of Achieving Victory in One's Life

- A.
- B.
- C.
- D.
- E.

III. Some Deceptions Regarding Victory

- A.
- B.
- C.
- D.
- E.
- F.
- G.

IV. Romans 6:1-14

"If I could communicate only one section of the Bible to believers, it would be Romans 6:1-14." Dick Flaten, author of *The Marvelous Exchange*

Observations key to understanding the passage:

Romans 6:2 & 6:11 are like _____ to Romans 6:3-10.

Christians have not "died" to _____ sins, but to the _____ of sin.

In Romans 6:3, 6, 9 Paul emphasized that there are some things we must _____.

In Romans 6:3-5 _____ is a _____ of our _____ with Christ in both His death _____ resurrection.

Romans 6:6 has three _____:

1st " _____ our old self (NASB, ESV) was crucified with Him..."

Note: Old man (KJV): The unregenerate human spirit of the unbeliever

This happened at the _____ of our salvation.

2nd " _____ our body might be 'released' (lit.) from sin..."

_____ in Romans 6:6 is the same word as _____

in Romans 7:2 & 6

3rd " _____ we would no longer be slaves to sin"

The moment we trusted Christ we were _____ from the _____ of sin.

In Romans 6:11 there is something we are to _____.

This is the same word that is used in Romans 8:18

Meaning: To _____ something; to _____ as true what is true;
it is a synonym for _____.

In Romans 6:12-13 there are some things we are to _____ and _____.

As believers we now have a _____: Choose not to _____ or to _____.

Important Points:

We have died to _____ as a _____ inside us that tempts us to commit _____ "sins."

We can now choose _____ to sin.

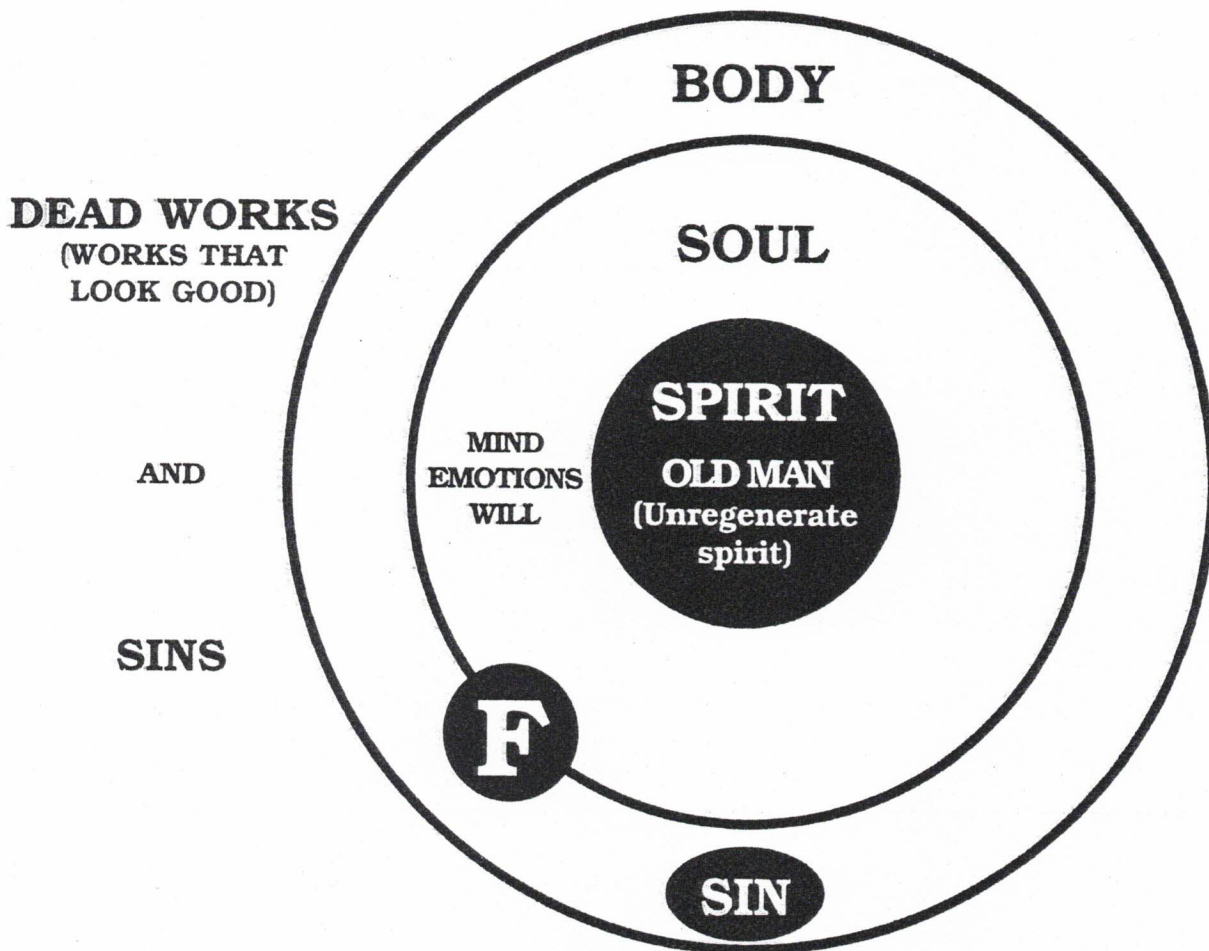
V. Romans 8:2

Law: A principle stating something that _____ works in the _____ way under the _____ conditions.

