

**Getting the Most Out of the
Painful Pattern Tool –
Supplemental Information for
*Feelings 101: Pain to Peace***

*Discerning the Holy Spirit's Counsel
on Satan's Attack*

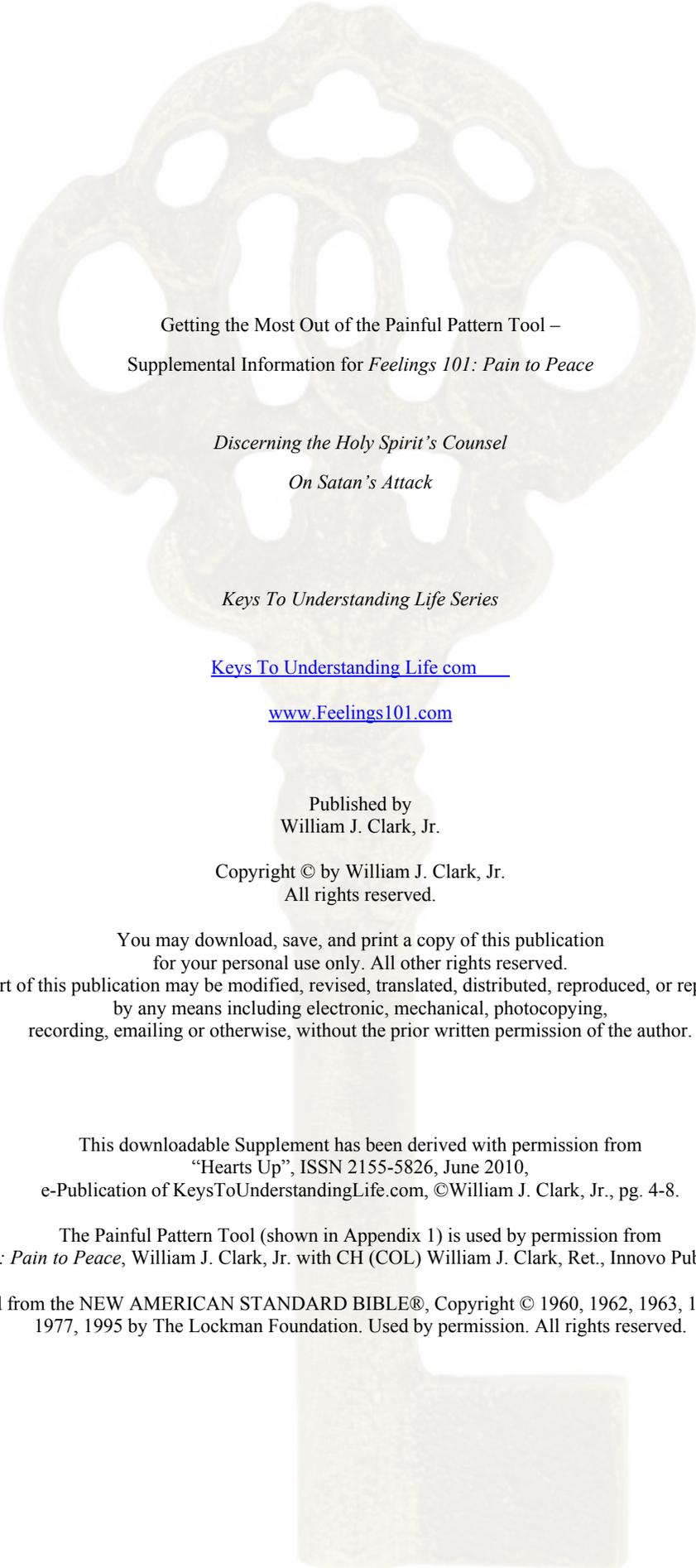
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Keys To Understanding Life Series



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[Keys To Understanding Life.com](http://www.KeysToUnderstandingLife.com)

www.Feelings101.com

Published by
William J. Clark, Jr.

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PRE-REQUISITES AND GENERAL INFORMATION

1. *Getting the Most Out of the Painful Pattern Tool* is for Section 2 (Painful Pattern Tool section) of your Workbook Binder.
2. Reading *Feelings 101: Pain to Peace* is a pre-requisite for using *Getting the Most Out of the Painful Pattern Tool* Download.
 - If you have not read *Feelings 101: Pain to Peace* and do not have your own copy, you are not equipped to use *Getting the Most Out of the Painful Pattern Tool*.
 - **You will need to be able to refer to the lessons in F101 to apply *Getting the Most Out of the Painful Pattern Tool* properly**, and to understand its concepts and the Scriptural applications of those concepts.
 - Read “Appendix 5: Authors Intent and Guidance for Feelings 101 (F101) Supplemental Information” for more about the proper and improper uses of *Getting the Most Out of the Painful Pattern Tool*.
3. Most of the specific Scriptures and Scriptural concepts which *Getting the Most Out of the Painful Pattern Tool* builds on are presented in the lessons from *Feelings 101: Pain to Peace*, and are not re-presented here.
4. *Getting the Most Out of the Painful Pattern Tool* is for:
 - Your personal use only;
 - Your personal spiritual self-examination coupled with prayer and your own individual study of the Scriptures;
 - Your regular, heartfelt, individual study of your experiences during trials;
 - Your personal use in conjunction with your own study of the lessons presented in *Feelings 101: Pain to Peace* (abbreviated as “F101”).
5. *Getting the Most Out of the Painful Pattern Tool* is NOT a stand-alone tool.
6. *Getting the Most Out of the Painful Pattern Tool* is copyrighted.
7. Abbreviations. *Getting the Most Out of the Painful Pattern Tool* is related to the *7 Spiritual Principles Expanded* tool (presented in F101), which we may abbreviate as “7SP.” The Painful Pattern Tool (also presented in F101) may be abbreviated as “PPT.” There are places in the PPT introspection process that are related to certain principles from the *7 Spiritual Principles*; Principle 1, for example, may be abbreviated as “P1,” Principle 2 as “P2,” etc.

PURPOSE OF GETTING THE MOST OUT OF THE PAINFUL PATTERN TOOL DOWNLOAD

The purpose of *Getting the Most Out of the Painful Pattern Tool* is to assist you, in Christ, to apply God's Word to your real-life trials when Satan is attacking. Living for Christ and hearing the counsel of the Spirit with the heart is an **opportunity** that has been made possible by the person of Jesus Christ (John 14:25-26, 30-31; John 16:12-14). It was made possible through His sacrifice on the cross. It was made possible through the Father's gift of the permanent indwelling of the Holy Spirit, The Teacher.

Matthew 16:24: "Then Jesus said to His disciples, 'If anyone wishes to come after Me, he must deny himself, and take up his cross and follow Me.'" Use this Download and the Painful Pattern Tool (PPT) to help you see your old self in trials and, in Christ, to deny the old and grow in the new.

Getting better at seeing the old parts of you involves discovering more of Satan's influences in you so you can do your part to change in response to the Holy Spirit's counsel. As you do your part in following the Holy Spirit, Satan's old attacks will stop being as effective against you! Satan won't like that and he probably won't always use tactics that aren't effective in tempting you. At some point he will begin to change his tactics against you, and you'll need to continue to work with the Spirit to recognize those new ways tactics. *Getting the Most Out of the Painful Pattern Tool* is designed to help you do all that.

1. It is intended to help you recognize and effectively hear God's counsel in a wider variety of trials.
2. It is going to challenge you to use your God-given brain in a way that identifies your old self so you can do better at hearing the Holy Spirit speak to you about changing into the new self.
3. It is intended to help you to become more sensitive to the kinds of things the Holy Spirit may seek to point out to you in His non-verbal, heart-felt way.
4. It builds on the initial, personal discipleship training presented in the *Feelings 101* exercises that deal with identifying your Painful Pattern. It does not re-hash relevant Scriptures or F101 lessons.
5. It cannot tell you *exactly* how Satan is attacking you or what God wants you to do in a trial. It is designed to help you partner with The Teacher within (God's Spirit) in order to hear Him as *He* seeks to explain to you how Satan is trying to drive and influence your actions!
6. It provides you introspective questions to help you discern the Holy Spirit's counsel to you concerning Satan's attack, deception, and influences in a given trial.
7. It provides questions to help you discover your old self characteristics in trials, and to see how Satan "nurtures" your old self across multiple trials.
8. It provides questions to help you discover your old self patterns of behaviors, attitudes, motives, etc., which Satan uses frequently against you as part of attacking your new-self identity in Christ.
9. It provides questions to help you use your insights into yourself to discover the Spirit's counsel on changes which are necessary for your transformation and building up your new self in Christ.
10. It can help you when Satan's influence on you is well hidden by the external aspects of trials. You can recognize when this is happening to you by one simple characteristic: it is difficult to transform your heart disturbance to peace in Christ before responding to the trial.

