

Week Four
Morph Me

INHIBITORS



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Over the last two weeks you addressed fruit of the Spirit by identifying misperceptions about yourself and then created affirmations to address these misperceptions. This week and next, you'll address a different issue but work in a similar manner and for the same purpose: How can we ever-increasingly experience fruit of the Spirit?

Consider airplanes again. This time, don't consider the odd scenario at the beginning of this week's Reading. Consider real airplanes, and consider real people's inhibitions about getting on those planes. When people refuse to get onto a plane, they're effectively not trusting the plane. They'd prefer to travel in their own power, or by the power of a car, train, or bus, than by the power of an airplane.

Why? What keeps that person from getting on the plane?

Fear is too easy of an answer. Unpack the fear. Why is the person afraid?

For some, it's misinformation. They truly believe the airplane is dangerous despite statistical data that says otherwise. This misinformation is an inhibitor to trust.

For others, fear grows from a bad experience. Maybe they were on a plane that had trouble or know someone who died in a plane crash. This experience is an inhibitor to trust, sometimes very understandably so.

For others still, maybe it's not misinformation or a bad experience, but they just hate flying. Maybe it's a control issue. They don't really know. But they do know they would rather be in a car, where they sit in the driver's seat, than on a plane, where somebody else controls the plane. This desire for control, or some similar issue, is an inhibitor to trust.

What's true of trusting airplanes is true of trusting God. The power of God is available to us, but any number of things can inhibit our trust. Inhibiting our trust leaves us on the ground, traveling by human power, when we could be soaring through the air, traveling by God's power. Inhibitors to trust double as inhibitors to fruit of the Spirit. A lack of self-control can be a lack of trusting in God's power. A lack of peace can be a lack of trusting in God's presence.

Which inspires an essential question:

What inhibits my trust in God?

The exercise that follows is designed to address this through a series of thoughtful questions. You will then reference these discoveries in next week's Morph Me exercise where you will address these inhibitors of trust and develop a plan to "get on the plane." In this sense, this week's Morph Me and next week's Morph Me work together in a manner similar to Weeks Two and Three where you identified misperceptions and then developed affirmations that addressed those misperceptions.

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FIRST STAGE SELF-REFLECTION

First Impressions

As you considered this week's Reading and the introduction to this exercise, you may already have thoughts of what inhibits your trust and your experience of God's power in your life. Before considering questions to provoke your thinking, what are your first impressions? What might be inhibiting your trust of God? Feel free to not only write fully mature thoughts but also little inklings to explore further.



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SECOND STAGE DIGGING DEEPER

Trust can feel intangible, but trust and lack of trust make themselves known. Consider the following areas of life to identify areas where trust may be lacking and inhibitors could be found.

Fruit of the Spirit

Turn back to the Fruit of the Spirit Assessment summary on page 36 and consider your three lowest scoring fruit. If you lack peace or self-control, for example, why? What are you believing or not believing that may inhibit trust in these areas? If the three lowest scoring fruit do not reveal anything significant, consider the others.



Areas of Known Disobedience

Consider areas of your life where you commonly struggle to obey God. What are you believing or not believing that may inhibit trust in these areas?



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COMMON INHIBITORS OF TRUST

Authentic trust in God has many inhibitors, but the following categories are broad enough to address many of them. Consider the questions and the thoughts that follow to identify potential inhibitors of trust.

The Self-Sufficient

The self-sufficient lack trust in God because they don't really see the need. They may trust God in a broader sense, but on a day-to-day basis, they don't really live by faith. Life is lived by their competencies and skills rather than looking to God for guidance and provision.

I do or don't see self-sufficiency as an inhibitor to trust because...

The Self-Abasing

The self-abasing view themselves as incapable and incurable. They do not entrust themselves to God because they believe their cause to be hopeless. They're not necessarily despondent and down. They may view their self-abasement as reflective of reality. They may genuinely question if God will truly empower lasting change in their lives.

I do or don't see self-abasement as an inhibitor to trust because...

The Misperceiving

The misperceiving do not trust God because to them God is not trustworthy. They may intellectually believe God to be trustworthy, but their hearts are not in agreement with their minds. Maybe they think God will make their life boring and miserable. Or maybe they think God is angry, picky, or outdated. Whatever it may be, their perception of God inhibits full trust.

I do or don't see misperceptions about God as an inhibitor to trust because...

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The Complacent

The complacent are those who know what to do to trust God, and they know how to do it, but they have not or will not expend the needed energy to do so. To engage God takes time, and they are either stuck in passive ruts, or they have so much activity in their lives that to pursue God feels more like another task than a desired relationship.

I do or don't see complacency as an inhibitor to trust because...

The Wounded

The wounded are those whose thoughts of God are coupled with questions about hardship or loss. They find it difficult to trust God when God has allowed such difficulty in their lives. They may (or may not) intellectually know God's love and God's goodness, but their experience makes it very difficult to believe this from the heart.

I do or don't see woundedness as an inhibitor to trust because...

The Cynical

The cynical are those whose disposition toward God is negative by default. For some, this disposition is something that simply needs correction. In others, though, the cynicism results from understandable sources. Maybe they were brought up in a home where religion was used as a club. Or maybe they trusted God to do something, but for one reason or another, God didn't do what they thought he would do. Whatever the situation, they expected God or religion to be one thing, and for them, it was something quite different.

I do or don't see cynicism as an inhibitor to trust because...

Other

The above categories are intended to inspire rather than limit your thinking. What else?

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THIRD STAGE TALKING WITH GOD

Either audibly or in written form, talk to God, and simply ask him to speak to you about any inhibitors to trust you are carrying. Ask that you would have eyes that see and ears that hear. Listen to him in this moment, and listen for his voice throughout the week. Record thoughts from this conversation below.



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FOURTH STAGE SUMMARY

Summarize any critical observations that you made through this Morph Me exercise.



In the following box, state potential or actual inhibitors to trust as succinctly as possible.

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Finally, look back to your summary results for the Fruit of the Spirit Assessment on page 36, and consider how the inhibitors to trust you identified in this week's Morph Me exercise might be contributing to any areas of lacking spiritual fruit. Record your thoughts below.



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Week 4, Morph Me, p. 116