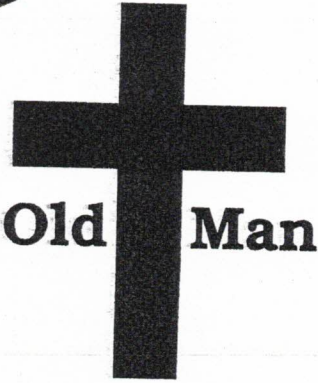
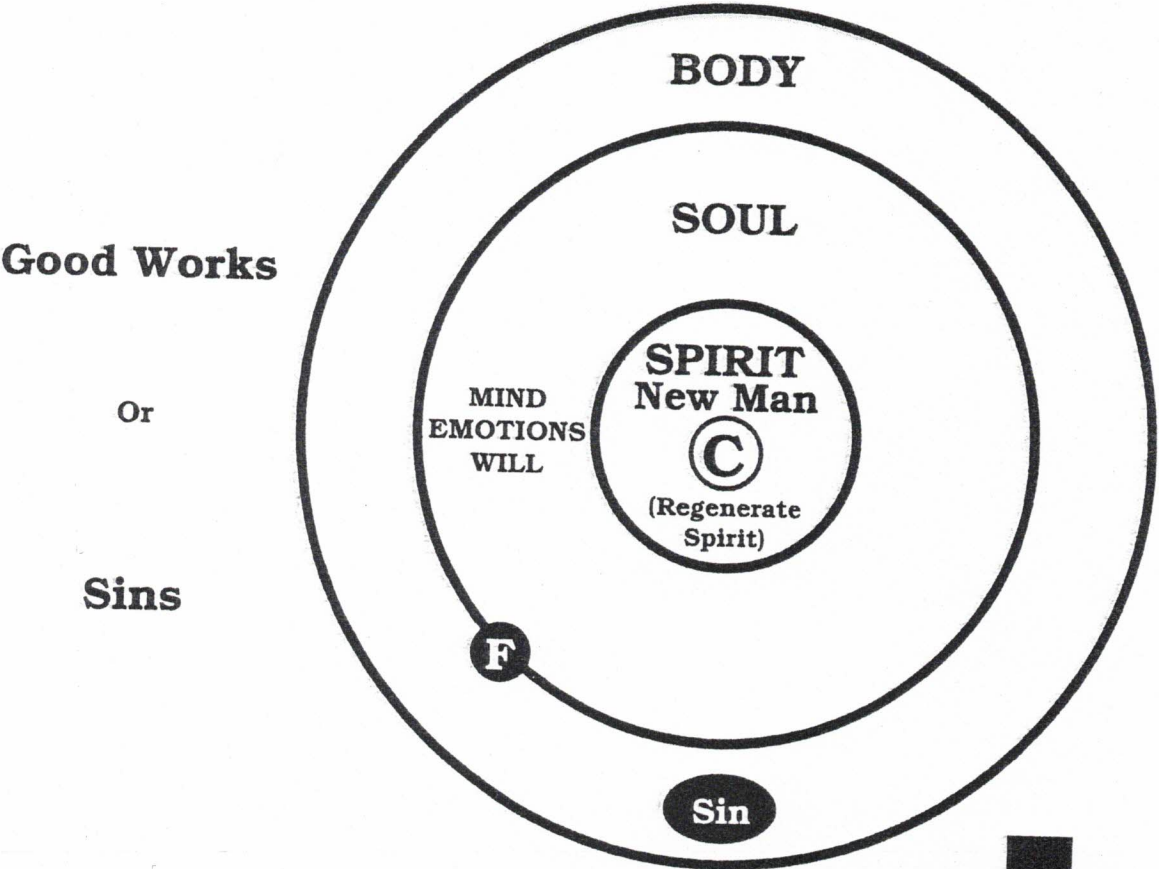
Sin: An unholy _____ which is in _____ but not _____.
(The source of temptation from within.)

Death: _____ carried to its _____ (extremity).

Unbeliever



Believer



Romans 6:6a
Ezekiel 36:25-27

Session 5: The Believer's Identity

Who Are You?

I. Introduction

The issue of identity is as important in a person's life as the issue of victory (Session 4). The believer's identity is especially important because Christians have been seen historically as forgiven sinners who have developed their self-esteem the same way the world has.

1. Self-image or self-esteem based upon the _____ perspective

The usual methods of developing self-esteem or one's self-image are based on:

- a. The _____ of the _____
- b. _____ and _____ in tasks
- c. _____ attitudes toward children
- d. Our _____ of _____ attitude toward us
- e. _____ acceptance and rejection