11. It must be used in conjunction with the work you do in applying the Principles of hearing the Holy Spirit's guidance.*

*For example, as you improve in recognizing the Lord's counsel to your heart (P4) and you change in response, you will get better at allowing the Holy Spirit to lead you to act in ways you may not have considered before. This is a natural part of really allowing the Lord to renew your thinking and literally guide you in your decision making processes. This happens when working to apply P5 and P6 as you seek out what God would have you do to demonstrate the changes He makes you aware of when you apply P4 to your trial. So, if whatever you come up with in P5 and P6 looks similar to what you put down in Column 3 of your Painful Pattern Tool, then you have good reason to question whether you are functioning according to the new self. It could indicate that you actually haven't transformed your heart to peace while working to apply P4.

Additional reference material. The following text discussions, Worksheet Questions, and Exercises also focus on recognizing and overcoming Satan's attacks.

1. F101 page 208, (Exercise 1). This exercise assists you in discerning the relationships between your energy levels and mood changes, and Satan's activities against your new self in Christ.
2. F101 page 324, (Special Consideration and following paragraphs). This describes how the PPT assists in discerning the old self patterns, which Satan nurtures as part of his attacks.
3. ["Hearts Up", August 2010 Edition](#), (Spiritual Warfare Combat Tips featured article "*Holy Spirit's Leadership: Recognizing the Old is Part of Hearing God's Direction*"). The article and diagrams show how the PPT relates to hearing the three parts of the Holy Spirit's guidance in a given trial.
4. ["Hearts Up", October 2010 Edition](#) (Key Words featured article "*Obedience to Sin versus Mastering Sin through Christ*"). The article examines some extremely critical attitudes and perspectives we must cultivate when using the PPT, and later the *7 Spiritual Principles*, to hear and understand what the Holy Spirit is seeking to teach us about living for Christ in a trial.

VERIFICATION

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GODLY INTROSPECTION LIST – OBSERVING THE OLD SELF USING THE PAINFUL PATTERN TOOL

The following are self-evaluation questions and statements you can use during a trial. You don't have to use all of them, but you would do well to review them a couple times while at peace, BEFORE you use them in a trial. Remember, depending on how you answer many of these questions and statements, it may bring issues to your attention for which you need to ask the Lord for forgiveness!

Some of the introspective questions/statements may be more useful to one person than to another. Many apply to trials involving you and someone else. Those tend to be more intricate trials than ones where it's just you and a decision you must make. You may want to mark or categorize questions/statements to facilitate your own quick referencing for various trials. You decide what helps you the most. Be cautious about always sticking to the same questions/statements. Some will be more useful in one trial than another due to differences in Satan's attacks on you. You may want to tab pages you use often. Again, this Download goes in Section 2 of your Workbook Binder as described in F101.

In the PDF format of this publication, you can click on the red page numbers to jump to more information about the given topic. **Don't try to absorb that additional information while you are in a trial!** It is too much! The additional material is for studying while you are at peace if you want.

SELF-EXAMINATION QUESTIONS/STATEMENTS FOR COLUMN 2, OF THE PPT

- A. Use "I feel ___ because ___," when your **feelings** are what alert you to the trial.
- B. Use the following when your **desire** for an action or inaction alerts you to the trial and you don't really feel a particular feeling. Write it in Column 2 using the following phrases. (pg.16)
1. What I want to do/say is ___ (desired action) because ___. Or, I really don't like ___ because ___.

Now, turn that around to discover the feeling behind the desire. Ask yourself:

2. If God were to tell me that saying/doing ___ (desired action I want to take) is wrong, then I would feel ___ because (I would have to live with) ___.

SELF-EXAMINATION QUESTIONS/STATEMENTS FOR COLUMN 3, OF THE PPT

- A. **Does this trial somehow present a "key environment" for your reoccurring heart disturbances? Is the person(s) involved a "key player" in your reoccurring heart disturbances?** (pg.21)
1. Does my old self cause me to talk too much or too little when in a trial with this key player or in this key environment?
 2. Does my old self cause me to tend to explain a lot or to be too quiet around this key player or in this key environment?

3. Does my old self cause me to assume the best about the key player or key environment, or to make excuses for why the trial is the way it is?
 4. Does my old self cause me to tend to be controlling or to be passive with this key player or in this key environment?
 5. Does my old self cause me to apologize inappropriately for everything, or to hardly apologize at all with this key player or in this key environment?
 6. Does my old self cause me to tend to be overconfident in myself, or to sell myself short inappropriately with this key player or in this key environment?
 7. Does my old self cause me to take on guilt inappropriately or to inappropriately resist taking responsibility with this key player or in this key environment?
 8. Does my old self cause me to remember all the bad things I've done and start feeling negative about me when I'm with this key player or in this key environment?
 9. Does my old self cause me to view my previous conduct in trials in a way that is less critical than it needs to be as a disciple of Christ, when I am around this key player or in this key environment?
 10. Does my old self cause me to feel so forgiven for my failures in past trials that I don't see the value in remembering them in certain key environments or when they relate to key players?
 11. Does my old self cause me to fail to get clear answers from God consistently in my trials when they involve this key player or this key environment?
- B. What Scriptural role are you assuming applies to you (or others) in this trial? Does one of your Scriptural roles seem to be conflicting with another? If the trial involves someone else, do your responses tend to be godly or ungodly? (pg.23)**
1. Clarify what you see as the applicable Scriptural roles for you and the other person(s).
 2. Do you have multiple Scriptural roles that seem to be conflicting with another? If you had to pick one, which role do you think is the primary role that God sees as applying to you in this trial?
 3. Clarify whether you generally view your interactions in the relationship with the other person as healthy (godly) or unhealthy (ungodly).
 4. How is your old self causing you to enable or create unhealthy relationships in this trial?
 5. You may want to fulfill your role(s) in the trial, but what is your *old self* tempting you to think must happen or not happen for you to do that?
- C. Do you have any idea what "cost" or consequence Satan is causing you to be concerned might happen as a result of this trial? (pg.26)**
1. I might be unhappy with ___ (describe the potential cost or outcome), because what I want is ___.
 2. If ___ (cost or outcome) happened, I would feel victimized, wronged, mistreated, or treated unjustly and that just isn't right.
 3. If God wanted me to do ___, then ___ (the other person) might be upset with me, or at a minimum it may create a conflict between us which is another trial I don't need.
 4. If God wanted me to be at peace with ___ (something you must accept about the trial), then why care about anything.* (see extended note on pg.27)
 5. If God wanted me to ___, then ___ might be the result. I don't like that.* (again, see extended note on pg.27)
 6. I realize that one thing the Lord told me to do in the past when this kind of trial happens is ___ (fill in the blank with any of the Lord's previous guidance to you that is relevant to your current trial); however, I was afraid that if I did that, then ___ (cost or outcome) could very well be the result, and I don't want that.

D. **Why would *Satan* be interested in getting you to be concerned about a particular possible outcome to the trial situation?** (pg.27) What do you want to happen/not happen? Why would Satan want you to want that?

E. **How is (or was) your old self causing you to avoid taking action? How is your old self causing you to take an action?** (pg.28)

1. I didn't, or couldn't, get to a place of peace and get clear guidance from God before I acted or made a decision during the trial, and what I did was _____. (Has this happened before in another similar trial? If it has happened before, then this trial is a "do-over." Write the word "do-over" on your PPT Column 3 to help you keep track of how many of these you have.)
2. I tried to do the right thing, but then when _____ happened I _____ (fill in old self action).
3. I have avoided making time to listen to God's counsel after some of my other trials, even after the fact, to see if what I did was what He actually wanted.
4. I avoided apologizing when I probably should have.
5. I avoided speaking up when I probably should have.
6. I avoided keeping silent until I could transform my heart; still, I said _____, and did not say _____.
7. I avoided asking _____ for help.
8. I avoided asking _____ to clarify or discuss _____ with me.
9. The decision or action I avoided were _____, _____, and _____. (Use more or fewer blanks as needed)
10. Part of the Lord's previous guidance to me was _____, and I didn't apply it to this trial. I hoped I'd somehow be the person God wanted me to be so the outcome of my trial might be different.