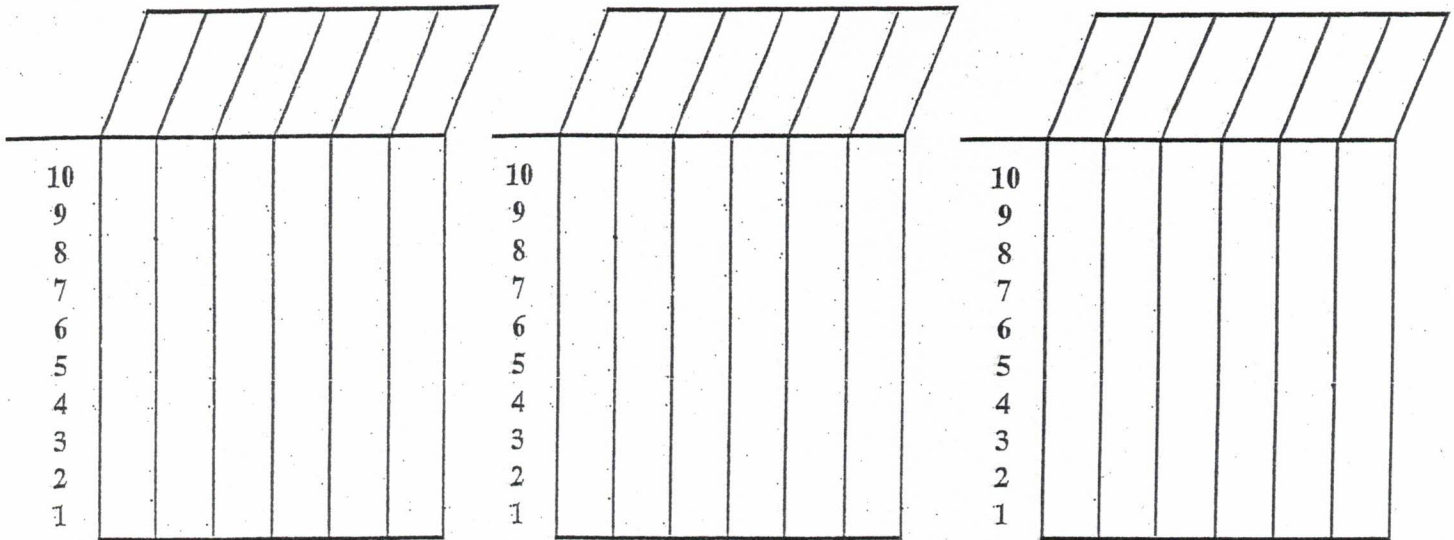
2. Self-image or self-esteem based upon the _____ perspective

The believer's self-image must be based on what God says about us in Scripture (See **Appendix 2: Who Am I?** and **Appendix 3: What Happened to Me?**). An important aspect of our identity is our righteousness in Christ. The issues of law and grace affect both our acceptance and our identity.

II. Law and Grace

Expectations for Acceptance

Diagram 15



Expectations = _____ = _____

Key Scripture passages concerning the Law:

- Romans 7:4-6
- Romans 9:30-32a; 10:3-4

We are no longer in an _____ system;
we are now in a _____ system.

III. The Method

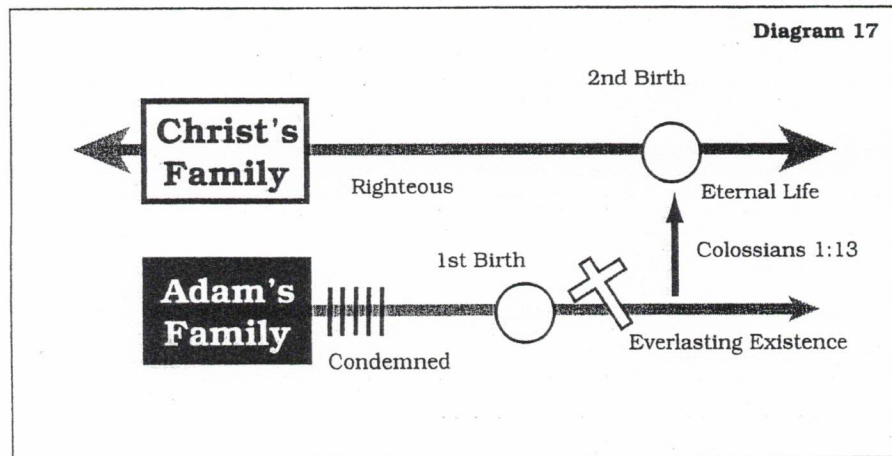
What Determines Who I Am?

Forgiveness removes _____
but it does not give us _____

Christ's righteousness became ours by:

A. _____

B. _____



Key Scripture passages concerning our righteousness:

- 2 Corinthians 5:21
- Philippians 3:9

IV. Possible Deceptions Regarding Righteousness

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

V. Prayer of Faith

Father, I admit that I have labored on a treadmill, trying to meet standards for acceptance, bearing fruit for death.

I thank You that when I was crucified with Christ You removed me from an achieving system and placed me into a receiving system. I do hereby accept the gift of Your righteousness which is now my righteousness.

From now on, no matter what my feelings, memories, behaviors, the world or Satan tells me, I agree with Your Word that I am the righteousness of God in Christ Jesus.

By God's grace,

Signed: _____

Session 6: Journey to the Cross

I. Hindrances to Experiencing the Exchanged Life

- A.
- B.
- C.
- D.

II. Understanding Our Position vs. Our Condition

- A. Position:
- B. Condition:

III. Our Unique Journey

IV. The Need for Brokenness

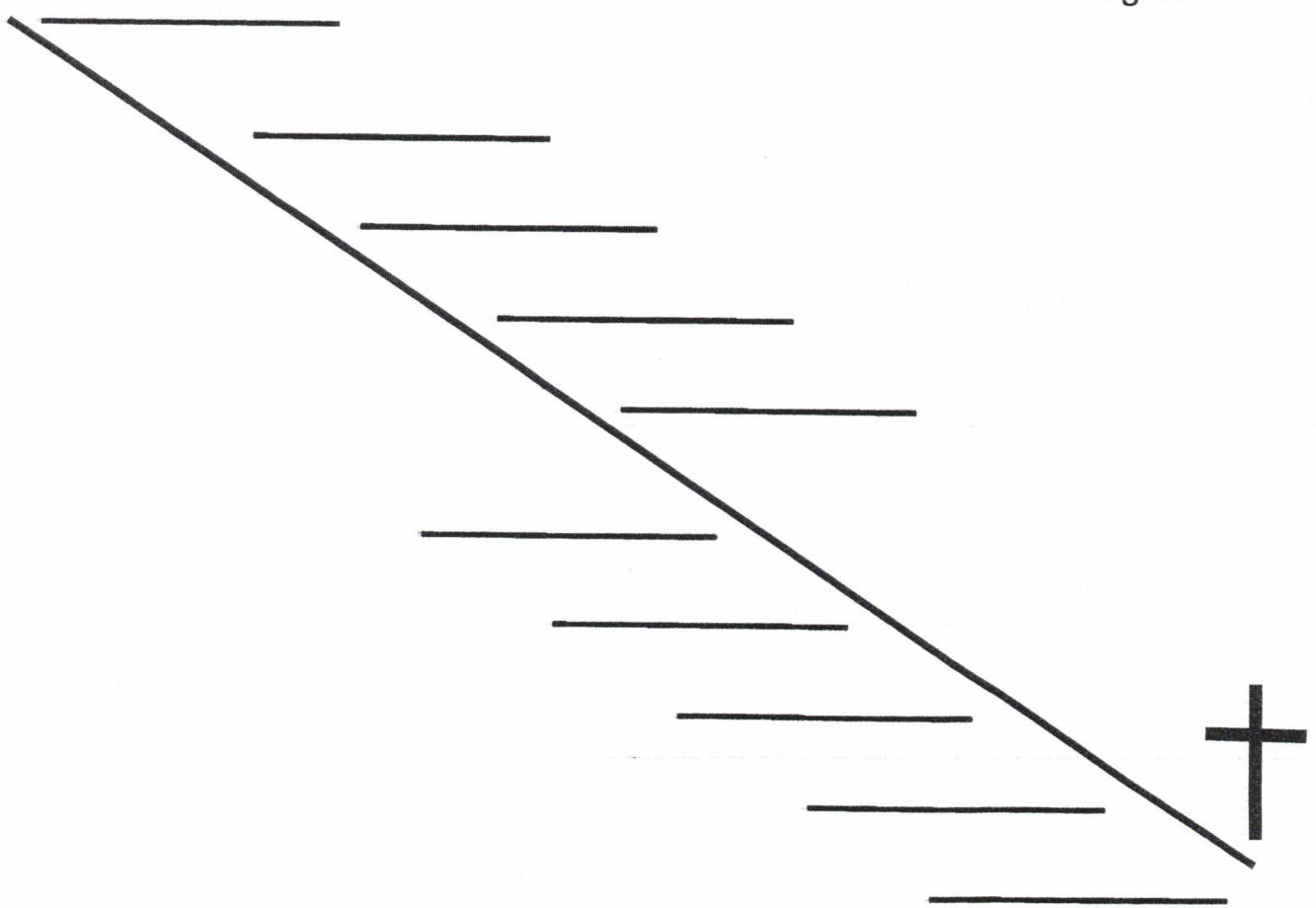
- A. The Purpose of Suffering
 -
 -
 -

B. The Process of Brokenness

1. Illustrated in Paul
II Corinthians 1:9, 10; 4:7-12

2. The Correlation between Christ's Suffering and Ours
Philippians 2:5-13; Philippians 3:10

Diagram 14



C. The Evidence of Brokenness:

Brokenness is evident when you no longer react with your previous flesh patterns when the following rights are challenged:

- Your right to possessions.
- Your right to a good reputation.
- Your right to have acceptance.
- Your right to be successful.
- Your right to have pleasant circumstances.
- Your right to presume on the will of God.
- Your right to life itself.
- Your right to beauty or strength.
- Your right to have friends.
- Your right to be heard.
- Your right to take offense.
- Your right to avoid reaping from what you sow.
- Your right to be right.
- Your right to see results.
- Your right to be loved by others.
- Your right to _____.
- Your right to _____.

Further evidence of brokenness:

- All of my rights have been surrendered.
- I am willing not to be in control.
- I am not believing in or living by feelings or old patterns, but by Christ within.
- I am obedient out of a love motive because I want to, not because I have to.
- I am not performing for God but I am actively letting Christ perform in and through me.
- I am willing to fail.
- I am willing to be weak.
- I have a sense of total inadequacy in self-strength (2 Corinthians 3:5).
- I have a sense of adequacy in Christ through His strength (Philippians 4:13; 2 Corinthians 3:6).
- I recognize God's power in my weakness (2 Corinthians 12:9, 10).

I am depending upon Christ to meet my basic inner needs for:
acceptance, meaning and purpose, identity, power over sin,
strength and victory.

I am trusting God, whatever happens, and resting in Him even with
external turmoil.

I am seeking Christ Himself more than His benefits.

I am forgiving of all (Ephesians 4:32).

I am willing to be rejected.

I am transparent and willing to share failures.

I am vulnerable and willing to share failures.

I am ready to let others receive the credit.

I am genuinely humble.

I am placing value upon those who have little or no value to myself.

I am teachable.

I am willing to be misunderstood.

I am willing to be broken again.

D. The Prayer of Brokenness: The Selfer's Prayer

Dear Father,

Thank you for delivering me from life in Adam and placing me in Christ Jesus.

I confess that I have been a selfer and a total failure in and of myself. I have been struggling to live the Christian life out of my own resources.

I admit that I have been trying to get my needs met through people, achievements and possessions.

I now give up on my self-sufficiency and do hereby commit my life unconditionally into Your hands. I give up all my rights and expectations and give You permission to make me into the kind of person You want me to be

I believe Your Word that I have been crucified with Christ and have been buried and raised with Him into newness of life. I claim resurrection life as my life. I have been raised into the heavenly places and I believe that I now am seated at the right hand of the Father.

I choose as an act of my will to claim that Christ is my life, my power and my identity. I thank you that my identification with Christ makes me totally acceptable and that all my need is met by Christ Jesus.

I choose to believe these truths regardless of my circumstances and I trust You to make this real in my experience in Your timing.

I yield myself totally to the indwelling Christ for obedience. Do with me whatever you choose. Glorify and manifest Your Son in my life.

In His Identity,

Session 7:

Living the Exchanged Life

I. Ephesians

Three key words:

1.

2.

3.

II. **An Invitation to Dinner** (from *Lifetime Guarantee* by Bill Gillham)

Four key steps:

1.

2.

3.

4.

III. Setting Your Mind

Romans 8:5-6

Colossians 3:1-4

Appendix 1:

Manifestations of the Flesh (Strategies of Living)

Below is a list of words and phrases which may portray you much of the time when you are under pressure.

To cope when things aren't going right or going my way, I tend to ...

become self-absorbed (self-consumed) by:

- becoming overly introspective
- feeling sorry for myself
- engaging in self-pity
- getting depressed by stuffing my anger and frustrations
- beating up on myself (hating myself)
- focusing on my suffering and trials to get attention and sympathy
- playing the role of a victim/martyr

withdraw (isolate myself) by:

- becoming aloof (pulling away)
- going into a shell
- running and hiding (escaping)
- distancing myself from others
- avoiding others (becoming a loner)
- becoming unapproachable
- being overly introverted
- retreating to the silent treatment
- not communicating

become obsessed with:

- accomplishments
- recognition
- status
- how I look
- what others think of me
- my physical health
- the past (especially past hurts and past failures)
- a devotion to a cause
- structure, order, rules, regulations

escape pain/pressure through:

- carousing - sex
- drugs/alcohol - talking
- staying busy - school
- television - reading
- athletics - religion
- hobbies/games - sleep
- computers - fantasy
- pornography - movies

- entertainment
- overeating
- religious activity and service
- becoming a workaholic
- working (career, business, job)
- gloom & doom thinking (refusing to see the positive)

become self-disciplined (self-reliant) by:

- becoming perfectionist
- overcompensating by trying even harder so as not to fail
- become legalistic
- living "by the book"
- living by rules (have to's, should's, must's, ought's)
- becoming too hard and strict on myself and others
- setting unrealistic standards for myself and others
- basing acceptance (of self and others) on performance
- fearing making mistakes

becoming self-indulgent (self-gratifying) by:

- becoming impulsive (hasty)
- buying things to feel better
- assuming "if it feels good, do it"
- becoming compulsive (lacking self-control)
- lusting (craving) for:
 - alcohol - caffeine
 - sugar - drugs
 - sex - junk food
 - cigarettes

become anxious (worry and fret) by:

- becoming fearful (apprehensive)
- lacking peace and rest
- becoming paralyzed (going numb)
- becoming paranoid (overly suspicious)
- seeking astrology, horoscopes, fortune telling (tarot cards, palm reading, ouija boards, etc.) and/or the occult for guidance and strength

become dominant by:

- becoming dictatorial (bossy)
- becoming demanding (pushy)
- becoming overbearing (controlling)

try to stay in control through:

- blackmailing (making threats)
- manipulating (using coercion)
- using profanity (swearing)
- giving the silent treatment
- being passive (playing helpless)
- not eating (anorexia/bulimia)
- using guilt
- showing favoritism

come across as insensitive:

- uncaring, indifferent, unconcerned and/or unsympathetic

become complacent (nonchalant) by:

- saying things like, "it doesn't matter...it's okay"

challenge others by:

- resisting authority
- becoming uncooperative (unteachable)
- causing dissension (strife)
- irritating (aggravating) others
- becoming argumentative, rigid, inflexible, closed-minded, stubborn, obstinate, unreasonable or unyielding

become pessimistic by:

- lacking confidence and optimism
- becoming skeptical (suspicious)
- distrusting others, myself, God, church, and/or government
- expecting the worst
- assuming the worst-case scenario to protect myself from disappointment and pain
- seldom being satisfied or content
- seldom being pleased with self/others
- becoming jealous of others' success and happiness

develop a critical attitude by:

- finding fault with others, myself and everything around me
- nit-picking things to death
- becoming judgmental (opinionated)
- becoming prejudiced (intolerant)
- complaining a lot (becoming negative)

become hostile (vent my anger) by:

- becoming unfriendly (cynical)
- becoming hateful (malicious)
- becoming harsh (cruel and brutal)
- becoming sarcastic (caustic)
- having a quick temper

become self-assured (self-confident) by:

- depending on myself instead of God
- becoming proud (haughty)
- becoming egocentric (acting pompous)
- bragging (being boastful)
- becoming arrogant (cocky)
- having a superior attitude (saying in effect:
 - I must always be right...
 - I must always win...
 - I must always be the best)
- pretending that I know it all
- becoming conceited (smug)
- having difficulty asking for help

become self-righteous (self-justifying) by:

- becoming defensive
- making excuses (rationalizing)
- covering up and hiding mistakes
- assuming I am never the problem
- pointing to someone or something else as the problem
- avoiding taking responsibility for failure or problems
- becoming critical of others (blaming others)
- having difficulty:
 - admitting I was wrong
 - apologizing
 - asking for forgiveness
 - expressing gratitude

become tense (nervous and agitated) by:

- finding it hard to relax
- becoming restless (high-strung)
- becoming impatient

become emotionally insulated by:

- keeping people at a distance
- becoming inhibited (bottling up emotions)
- avoiding intimacy
- denying feeling: having difficulty expressing feelings and opinions openly and honestly

deny reality by:

- ignoring problems and hoping they will go away
- denying anything is bad or wrong
- lying (misleading)
- deceiving others and myself
- exaggerating (overstating matters)
- playing games to hide real intent
- conning people to get what I want

hold a grudge (be resentful) by:

- becoming moody (sulky)
- harboring bitterness
- becoming unforgiving
- keeping a scorecard of wrongs done to me or by me
- trying to get even (seeking revenge)
- wanting others to fail or get hurt
- punishing myself or others

fight unfairly (take cheap shots) by:

- becoming slanderous (misrepresenting the actual situation)
- gossiping (talking behind others' backs)
- engaging in passive-aggressive behavior (i.e. using humor to hide real feelings, becoming sarcastic, refusing to communicate, becoming passive, forgetting things, procrastinating, being late, etc.)

put up a front (not being real) by:

- faking it (hiding what I really think and feel)
- putting on a show (performing) to get attention and impress others
- becoming pretentious (phony, unreal)
- becoming superficial (plastic)
- becoming gushy (too sentimental)

lack compassion, kindness, understanding gentleness and love

live by my feelings by:

- becoming too subjective (believing that truth is only what I feel)
- believing I'm okay only when I feel okay
- becoming too sensitive to criticism
- becoming hypersensitive
- taking things too personally
- reading in rejection when it isn't there, or seeing things up to bring about rejections
- becoming touchy (irritable)
- being controlled by anger, doubts, emotions, fear, etc.

become a pleaser (being nice) by:

- trying to be all things to all people
- trying to do the "proper or correct" thing
- trying to keep everyone happy
- trying to keep peace at all cost
- avoiding conflict at all cost
- becoming a doormat (letting others take advantage of me)
- expressing to others what I think they want to hear
- giving in to others too easily
- becoming controlled by others
- having difficulty:
 - saying no
 - setting boundaries
 - standing up for myself
- becoming overly compliant
- becoming too submissive

become passive (lacking initiative) by:

- quitting too easily (giving up)
- not taking chances
- playing it safe (pulling back and waiting)
- waiting for someone to tell me what to do and how to think
- depending on others instead of God
- vacillating (becoming too changeable)
- becoming indecisive (not making decisions)
- wanting someone else to make the decision for me
- avoiding failure at all cost
- procrastinating (putting things off)
- becoming irresponsible (becoming unreliable)
- becoming lazy, apathetic, lethargic

become self-depreciating (self-condemning; self-critical) by:

- assuming I am always the problem
- becoming overly apologetic
- becoming too hard on myself
- having difficulty
 - receiving love
 - receiving compliments
 - receiving forgiveness
 - forgiving myself
- clinging (becoming a leech) to those who finally accept me
- becoming uncomfortable with success

become a caregiver (rescuer) by:

- becoming over-protective
- taking responsibility for others' feelings (becoming overly responsible)
- making decisions for others
- giving unsolicited advice
- trying to prevent others' failure
- becoming possessive (selfish)
- becoming a busybody (becoming too involved in others' affairs)
- becoming preachy (lecturing others)
- trying to find someone who needs me and who I can rescue
- nagging (badgering)
- talking too much and listening poorly

become too intense (overly serious) by:

- becoming stoical (unemotional)
- having trouble dealing with feelings
- becoming overly analytical
- becoming stern (solemn/formal)
- lacking joy or life
- not being fun to be with

Appendix 2:

Who Am I?

Matthew 5:13	I am the salt of the earth
Matthew 5:14	I am the light of the world.
John 1:12	I am a child of God (part of His family) (See Romans 8:16)
John 15:1, 5	I am part of the true vine, a channel (branch) of His (Christ's) life.
John 15:15	I am Christ's friend.
John 15:16	I am chosen and appointed by Christ to bear His fruit.
Acts 1:8	I am a personal witness of Christ for Christ.
Romans 6:18	I am a slave of righteousness.
Romans 6:22	I am enslaved to God.
Romans 8:14, 15	I am a son of God (God is my 'daddy', so to speak; Gal 3:26; 4:6)
Romans 8:17	I am a joint-heir with Christ, sharing His inheritance with Him.
I Cor. 3:16; 6:19	I am a temple (home) of God. His Spirit (His life) dwells in me.
I Cor. 6:17	I am joined (united) to the Lord and am one spirit with Him.
I Cor. 12:27	I am a member (part) of Christ's body. (See Ephesians 5:30)
II Cor. 5:17	I am a new creation (new person).
II Cor. 5:18, 19	I am reconciled to God and am a minister of reconciliation.
Gal. 3:36, 28	I am a son of God and one in Christ.
Gal. 4:6, 7	I am an heir of God since I am a son of God.
Ephesians 1:1	I am a saint (See I Cor. 1:2; Phil. 1:1; Col. 1:2).
Ephesians 2:10	I am God's workmanship (handiwork).
Eph. 2:19	I am a fellow citizen with the rest of God's people in His family
Eph. 3:1; 4:1	I am a prisoner of Christ.
Eph. 4:24	I am righteous and holy.
Phil. 3:20	I am a citizen of heaven and seated in heaven right now. (see Eph 2:6).
Col. 3:3	I am hidden with Christ in God.
Col. 3:4	I am an expression of the life of Christ because He is my life.
Col. 3:12	I am chosen of God, holy and dearly loved.
I Thess. 1:4	I am chosen and dearly loved by God
I Thess. 5:5	I am a son of light and not of darkness.
Heb. 3:1	I am a holy brother, partaker of a heavenly calling
Heb. 3:14	I am a partaker of Christ...I share in His life.
I Peter 2:5	I am one of God's living stones and am being build up (in Christ) as a spiritual house
I Peter 2:9, 10	I am a chosen race, a royal priesthood, a holy nation, a people for God's own possession to proclaim the excellencies of Him
I Peter 2:11	I am an alien and stranger to this world I temporarily live in.
I Peter 5:8	I am an enemy of the devil.
I John 3: 1, 2	I am now a child of God. I will resemble Christ when He returns.
I John 5:18	I am born of God and the evil one (the devil) can't touch me.
Psalms 23: 100	I am a sheep of His pasture. Therefore, I have everything I need.