F. **How is your old self causing you to judge others, the situation or your new self?** (pg.28)

1. I am assuming _____ is true about _____ (who or whatever is involved in the trial).
2. I am assuming _____ is what God wants me to do in this situation.
3. I am assuming that I am applying _____ (any relevant guidance the Lord gave me before).
4. I really don't like what _____ (the other person) actually said or did, or might have said or did, because ...
 - a. ...it isn't their place or role to say or do _____.
 - b. ...it is *my* place or role to say or do _____.
 - c. ...I didn't solicit their thoughts/advice.
 - d. ...clearly, I needed _____ and I shouldn't have to explain that.
 - e. ...we've discussed _____ (issue) before and agreed to do _____ (whatever).
5. I am assuming that _____ (the other person) said or did _____, because _____ (the other person) thinks _____ about me. (This helps you verbalize what you think about the other person's motive).
6. I think I shouldn't have to forgive _____ (the other person) right away because _____.

G. **How is your old self using *you*, or trying to use you, to create or to perpetuate disharmony (between you and others and/or between you and God)?** (pg.29)

Disharmony from not applying previous, relevant guidance God gave you.

1. I created disharmony because I forgot to apply what God previously told me to do in this kind of trial and the result was _____.
2. I created disharmony because I hesitated or was reluctant to apply what God previously told me to do in this kind of trial because _____ might happen, and I didn't want that.

3. I created disharmony by trying to do what God told me from a previous listening, but with a heart that wasn't really at peace, so I got upset again while trying to reconcile.*

* When Satan attacks us during reconciliation attempts, it is important to stop the reconciliation and for each person (assuming they are believers) to listen to the Spirit's counsel again individually.

Disharmony in relationships due to unresolved issues.

4. I created disharmony by insisting it was ___'s (the other person's) turn to approach me if he/she wants to talk about resolving this issue; I'm tired of having to initiate reconciliation all the time.
5. I created disharmony by not initiating reconciliation with ___ (the other person) because I don't want to have to deal with them when he/she can't clearly see they were wrong.
6. I created disharmony by not reconciling the issue with ___ (the other person), because we've done it a hundred times and they'll never change.** (see extended note on pg.30)
7. I created disharmony by disrespecting the fact that ___ (the other person) said he/she doesn't want to hear it from me anymore. Still, I have acted as if I am resolved to keep bringing up the issue until he/she changes their wrong behavior, even though that isn't the way God may want me to act!

Disharmony from not transforming your heart to peace before acting.

8. I created disharmony by not being at peace. I thought that was OK because if I'm not doing ___ (list the "good" thing you wanted to do), then that would mean I am failing God.
9. I created disharmony by thinking my ___ (anger, or whatever feeling/desire) was righteous, so I thought my heart didn't have to be at peace.
10. I created disharmony by thinking that Jesus got upset in the temple and that I am spiritually skilled enough to be angry without sinning too!
11. I created disharmony by thinking I was automatically supposed to have the answer for how to handle ___ (the problem or concern) without having to take time to listen to God's Spirit.
12. I created disharmony by thinking it was the right thing for me to do ___ (action or inaction) and in doing so I took on ___'s (someone else's) responsibility.
13. I created disharmony by thinking that if I'm not ___ (feeling or desire), then ___ (the other person) won't think I mean what I say.
14. I created disharmony by thinking that if I am at peace in this situation (trial), then that seems like I am agreeing with ___ (the other person's) action or motive.
15. I created disharmony by thinking that if I am at peace in this situation (trial), then it means I am accepting ___, and that is a bad thing.

H. Which of your old self actions, motives or fears look familiar? (pg.31)

1. How have your old self patterns played out in past trial situations (not just in trials before you chose to follow Christ, but in recent trials)? Write down specific spiritual dynamics or old self tendencies.
2. Do you remember what happened when you went along with these old self tendencies before? If so, briefly note the results.

APPENDIX 2: OVERVIEW FOR USING THE PAINFUL PATTERN TOOL (PPT)

The following is the “A, B, C, D” of *Getting the Most Out of the Painful Pattern Tool* (actual Painful Pattern Tool is shown on pg. 11 - 12). Cross-referencing page numbers are listed to help you navigate through the publication to find information. **In the PDF format of this publication, you can click on the red page numbers/words to jump to more information about the given topic.**

A. Column 1 of Painful Pattern Tool. Complete Column 1 with the date of the trial. (pg.16)

B. Column 2 of Painful Pattern Tool.

1. **GOAL 1. Fill out Column 2 using the pattern discussed in F101.** Determine whether the heart disturbance alerting you to the trial is a **feeling** or a **desire**. (pg. 16) In Column 2, be specific when clarifying the external situation that is connected to your heart disturbance. Don't generalize.
2. **GOAL 2. Pray for courage.**
3. **GOAL 3. Partner with the Holy Spirit to discern what kind of trial you are dealing with.** (pg.17)
 - a. “Deceptively Simple or Seemingly Insignificant Trials” (pg.17)
 - b. “Single Issue Trials” (pg.17)
 - c. “Three Kinds of Complex Trials”:
 - 1) Trials in which it is easier to see how others or something about the situation is wrong or ungodly. (pg.18)
 - 2) Trials which are connected and require unraveling in order to deal with the “flaming arrows.” (pg.18)
 - 3) Trials that repeat over long periods of time; maybe weeks, maybe months, maybe years. (pg.19)

C. Column 3 of Painful Pattern Tool.

1. **GOAL 1. Be still.**
2. **GOAL 2. Complete Column 3 by arguing with your old self.** Ask yourself the following questions.
 - a. Does this trial somehow present a “key environment” for your reoccurring heart disturbances? Is the person(s) involved a “key player” in your reoccurring heart disturbances? (pg.21)
 - b. What Scriptural role are you assuming applies to you (or others) in this trial? Does one of your Scriptural roles seem to be conflicting with another? If the trial involves someone else, do your responses tend to be godly or ungodly? (pg.23)
 - c. Do you have any idea what “cost” or consequence Satan is causing you to be concerned might happen as a result of this trial? (pg.26)
 - d. Why would Satan be interested in getting you to be concerned about a particular possible outcome to the trial situation? (pg.27)
 - e. How is (or was) your old self causing you to avoid taking action? How is your old self causing you to take an action? (pg.28)
 - f. How is your old self causing you to judge others, the situation, or your new self? (pg.28)
 - g. How is your old self using you, or trying to use you, to create or perpetuate disharmony (between you and others and/or between you and God)? (pg.29)
 - h. Which of your old self actions, motives or fears look familiar? (pg.31)

D. Column 4 of Painful Pattern Tool.

1. **GOAL 1. Refer to *Feelings 101*'s instructions to complete Column 4.** Other helpful references include the Personal UNtruths download and instructions from Chapter 4. The [“Hearts Up” 2011 April Edition](#) (*The Bible's Bigger Pictures* featured article) talks more about how trials present us with a spiritual identity crisis that we must deal with “in Christ.” The article relates to Column 4.
2. **GOAL 2. Thank the Lord for what His Spirit has revealed to you.** Remember, depending on how you answer many of the questions and statements in this tool, it may bring up issues for which you need to ask the Lord for forgiveness! Once you've finished self-examination with the PPT, you are ready to continue with the *7 Spiritual Principles*. Ask God for help in hearing His guidance as you work to transform your heart to peace (P4), to seek out His changes in you (P4), and to discover how He would have you to respond to the trial (P5, 6 and 7) based on who you are in Christ.

APPENDIX 3: GENERAL CONSIDERATIONS

While working through a Painful Pattern Tool (PPT) entry, you may think of questions that lead you to jump forward in the actual listening process long before you actually partner with the Spirit to transform your heart disturbance to peace in Christ. This is a common way that Satan tries to throw us off! It is important to remain focused on hearing the Spirit's guidance on how Satan is driving you to act while he attacks Christ in you. Set your intention up front in terms of whether you are going to go through the PPT and then the 7SP "by the numbers," even if it isn't all in one sitting. It is Satan's self-appointed job to do whatever it takes to make us draw conclusions prematurely about what God wants us to do in response to a trial (before first transforming our hearts in Christ)!