Appendix 3:

What Happened to Me?

Rom. 5:1	I have been justified (completely forgiven and made righteous).
Rom. 6:1-6	I died with Christ and died to the power of sin's rule on my life.
Rom. 8:1	I am free forever from condemnation.
I Cor. 1:30	I have been put into Christ by God's doing.
I Cor. 2:12	I have received the Spirit of God into my life that I might know the things freely given to me by God.
I Cor. 2:16	I have been given the mind of Christ.
I Cor. 6:19, 20	I have been bought with a price. I am not my own. I belong to God
II Cor. 1:22	I have the Holy Spirit as a pledge (a deposit or down payment) guaranteeing my inheritance and what is to come (Eph. 1:13, 14).
II Cor. 5:14, 15	Since I have died, I no longer live for myself, but for Him (Christ).
Gal. 2:20	I have been crucified with Christ and it is no longer I who live, but Christ lives in me. (The life I am now living is Christ's life.)
Eph. 1:3	I have been blessed with every spiritual blessing.
Eph. 1:4	I have been chosen in Christ before the foundation of the world to be holy and without blame before Him.
Eph. 1:5	I was predestined (determined by God) to be adopted as His son.
Eph. 1:7, 8	I have been redeemed, forgiven and am a recipient of His lavish grace.
Eph. 2:5	I have been made alive together with Christ.
Eph. 2:6	I have been raised up and seated with Christ in heaven.
Eph. 2:18	I have direct access to God through the Spirit.
Eph. 3:12	I may approach God with boldness, freedom and confidence.
Col. 1:13	I have been delivered (rescued) from the domain of darkness (Satan's rule) and transferred to the kingdom of Christ.
Col. 1:14	I have been redeemed and forgiven of all my sins (the debt against me has been canceled). (See Col. 2:13, 14)
Col. 1:27	Christ Himself is in me.
Col. 2:7	I have been firmly rooted in Christ and am now being built up in Him.
Col. 2:10	I have been made complete in Christ.
Col. 2:11	I have been spiritually circumcised (my old, unregenerate nature has been removed).
Col. 2:12, 13	I have been buried, raised and made alive with Christ.
Col. 3:1-4	I have been raised up with Christ. I died with Christ. My life is now hidden with Christ in God. Christ is now my life.
II Tim. 1:7	I have been given a spirit of power, love and self-discipline.
II Tim. 1:9	I have been saved and called (set apart) according to God's doing.
Titus 3:5	
Heb. 2:11	Because I am sanctified and am one with the Sanctifier (Christ), He is not ashamed to call me "brother."
Heb. 4:16	I have a right to come boldly before the throne of God (the throne of grace) to find mercy and find grace in time of need.
II Pet. 1:4	I have been given exceedingly great and precious promises by God, by which I am a partaker of the divine nature (God's nature).

Appendix 4:

Clarification of the Term “Exchanged Life”

The term “exchanged life” is taken from the well-known passage in Isaiah 40:31. English translations refer to those who wait on or hope in the Lord as being able to “renew” their strength. Some commentaries and study Bibles that deal with this verse note that the literal translation of the Hebrew word for “renew” is “exchange.” Those who wait on the Lord will exchange their strength for His strength, as stated in verses 25-30.

The term “exchanged life” is directly related to the believer’s discovery of a new identity in Christ. The believer is a new creation; one born of God. What was once true is no longer true. J. Hudson Taylor made the English term “exchanged life” popular through his testimony of how God made him a new man. (*Hudson Taylor’s Spiritual Secret*, chapter 14)

During Conferences and in counseling we are sometimes asked to clarify what we are NOT saying when we use the term “exchanged life”. The following clarification is borne out of our desire to bring understanding to those who hear the message of the “exchanged life”.

The Exchanged Life:

- Is not a new teaching
- Is not sinless perfection
- Is not a life of passivity
- Is not a self-help teaching
- Is not an improved “old man”
- Is not an undisciplined life
- Is not a second work of grace
- Is not a counseling technique
- Is not in any way deifying mankind
- Is not instant change in behavior
- Is not a formula for self to imitate Christ
- Is not peace through changed circumstances
- Is not dying to self (wiping out our personality)
- Is not a guarantee that circumstances will improve
- Is not a guarantee that emotions will line up consistently with truth
- Is not overlooking or approving sinful behavior (promoting license)

Appendix 5: Recommended Reading

Initial Reading:

Anderson, Neil. *Victory Over the Darkness*
Alliman, Roger. *Life!*
Best, John. *Who Cares Who I Am?*
Evans, Tony. *Free at Last!*
Farley, Andrew. *The Naked Gospel*
Farley, Andrew. *Twisted Scripture*
Farley, Andrew. *The Perfect You*
Flaten, Dick. *The Marvelous Exchange*
Fields, Roger and Fields, Jeff. *Breaking the Hex: Life with God after the Cross Killed Religion*
Friedman, Frank. *Stunned by Grace*
George, Bob. *Classic Christianity*
Gillham, Bill. *Lifetime Guarantee*
Gregory, David. *If Jesus Loves Me, Why Isn't This Working?*
Harrison, Norman B. *New Testament Living*
LeFebre, Lee. *Knowing the Will of God*
LeFebre, Lee. *The Shackling of Grace*
Maulding, Mark. *God's Best Kept Secret*
McReavy, Don. *Entrusting the Treasure*
Nee, Watchman. *The Normal Christian Life*
Nee, Watchman. *Sit, Walk, Stand*
Solomon, Charles. *Handbook to Happiness*
Stanford, Miles J. *Principles of Spiritual Growth*
Stone, Dan and Gregory, David. *The Rest of the Gospel*