In trials that we struggle with, it is useful to focus on hearing the first portion of the Holy Spirit's guidance, which deals with old self activity. This is the part that the PPT Column 3 focuses on. *Identifying old self desires involves honesty before the Lord that is not the same as transformation. It is about experiencing the Spirit of Truth as He points out your old self. This is a critical part of a spiritual battle. Intentionally participating in this internal spiritual battle is a critical element that leads to opening the heart for transformation.*

In some trials the external situation may appear quite different from other trials, maybe almost random. Regardless, there are spiritual connections and relationships between our trials. The trials we experience are connected by the personal UNtruths Satan generates within us as part of his attacks. Being able to recognize these spiritual connections is often vital to accurately discovering God's will for you in a trial, especially when it is harder to hear the Lord's counsel and guidance.

It is important not to assume that the things Satan wants you to do, or not do, are always going to be the same just because the personal UNtruth is the same. For example, let's say Satan seeks to attack Christ within you by planting the "I am alone" lie as part of his deception. In one trial Satan's goal may be to get you to fail to see that the Holy Spirit's guidance is about you speaking up or taking some action. In getting you to fear the results of speaking up, Satan's goal may be to get you to lack confidence in your new self in Christ. In another trial, Satan may use the exact same attack (I am alone, for example), yet the Holy Spirit's guidance may not be so much about speaking up! This can happen when Satan's deception causes you to think the true issue in a trial is that someone else is missing the mark, when in reality it is you missing the mark. In some trials, the Holy Spirit's guidance and discipline is often about taking more ownership for being tripped up by Satan's deceptions. It is often about learning to stop messing up relationships by functioning in our old selves.

How do we recognize the differences in Satan's aims and schemes during various trials, even when the trials seem complex, difficult to sort out or particularly hard to handle?

1. We have to lean on the Lord to gain the courage required to change ourselves in accordance with His disciplines one trial at a time.
2. We accomplish all that involves by actively working with His Spirit to acknowledge the truth about our heart disturbances (motives, passions, desires, feelings, etc.) and how they are influencing us to view our various trials spiritually.
3. We have to get (discern) the Scriptural roles right.
4. We have to examine our past, worldly, old self patterns with honesty, close scrutiny, and the skill of Christian soldiers who know we are involved regularly with personal, spiritual battles.

Pg. 13 (to return to Appendix 2, Overview)

APPENDIX 4: SPECIAL CONSIDERATIONS (MORE INFORMATION ON TRIALS AND INTROSPECTIVE QUESTIONS FOR THE PPT)

THE IDEA ISN'T TO TRY TO USE THIS APPENDIX DURING TRIALS! That is not practical. The idea is to read through it at least once when you are NOT in a trial. Let whatever sticks with you to stick. Being acquainted with this additional information can help you get a better idea of other issues that may come up for you in the future as you work with the Holy Spirit in your trials. The Godly Introspection List starting on page 7 is the part to use with the PPT during your trials!

SPECIAL CONSIDERATIONS FOR COLUMN 1,

Complete Column 1 by entering the date of the trial you will be working with. *Feelings 101: Pain to Peace* emphasizes the Scriptural relationships between heart disturbances, trials, and the possibilities for transforming during the trial. This emphasis is in part due to the fact that the world fosters fear, distrust and misunderstanding of God's purpose for creating us to experience heart disturbances. We know, for example, that we are not to act in anger, but the Scriptures indicate we must recognize when we feel angry so we may deal with it and not sin (Ephesians 4:26-27). Recognizing each of our heart disturbances is the first principle of handling spiritual battles. Heart disturbances alert us as to when Satan is attacking us, and also when the Holy Spirit is seeking to counsel us.

Pg. 13 (to return to Appendix 2, Overview).

SPECIAL CONSIDERATIONS FOR COLUMN 2, GOALS 1 & 3

GOAL 1. Complete Column 2 by clarifying the spiritual nature of the situation, or trial, using one of the following phrases. Remember heart disturbances aren't just of an emotional or feeling nature; desires often mask feelings or work to prevent certain feelings from arising. Sometimes what we feel is hard to clarify because our attention is more focused on a particular desire.

- A. Use "I feel ___ because ___," when your **feelings** are what alert you to the trial.
- B. Use the following when your **desire** for an action or inaction alerts you to the trial and you don't really feel a particular feeling. Write it in Column 2 using the following phrases.
 1. What I want to do/say is ___ (desired action) because ___. Or, I really don't like ___ because ___.

Now, turn that around to discover the feeling behind the desire. Ask yourself:

2. If God were to tell me that saying/doing ___ (desired action I want to take) is wrong, then I would feel ___ because (I would have to live with) ___.

Additional reference material. When we identify our strong desires, we can discover the feeling we are seeking to avoid, but there is an extra step to take. This is due to the relationship between the conscious and unconscious parts of our minds – F101, Chapters 3-4. This is also due to the fact that our conscious

intentions are not proof that our hearts are pure – see the example of Peter’s desires and intentions. Peter’s situation is one Scriptural example which demonstrates what can happen when we don’t recognize our desires as heart disturbances!

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GOAL 3. Partner with the Holy Spirit to discern what kind of trial you are dealing with.

Every trial we face is overcome in Christ in 4 general ways:

1. Identify Satan’s deception and our own old self desires;
2. Transform those old desires in Christ and recognize the changes God seeks to make in us personally;
3. Discover how God wants us to respond to the trial (both externally and internally);
4. Do what God says to do.

That being said, some trials are more difficult than others because of the tactics Satan uses against us, and because we often have a hard time overcoming Satan’s influences (though in Christ it is possible). Satan’s deceptions influence how we view a given trial. Below are some general descriptions of various kinds of trials. It can be helpful to discern which you are dealing with when a trial arises. You do not need to memorize these or even read them each time you work to listen to God. However, it is important to increase your awareness of them in real-life. This will help you understand some nuances to trials so you can better understand the Holy Spirit’s guidance while working both with the PPT and later with the 7SP.

A. “The Deceptively Simple or Seemingly Insignificant Trials.” Even if a trial seems small and “not worth paying attention to,” do your part to discover God’s will. Any time Satan is attacking, your heart will be troubled to some extent, AND the Spirit is seeking to communicate counsel through your heart. The adage “there is more than meets the eye” applies to these deceptively simple trials. Failing to transform the heart with “little” trials contributes to struggling to hear God in the “bigger” ones.

Some General Rules to Discerning Deceptively Simple Trials

1. If you struggle to get to a place of peace *before* settling on a course of action, the trial is not as simple, spiritually, as it initially seems.
2. If you find it difficult to discover how God wants *you* to change, or if you cannot be genuinely thankful for that change, then the trial is not spiritually insignificant.
3. If something grates on you, then regardless of how “small” it seems externally, the trial isn’t trite; it is spiritually critical for you.

Such trials are always worth entering on the PPT and then working through the 7SP. If you do, you’ll discover more about how Satan seeks to hide his influences, and how seemingly “little” trials relate to the more difficult trials. It will also reduce the sense of randomness certain trials seem to have.

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B. “Single Issue Trials.” We describe these trials as ones we associate with mainly a single instance or trial that we can handle by itself. For example, maybe someone cuts you off on the highway, or the cashier short-changes you at the store. Be honest with yourself about “single issue trials.” Depending

on the situation, what someone does or says to you, or the unexpected bill for example, may be part of a larger pattern of spiritual issues for you. Based on your perspective, the latest issue may just be the tip of the iceberg, if you find it becomes about more than just one trial. When this is the case, your “single issue” may be better approached as one of the more complex trials described in **C. ‘The More Complex Trials’** below.

Bear in mind that describing trials as “single issue trials” is a very coarse description that may make them appear isolated or unrelated to other trials. The truth is that a trial today will always be *spiritually* related with some of your past trials. The spiritual relationships can be seen based on the different kinds of new-self identity issues that Satan’s influences create for us. In other words, connections between trials may not always be apparent externally, but spiritually the connections can be seen in terms of the personal UNtruth involved in the trial. The Painful *Pattern* Tool is designed to help you see those connections and patterns. The Holy Spirit’s unique counsel to you will include addressing the connections, the patterns they form, and the old self drives associated with them.

Here is one final note about “single issue trials.” In the long run, Satan often gets us to treat most issues as if they are just about a single issue when they are really more complex than we initially assessed. In doing this, Satan is able to enflame situations. This can happen, for example, during the process of reconciling with someone. We often end up focusing on more than just the “single issue” that triggered our latest upset! A disagreement between spouses, friends, family members, or in work relationships may actually be considered “single issue trials” when similar issues from the past have been truly forgiven and they aren’t actually weighing in on the hurts we may feel over the latest issue. It is important to be honest with yourself when making these kinds of distinctions because when you aren’t, your old self will make it much harder to hear the Holy Spirit’s guidance on changes needed in you, as well as how to truly handle the external aspects of the trial in Christ!

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C. “Three Kinds of Complex Trials.” These can fall into at least three types described below.

1) **Trials in which it is easier to see how others or something about the situation is wrong or ungodly.**

While others may actually be doing something wrong or need to change, Satan’s strategy here often causes us to overlook Satan’s attack on Christ in *us*. In this way, we can fail to see how our own sense of judgment prevents us from being at peace in Christ. In these kinds of complex trials it will be helpful to use the questions in this publication to discover Satan’s influences in our own old selves, which the Holy Spirit wants to reveal to us. It is very important to see how Satan places a beam in our own eye during the trial, especially when it appears quite clear how the other person is being influenced by him.

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2) **Trials which are connected and require unraveling in order to deal with “flaming arrows.”**

(See the [September 2009 “Hearts Up” edition](#), Key Words featured article, “*Flaming Arrows*.” The article talks more about the imagery of Satan’s flaming arrows and attacks, from Ephesians 6:16.)

It may be difficult to resolve a trial because we did not take time to hear the Holy Spirit’s guidance in a recent trial or two. Or, we might have heard Him incorrectly. Or, we didn’t *consistently* implement the changes He told us to make in recent spiritually similar trials. These

are ways Satan's deceptions make (or made) the current trial complex or difficult. In these trials, the consequences we set in motion through our own past failures can perpetuate and spread if we do not listen closely to God's guidance today. This is one way the flames of Satan's arrows spread. Look at the following example:

Tom's car broke down and he is going to be late to work (this is the immediate crisis). He is concerned about how the boss is going to react to this (this is anticipation of a future trial). (The rest of this deals with related trials in the recent past in which he did not hear the Holy Spirit's counsel.) He was going to make the repairs a month ago, but that would have adversely affected the family time he felt he needed. To make things worse, he hasn't been sleeping well because he's been stressed over other issues that, at the time, seemed too insignificant to have any real meaningful spiritual lesson for him. Still, as a result, Tom hasn't been performing up to his usual best at work because he's just been "off his game." Now, having taken time off (which helped his stress for a short time), Tom is late and is sure things will be even more stressful at work.

Dealing with such trials often involves having to take ownership for mistakes we made in recent past trials, even though we may have had good intentions at the time. Yesterday's trials in which we missed the mark have now compounded today's immediate crisis. Satan's influences in the immediate crisis will likely be focused on getting you to handle the crisis in a way that makes perfect sense, *but only because you did not hear the Holy Spirit's counsel properly during the trials leading up to the immediate crisis! For this reason, it is useful to discern what God wanted you to change in those trials leading up to the immediate crisis*. Then, it is helpful to see how those changes come to bear on the immediate crisis. It is important to realize that in these kinds of trials, the cost of embracing God's counsel may very well have gone up. When it has gone up, it is due to our own failure to listen and submit earlier. It will be vital to hear better today.

To discern what God wanted you to change in the recent past related trials, it may be very helpful to list each of them on your PPT, if you haven't already done so. You will need to address the immediate situation, but again, the way you think God may want you to handle it may be different if you go back through the other related trials and determine what He wanted you to do in the first place. If you can wait a day or so before taking action, try working the oldest related trial first in order to seek out the inner changes the Lord *would* have wanted you to make. Once you know those changes you can work through the immediate crisis with a spiritual eye on how those changes may need to be applied to the current trial. Again, the cost and effort may be higher now, but bear in mind, it can always go even higher. With these kinds of complexities, it may be that the Lord was challenging you to take ownership of different things that you initially avoided due to the consequences it might have created. This issue involves a lack of trust in God's plan. He may still be challenging you to take ownership, but due to having acted in your own understanding unsuccessfully, you may need to take ownership in different ways now.

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3) **Trials that repeat over long periods of time; maybe weeks, maybe months, maybe years.**

These trials deal with "key players" or "key environments." (We'll talk more about these later.) These kinds of trials may include issues that have either been ineffectively addressed or completely unaddressed for a really long time. Here it is important to review what the Lord has

revealed to you about your past, old-self patterns. It is hugely important to remember those patterns of yours! Remembering your own old self tendencies is absolutely critical to responding to the Holy Spirit's counsel and cautions when Satan is attacking you. Only by doing your part (being on the lookout for patterns of your old self) will you be able to consistently submit to Christ in you. The work you have recorded on your PPT during past trials will be of great use.

If you are driving on a narrow road with a cliff to one side, potholes, and traffic, you go slowly. You are alert to ways you might make a costly or even fatal mistake. When you face complex spiritual trials, it is important to accept that you are on a spiritually similar road. Don't lose sight of that fact. Satan's self-appointed job is to get you to be comfortable and relaxed so that you fail to pay attention to the realities of your trial. God seeks to guide us carefully and specifically, but you have to pay attention if you want to ultimately change the spiritual road you are on! Being able to observe your old self is important. Once you recognize your heart is disturbed it is vital to work to see your old self in the present trial with fresh and clear spiritual eyes.

Whether you experience trials that repeat in marriages or any other relationships, it is important to recognize your old self BEFORE you act in it! Each heart disturbance (whether emotion or desire) is your personal, spiritual warning system! Without attention to the Holy Spirit's warnings and counsel, it is possible to have to do so much apologizing (even as a believer) that it enables Satan to challenge your partner to have to deal with huge obstacles when it comes to trusting and believing you really mean what you say when you apologize. "A key part of accepting forgiveness is for *the person being forgiven* to actively remember that which was forgiven. This is vital to truly behaving like 'moldable clay' in the Potter's hands! This is vital to keeping watch over the heart so as to catch Satan's deception when he is again at work in you!" ("Hearts Up", ISSN 2155-5826, [November 2010 Edition](#) of the e-publication of *Keys To Understanding Life, Spiritual Warfare Combat Tips* featured article "*Satan's Tactics: The Illusory Victory – No Perseverance Required*," page 6-7, © William J. Clark, Jr.)

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Regardless which kind of complex trial you may face, trust the process of listening to the Lord and concentrate on seeking out *your* old self by applying the Biblical principles using the PPT and 7SP. Trust that the Holy Spirit's guidance about your concerns will be enough to help you begin to gain the clarity He wants you to have; be diligent in doing your part.

SPECIAL CONSIDERATIONS FOR THE SELF-EXAMINATION QUESTIONS IN COLUMN 3, GOAL 2

GOAL 2. The self-examination questions and statements on pages 7-10 are to help you become keen to Satan's attack in you and to argue against your old self. These observations are what you can record on your PPT in Column 3. In this section we look more closely at each question. You will need to refer to these observations later when working on the 4th and 5th Principles of the *7 Spiritual Principles (7SP)*!

A. Does this trial somehow present a “key environment” for your reoccurring heart disturbances? Is the person(s) involved a “key player” in your reoccurring heart disturbances? Generally speaking, there are two goals associated with this question.

Once you have used the PPT and 7SP to help you discern the Holy Spirit's counsel to you in a number of your trials, the patterns in Satan's attacks against you will start “popping out” at you. Those patterns will likely be associated with certain people and/or in certain environments (hence, key players and key environments). Recognizing those associations will help you to be better prepared for the spiritual battles within you. It helps you see when Satan is seeking out opportunities to launch attacks against you repeatedly (1 Peter 5:8-9). This awareness helps you remind yourself when it is especially important to be sensitive to the fact that the Holy Spirit is trying to communicate to your heart.

Additional reference material: (for recognizing key players and key environments associated with your reoccurring trials, i.e., do-overs).

1. F101 page 165 (last paragraph) – Presents a description of how Satan often attacks us in real-life trials via our relationships with key people (key players). This spiritual concept also applies to key kinds of environments in which Satan attacks us uniquely as individuals.
2. F101 page 171 (Worksheet Questions 1 and 2) – Assists you in identifying key players and key environments common to Satan's typical attacks on you.
3. F101 page 315 (Exercise 2) – Use the Holy Spirit's guidance concerning the key players and key environments that Satan uses in your life to facilitate his attacks on you. This exercise assists you in actively partnering with the Lord in advance of potential trials, by using insights into your old self to alert you when to use your heart to listen to God's instructions.