Next Steps:

Anderson, Neil. *The Bondage Breaker*
Best, John. *The Cross of Christ: The Center of Scripture, Your Life and Ministry*
Best, John. *Resolving Misunderstandings of the Exchanged Life*
Bridges, Jerry. *Transforming Grace*
Gillham, Anabel. *The Confident Woman*
Gillham, Bill. *What God Wishes Christians Knew about Christianity*
Gillham, Preston. *No Mercy*
Harris, Ralph. *God's Astounding Opinion of You*
Nee, Watchman. *Christ the Sum of All Spiritual Things*
Needham, David. *Alive for the First Time*
Needham, David. *Birthright*
Penn-Lewis, Jessie. *The Cross – The Touchstone of Faith*
Penn-Lewis, Jessie. *Dying to Life*
Smith, Hannah. *The Christian's Secret of a Happy Life*
Thomas, Major Ian. *If I Perish I Perish*
Thomas, Major Ian. *The Saving Life of Christ*
Tozer, A. W. *The Pursuit of God*

Going Deeper:

Edwards, Gene. *Exquisite Agony*
Edwards, Gene. *The Prisoner in the Third Cell*
Edwards, Gene. *A Tale of Three Kings*
Fromke, DeVern. *Ultimate Intention*
Hall, Richard. *Handbook for Exchanged Life Counseling*
Huegel, F. J. *Bone of His Bone*
Maxwell, L. E. *Born Crucified*
Solomon, Charles. *The Ins and Out of Rejection*
Woodward, John. *Man as Spirit, Soul and Body*

Daily Devotionals:

Chambers, Oswald. *My Utmost for His Highest*
Myers, Ruth. *31 Days of Praise*
Nee, Watchman. *Table in the Wilderness*

Biographies:

Edman, Raymond. *They Found the Secret*
Solomon, Charles. *From Pastors to Pastors*
Taylor, Dr. and Mrs. Hudson Taylor. *Hudson Taylor's Spiritual Secret*

Commentaries on Romans:

Best, John. *Romans 5-8:16 Commentary and Study Notes*
Best, John. *Romans 8:1-17 God's Spirit In You for Power and Intimacy*
Grubb, Norman. *Paul's Key to the Liberated Life: Romans Six to Eight*
Kuykendall, David. *Here's Life: An Exposition of Romans 5:12-8:39*
Lloyd-Jones, D. Martin. *Romans*
Murray, John. *The Epistle to the Romans*
Newell, William R. *Romans Verse by Verse*

Appendix 6:

Questions for Discussion

Session 1: Introduction

What are your observations concerning the success of Christians living the Christian life?
What are your observations concerning the understanding of Christians regarding how to live the Christian life?
Why do you think there is such confusion today concerning this?

What are some of the answers you have heard concerning God's purpose for His children?
What are the weaknesses of these answers? Strengths of these answers?
What do you think is God's greatest purpose for us as His children?
Why is it important that we are clear on this?
How would it affect someone's life for whom this is not clear?
What can hinder God's purpose?

Session 2: The Nature of the Flesh

How would you define the "flesh" as used in Galatians 5:16-19?
What are some reasons that there is so much confusion about its meaning?

Which nine characteristics of the flesh do you see as most common today?
Which "Manifestations of the Flesh" (Appendix 1) do you see as most common today?
How is the flesh like an "octopus"?
How can understanding this help us respond to the reality of our own flesh?

Session 3: The Exchanged Life

How would you describe the difference between our soul and our spirit?
Why is understanding this distinction important?
What are some misunderstandings of eternal life that are common today?
What is eternal life? Why is a correct understanding of this important?
What does it mean to be "in Adam"? "In Christ"?
Why is understanding this difference important?

What is the difference between negatively and positively programmed flesh?
Is the positively programmed flesh any better than negatively programmed flesh?
Why or why not?

What does the phrase "the exchanged life" mean?
What exactly is exchanged?
What is the difference between the two aspects of salvation?
What could result from confusing these two aspects?

Session 4: The Believer's Victory

Can you identify with any of the deceptions regarding victory over temptation?
If so, which ones?

How does Romans 6:1-14 help us experience victory over the power of sin?

What are the different ways the terms law, sin and death can be defined?
How does Paul use them in Romans 8:2?

What is the nature of the spiritual battle we still experience?
What constitutes spiritual victory?

Session 5: The Believer's Identity

What have you observed concerning how many people develop their self-esteem?
Which of the statements in Appendix 2 (Who Am I?) and Appendix 3 (What Happened to Me?) catch your attention? Why?

Have you heard of any of the deceptions regarding righteousness? If so, which ones?
Are there ways you have been "deceived" in relation to your righteousness? If so, how?

Session 6: Journey to the Cross

Do you recognize some of the hindrances to understanding our new life in Christ?
Do you know of other Christians who are experiencing any of these hindrances?

How did Christ's suffering on the way to the cross model brokenness for us?
What does it mean for us to be "broken"?
What would be the characteristics of a Christian who is not broken?

Session 7: Living the Exchanged Life

What are some of the important truths you have learned through these sessions?
How do you see them transforming your life?

How is our trust in the Lord different from mere passivity?
What is our responsibility?

What does it mean to set our mind on the things of the Spirit?
What would it look like to set our mind on the things of the flesh?