Examples of key players: a boss, a co-worker, your parents, one of your parents, one of your children, your spouse, your in-laws, a particular person at church, one of your neighbors, etc.

Examples of key environments: when it is time to pay the bills, when you get home from work, when your spouse gets home from work, whenever discussions come up about work, when you are by yourself, when you are in a crowd, etc.

Recognizing when you are around spiritually key players and in spiritually important environments enables you to do one thing. It puts you in a position to work with God's Spirit to identify the following kinds of old self desires and responses you have when those key players or key environments are concerned. Keep in mind that your old self desires and responses may be different in different key players or environments. However, what is most likely going to be the same is the

Personal Untruth, the lie Satan is using to influence your sense of identity in Christ (PPT Column 4 as well as P3 in the 7SP).

Taking the time with Column 3 to identify patterns in your old self responses and desires around key players and environments is going to pay off later when working to identify what the Spirit would have you change in you (P4). Once you have used the PPT and 7SP to help you discern the Holy Spirit's counsel to you in a number of your trials, you'll get better at remembering His past counsel and the things He pointed out to you concerning your key players and environments. That, in turn, will help you when you try to discern what God wants you to do to respond to the trial (P5). It will be easier to discover since it will likely be directly contrary to the way you answer the questions below.

What to write in Column 3: Be REALLY honest about your old self desires and responses around key players and environments, and record your observations about things such as:

1. Does my old self cause me to talk too much or too little when in a trial with this key player or in this key environment?
2. Does my old self cause me to tend to explain a lot or to be too quiet around this key player or in this key environment?
3. Does my old self cause me to assume the best about the key player or key environment or to make excuses for why the trial is the way it is?
4. Does my old self cause me to tend to be controlling or to be passive with this key player or in this key environment?
5. Does my old self cause me to apologize inappropriately for everything, or to hardly apologize at all with this key player or in this key environment?
6. Does my old self cause me to tend to be overconfident in myself, or to sell myself short inappropriately with this key player or in this key environment?
7. Does my old self cause me to take on guilt inappropriately or to inappropriately resist taking responsibility with this key player or in this key environment?
8. Does my old self cause me to remember all the bad things I've done and start feeling negative about me when I'm with this key player or in this key environment?
9. Does my old self cause me to view my previous conduct in trials in a way that is less critical than it needs to be as a disciple of Christ, when I am around this key player or in this key environment?
10. Does my old self cause me to feel so forgiven for my failures in past trials that I don't see the value in remembering them in certain key environments or when they relate to key players?
11. Does my old self cause me to fail to get clear answers from God consistently in my trials when they involve this key player or this key environment?

When you are struggling to sort through a trial involving a key player or key environment, your previous PPT entries are instrumental to figuring out what the Spirit would have you change in you. By recording your answers to the questions on your PPT, over time you will likely see similar patterns in your trials. Recognizing these common patterns are also fundamental in terms of leading you to transform your heart more quickly and more frequently (P4).

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B. What Scriptural role are you assuming applies to you (or others) in this trial? Does one of your Scriptural roles seem to be conflicting with another? If the trial involves someone else, do your responses tend to be godly or ungodly? How you answer these questions is super helpful when it comes to discovering how your old self is “crossing the line” according to Biblical descriptions of godly roles and responsibilities.

1. *Clarify what you see as the applicable Scriptural role(s) for you and the other person(s).* When we look at our Scriptural roles, often we have more than one role, depending on how we see ourselves. Typically one of those many roles will be the critical one for determining what God would have you to do in the trial. Satan tries to generate worries, concerns and confusion by causing us to fail to see, or fail to embrace, the implications of the role God views as most critical to the spiritual issue in the trial. The most critical role God seeks to reveal to you might be different than the role He sees apply to someone else. This can be true even when two people’s trials seem similar externally. Be cautious in comparing your roles and trials to others.

Examples of Scriptural roles: leader, follower, father, mother, husband, wife, parent, child, being an adult yet also your parents’ “child,” employee, boss, householder, guest, peer, sibling, etc.

What to write in Column 3: In PPT Column 3, write down which role seems to be the *primary* one that applies to you and for others in this trial.

2. *Do you have multiple Scriptural roles that seem to be conflicting with another? If you had to pick one, which role do you think is the primary role that God sees as applying to you in this trial?* You may have concerns, feelings and desires about fulfilling a responsibility associated with one part of your life when it may potentially affect other areas of your life negatively. When it comes to determining which role is most applicable to your trial, Satan may create confusion in you. This is what happens when you are weighing things that may impact you or those you love “negatively” by what you do or don’t do. In other words, you or those you love may feel hurt or have unfulfilled desires (heart disturbances of their own) regardless of whether you fulfill your godly role or not. They may have heart disturbances of their own if you do what God wants you to do and that affects their ability to do what they want to do. The point is to discover the primary role as God would have you to fulfill, and to seek His leadership on how to resolve any other role issues. Look at these examples:

Example 1. Imagine you are the boss at work and have to make a decision whether your team needs to work the weekend or on an upcoming holiday to meet a particular work commitment. However, you made plans with your own family for this weekend two weeks ago, because you had to cancel that weekend’s plans due to work. Here, the role of boss conflicts with the role as father (or mother) and spouse.

Example 2. Let’s say that you are in a business or ministry with your spouse. An issue comes up, and you both have different views on what decision ought to be made. Each of you has had different concerns about potential outcomes to past situations and those trials strained the relationship. What further strains the relationship is that you both sometimes have quite different views on decisions that arise in your home life.

It might be that some conflicts between roles arise because trust issues come up concerning what might happen as a result of certain decisions. Conflicts may arise because we sometimes don’t truly transform our hearts during a trial. As a result, we struggle to be truly content in

trusting God's leadership role through a spouse, especially when we have been hurt at other times in our lives. The roles you each have in the business or ministry can conflict with roles as spouses. If you already struggle with roles in the home (which is due to untransformed fears or concerns), then the roles in business or ministry may become more difficult to embrace. It is vital to clarify the role(s) before God, and to seek His guidance on clarifying them within relationships.

Example 3. In this example you are an adult perhaps you have your own family, and your parents often need you to help care for them. Perhaps you live in close proximity to them, or maybe they even live with you. One or both of your parents do not approve of certain things your spouse or children do. Perhaps they are quite vocal over decisions you face. Their influence causes disharmony within your own family. Your sense of obligation to them and your desire to honor them, in the way that seems right to you, has enabled resentments to arise in your family. Here, your role as their child conflicts with your role as father or mother, or spouse. (Conflicts in roles may also arise if it is your spouse's parents.)

In the three examples above you may notice that depending on what you view as being God's role for you in a situation, then that may lead you to have to seek God's guidance for other issues. Often other potential problems and trials arise from how God has us handle the trial at hand, and we have to sort through them too because of how roles come into play.

Sometimes God's counsel is hard to discern because we've made decisions in our past and we assume God's latest counsel isn't addressing one of those decisions, when in fact it might be! So in Example 1, if your role as boss has been creating lots of problems for you with your family, it *may* be that the job itself wasn't the one God wanted you to have! If that were true, hearing *that* counsel might be really hard for obvious reasons! Comparatively, it might be easier to assume you simply have desires that are preventing you from taking advantage of opportunities with your family. It might be that if you changed something in you, you would have more time for your family and the work issue wouldn't be as problematic for your family. Either way, hearing God's guidance might involve not only listening to how He wants you to handle the immediate decision, but also listening concerning whether the larger lifestyle you've embraced is actually the one He wants for you. The application of this concept may also apply to trials like the one in Example 3 (above).

Generally speaking, hearing God speak to changes in our lifestyles can be more difficult to hear the older we get. But, just because that might be true, it doesn't mean that God is always speaking to lifestyle changes. Regardless, our duty is to be open to that in the event He does. Whenever lifestyle changes are involved in God's guidance, there will usually be multiple issues that you will have to take before Him. This is because lifestyle changes create a ripple effect. While seeking God's counsel for multiple issues may sound intense or time-consuming, it is actually a good thing because it offers you plenty of opportunities to get clarification on and to be at peace with the "bigger picture" before you actually jump into the change! Having a strong awareness of your Painful Pattern will be vital to discovering possible lifestyle changes.

In sum, when we really begin to listen actively to God's Spirit counseling us in our hearts, in solving one trial, there may be another decision and trial we discover needs addressing. This is not uncommon. The changes the Holy Spirit has us make in today's trial may lead us to have to listen again soon in order to deal with the results of His leading. This is how God works to move us from a track we *thought* He wanted us on, to the track He actually wants us on. (F101, Chapter 8 discusses this in Commitment 3, particularly in "Gird yourself with God's Truth about you" starting on the bottom of page 332 going through 336.)

What to write in Column 3: On your PPT C olumn 3, briefly note an y conflict you might be experiencing in fulfilling Scriptural roles.

3. There is a third aspect to examine when it comes to roles in trials. *Clarify whether you generally view your interactions in the relationship with the other person as healthy (godly) or unhealthy (ungodly).* This third self-examination point deals with roles in terms of whether the interactions in them generally are godly and foster trust and harmony. In short, does the other person in the trial typically act in a godly way towards you, or is it you that typically struggles with acting in a godly way with them? While this is a generalization and won't always be true, the point is to help you seek out what typically happens within you in the relationship. Remember, this is about seeking out your patterns.

We have to be really careful when it comes to broadly characterizing the interactions within relationships as godly or ungodly. If we feel wronged or as if we are being treated unjustly today, then we usually remember times we felt the same way in the past. **But**, that doesn't always mean we actually are being mistreated, even though so sometimes that may be true. Characterizing your relationship interactions in this way may be easier to observe in certain key environments or with key players, so the examples below look at this self-examination point from that perspective.

Example 1 (involving multiple steps to a conflict with a key player):

- ii. Imagine your spouse says something to you and you begin to be bothered (there's the heart disturbance indicating Satan is attacking and the Spirit is speaking to your heart).
- iii. Maybe this latest trial brings to mind some other trial from a couple weeks ago when you felt that your spouse treated you the same way, and you didn't like it then either! Perhaps when you were younger people often said really rude and mean things to you, and that causes you to really want to resist what your spouse is saying.
- iv. Let's imagine that in the past trial with your spouse, what your spouse said was actually good and right. During that last trial you both paused and stepped to the side individually to change and listen to God. You each capitalized on your personal relationship with God through Christ by examining Scriptural roles, old self patterns, etc. You did your part in the Spirit to overcome Satan's attack on you. And, in the course of listening and allowing the Lord to mold you in His image, you discovered it was you who owed the apology and needed to change. You and your spouse reconciled. Again, let's say that's what happened a few weeks ago.
- v. BUT now in this latest trial your old self doesn't *want* to remember the reconciliation part because that would be of the new self. Your old self wants you to focus on the hurt you experienced so that you won't do your part in transforming in response to Satan's attack.

Conclusion: it is vital that your new self (who you are in Christ) gets stronger so as to remember that your own portion of the past similar trial was leaning toward the "ungodly interaction side."

What you can note on your PPT: with this example, you would ask yourself whether your tendency is to initially get upset with your spouse only to discover later that you were in the wrong. If so, then the pattern is that your interactions, in this kind of trial, tend to be ungodly, and your spouse's tend to be godly. (Keep in mind that this doesn't mean all your interactions are ungodly; however, in this kind of trial, they may very well be. You will want to give this due consideration throughout your listening process.)

Alternate consideration: if you are the spouse that initiated the conversation at the start of this example, you may see how the note on your PPT could be different.

Example 2 (involving multiple steps to a conflict in a key environment):

- i. The holidays are here, and you spend a lot of time planning, preparing, and taking care of the myriad of details that make it a fun, memorable time for everyone (this could also apply to vacations or other get-togethers). No matter how much you do to prepare, something unexpected typically happens or someone always feels the need to make changes at the last minute. When these deviations happen, your stress levels rise and you may even feel unappreciated. These unexpected events often make you try harder to plan and prepare even better. However, from time to time you can get a bit bossy or snappy.
- ii. You can remember times in your past when one of your parents, or maybe another family member, made a big effort for an event and everyone had fun. They did a really good job and modeled an example you want to follow. You have the gift of planning and serving.
- iii. However, others have pointed out the reoccurring stresses that your efforts sometimes bring to the events and asked you to look at that. After different events, you spent some time listening to God and looking at the relationship between your heart disturbances and the efforts you put into these special events. You looked at your Scriptural role and your desires to make others happy. But, you realized that one of your old self patterns is that while you usually have good intentions, you tend to have control issues when it comes to your gift of planning and serving. In hearing the Holy Spirit's counsel to your heart, you came to the conclusion that you must be able to cultivate some sense of detachment to the outcome you prepare so hard to create. This will mold you into the Lord's image by helping you to handle the unexpected with a more content and loving heart.
- iv. BUT, your old self really doesn't like remembering that lesson when it has been a long time since you were able to "pull out all the stops" for a special event. Your old self asserts itself and causes you to defend the good desire to use your gift of service and detailed planning in a controlling way. Your old self makes you over-confident in your ability to separate planning and service to others from control and self-service.

Conclusion: as with the first example, the Holy Spirit will seek to remind you of God's guidance, but your old self will tend to resist hearing and remembering. Only by cultivating a love for the Lord, which is brave enough to seek out old desires, are we able to surrender to being molded in the image of Christ during trials. When we submit to the Lord's discipline, we demonstrate our faith in Him and His eternal kingdom.

What you can note on your PPT: with this example, you would ask yourself whether you tend to fulfill your desires in ungodly ways, based on what the Lord has revealed to your heart about how to apply His truth to a key environment of yours. You will want to note that the environment tends to be godly, but Satan tempts you to approach it in an ungodly way.

What to write in Column 3: On your PPT Column 3, indicate whether your interactions in this kind of trial tend to be godly (healthy) or not.

Pg.8 (to return to Godly Introspection List), pg.14 (to return to Appendix 2, Overview)

- C. **Do you have any idea what "cost" or consequence Satan is causing you to be concerned might happen as a result of this trial?** Generally speaking the objective in using this self-examination question is to write down potential "costs" you may fear or dislike. You are going to write down possible outcomes to the trial that would cause your heart to be disturbed. If the trial is a do-over, you may want to write down any of the Spirit's guidance you recall from past trials, which you should have applied to this trial but didn't.

Write down things like this in Column 3:

1. I might be unhappy with ____ (describe the potential cost or outcome), because what I want is ____.
2. If ____ (cost or outcome) happened, I would feel victimized, wronged, mistreated, treated unjustly and that just isn't right.
3. If God wanted me to do ____, then ____ (the other person) might be upset with me, or at a minimum it may create a conflict between us which is another trial I don't need.
4. If God wanted me to be at peace with ____ (something you must accept about the trial), then why care about anything.*
5. If God wanted me to ____, then ____ might be the result. I don't like that.*
6. I realize that one thing the Lord told me to do in the past when this kind of trial happens is ____ (fill in the blank with any of the Lord's previous guidance to you that is relevant to your current trial); however, I was afraid that if I did that, then ____ (cost or outcome) could very well be the result, and I don't want that.

* The PPT is simply a way to record your experience as you work to hear the Spirit's counsel *about the nature of Satan's attack and influence in you*. But remember, Satan's deception is NOT overcome until your heart is completely transformed to peace. Transforming the heart to peace by identifying what the Spirit would have us change in us is the focus of the 4th Principle of listening to God. If this trial is a do-over with a key player or environment, then at some point in a previous listening the Lord gave you guidance on how to handle such situations. You should have an idea of God's will for you if you've kept track of such things. Helping you keep track is why we (the authors) developed the PPT and 7SP Record. The main point though is for you to be prepared to really nail down how Satan is causing you to resist or be concerned about acting in accordance with God's previous counsel to you.

Pg.8 (to return to Godly Introspection List), pg.14 (to return to Appendix 2)

D. **Why would Satan be interested in getting you to be concerned about a particular possible outcome to the trial situation?** Of course the broad answer is to get you not to do God's will, i.e. to "miss the mark," to sin. When Satan's attack begins, his influence can cause us to fixate on something about the *external* situation that we don't like. It can cause us to fear that something might happen that we don't want, or that something we want might not happen.

While we are being attacked by Satan, if we can verbalize the fears and concerns that drive us to fix, change, or resist the trial in a particular way, then we *begin* to discover what it is about the action that is ungodly for us in the trial. This is one of the ways the Lord can help us use Satan's attacks to actually discern the counsel of the Holy Spirit! However, it is important to recognize what our old selves desire and fear *while we are being attacked and before actually responding to the trial*.

Don't assume that certain desires or motives are always automatically godly or ungodly; just list them in the PPT Column 3! Satan may be skewing your perspective somehow – this is the nature of DECEPTION!

When you can discern Satan's influence behind your desires, then over time you can begin to recognize patterns in how Satan disturbs your heart. With this recognition comes an increasing awareness of what desires, motives, concerns or fears the Lord wants to change you. It becomes clear where God is challenging you to have more faith, love and peace.

What to write in Column 3: On your PPT Column 3, write what you want to have happen or not happen. Write down your desires, fears, worries, motives, intentions or concerns about particular potential outcomes.

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- E. **How is (or was) your old self causing you to avoid taking action? How is your old self causing you to take an action?** You may already be aware of ways Satan is trying to drive your actions. That is useful. However, it is vital to be aware of what actions Satan caused (is causing) you to *avoid* in the trial! Often we avoid doing certain things, not intentionally, but unintentionally. In Column 3, be sure to write godly things you could have done but didn't, even if you didn't think about them at the time.

What to write in Column 3: record the ways your old self is influencing you to avoid taking action. Write down things like:

1. I didn't, or couldn't, get to a place of peace and get clear guidance from God before I acted or made a decision during the trial, and what I did was _____. (Has this happened before in another similar trial? If it has happened before, then this trial is a "do-over." Write the word "do-over" on your PPT Column 3 to help you keep track of how many of these you have.)
2. I tried to do the right thing, but then when _____ happened I _____ (fill in old self action).
3. I have avoided making time to listen to God's counsel after some of my other trials, even after the fact, to see if what I did was what He actually wanted.
4. I avoided apologizing when I probably should have.
5. I avoided speaking up when I probably should have.
6. I avoided keeping silent until I could transform my heart; still, I said _____, and did not say _____.
7. I avoided asking _____ for help.
8. I avoided asking _____ to clarify or discuss _____ with me.
9. The decision or action I avoided were _____, _____, and _____. (Use more or fewer blanks as needed)
10. Part of the Lord's previous guidance to me was _____, and I didn't apply it to this trial. I hoped I'd somehow be the person God wanted me to be so the outcome of my trial might be different.

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- F. **How is your old self causing you to judge others, the situation or your new self?** Matthew 7:3-5 applies to judging situations and your new self, as much as it does to judging other people. Judgments are judgments even though we might not consciously mean or intend them to be.

When a trial first starts, Satan is attacking and deceiving us. This means that the initial thoughts we have are often tainted because our hearts are no longer at peace. The way we see the "facts" of the trial are often skewed and contain certain assumptions which may not be true. Several of the introspective questions below focus on identifying what you assume are true or not true. Unless we are willing to question our initial assessments of the "facts" of the trial, we may end up making spiritual mistakes in the process of acting. Questioning our assumptions is part of what Matthew 7:3-5 implies is part of solid, godly introspection.

What to write in Column 3: record the ways Satan is influencing you to judge. Write down old self activities such as:

1. I am assuming _____ is true about _____ (who or whatever is involved in the trial).
2. I am assuming _____ is what God wants me to do in this situation.
3. I am assuming that I am applying _____ (any relevant guidance the Lord gave me before).
4. I really don't like what _____ (the other person) actually said or did, or I might have said or did, because ...
 - a. ...it isn't their place or role to say or do _____.
 - b. ...it is *my* place or role to say or do _____.
 - c. ...I didn't solicit their thoughts/advice.

- d. ...clearly, I needed ___ and I shouldn't have to explain that.
- e. ...we've discussed ___ (issue) before and agreed to do ___ (whatever).
- 5. I am assuming that ___ (the other person) said or did ___, because ___ (the other person) thinks ___ about me. (This helps you verbalize what you think about the other person's motive).
- 6. I think I shouldn't have to forgive ___ (the other person) right away because ___.

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G. How is your old self using you, or trying to use you, to create or to perpetuate disharmony (between you and others and/or between you and God)? In answering this question, do NOT focus on how someone else is creating disharmony; you will look at that later in the listening process. Instead, focus on how Satan's attack on you is trying to drive your old self to act, or fail to act, in ways that create disharmony. (Later, once you've completely transformed your heart to peace in Christ, then in P5 you will look at how to handle the external aspects of the trial.)

If you become aware of other ways you are introducing disharmony, definitely note them in PPT Column 3. However, remember the following two **cautions**:

1. When a trial deals with any kind of dispute between you and someone else, then whether it is with a non-believer or even a believer, you may find that they do not want to reconcile. Often it is easier for people to desire to simply "let it go and move on." Part of what you want to note here is whether you are tempted to just "let something go" because the other person involved *might not* want to deal with the issue or because they *probably* aren't going to change in some way. While this may be true, it may not be the point. Often the Spirit works to counsel us to at least try to reconcile things anyway!
2. It is really important to remember that while you are filling out PPT Column 3 you may not be at peace yet concerning your trial. This is normal. The objective in working to fill out Column 3 is about hearing the Spirit as He works to reveal your old self and Satan's activities to you. It prepares you to focus on transforming your heart disturbance in Principle 4 of the *7 Spiritual Principles*. When you are working Column 3, it is important NOT to make any decisions if at all possible, because Satan is not overcome in the trial. This will help you to remain open to all possibilities until your heart is again completely centered in who you are in Christ. Until then, the Spirit will seek to use the fact that Satan is attacking, in order to guide you into God's Truth.

When we are working on the PPT, our ability to fully see how we are creating disharmony is usually going to be limited. This is because we aren't always willing to see the full extent of the disharmony until we have fully transformed our hearts to peace in Christ (in 7SP Principle 4). Once that has happened, our spiritual ears are better able to focus on what the Spirit is trying to tell us to change and embrace (also in 7SP P4). This doesn't mean it is always easy to recognize the disharmonies even then; it simply means it is possible to assess ourselves more accurately when we are centered in Christ and have worked with Him to neutralize Satan's influence on us.

Remember that the Holy Spirit's initial guidance deals with trying to reveal to you what Satan seeks to drive you to do. Whatever desires pop up in your heart, while you are disturbed, realize that Satan is somehow seeking to use them to steer you away from what God wants you to do. Or, Satan is seeking to get you to do them, but with a different heart than the one God wants you to have.

What to write in Column 3: record the ways Satan is trying to use you to create disharmony in your relationships. (Remember that while Satan may influence us to do things, it is our fault when we fail

to follow Christ by cooperating with Satan's influences, even without intending to do so.) Write down things like:

Disharmony from not applying previous, relevant guidance God gave you.

1. I created disharmony because I forgot to apply what God previously told me to do in this kind of trial and the result was ____.
2. I created disharmony because I hesitated or was reluctant to apply what God previously told me to do in this kind of trial because ____ might happen, and I didn't want that.
3. I created disharmony by trying to do what God told me from a previous listening, but with a heart that wasn't really at peace, so I got upset again while trying to reconcile.**

* When Satan attacks us during reconciliation attempts, it is important to stop the reconciliation and for each person (assuming they are believers) to listen to the Spirit's counsel again individually.

Disharmony in relationships due to unresolved issues.

4. I created disharmony by insisting it was ____'s (the other person's) turn to approach me if he/she wants to talk about resolving this issue; I'm tired of having to initiate reconciliation all the time.
5. I created disharmony by not initiating reconciliation with ____ (the other person) because I don't want to have to deal with them when he/she can't clearly see they were wrong.
6. I created disharmony by not reconciling the issue with ____ (the other person), because we've done it a hundred times and they'll never change.**
7. I created disharmony by disrespecting the fact that ____ (the other person) said he/she doesn't want to hear it from me anymore. Still, I have acted as if I am resolved to keep bringing up the issue until he/she changes their wrong behavior, even though that isn't the way God may want me to act!

** While this may be true, it may not be the spiritual point the Lord is seeking to make to you. Raising an issue may be connected to your spiritual leadership responsibility based on one of your Scriptural roles. If so, once you've transformed your heart's concerns and frustrations to peace in 7SP Principle 4, you may find God's action plan for you is to raise the issue again. Remember, if God's action plan for you is to raise the issue, then that act will be in part to strengthen you, and in part to challenge you to demonstrate your commitment to Him and the issues He tells you to raise, regardless of what others do with that opportunity. Alternatively, if the person has clearly refused to hear it before, it may be that the Lord is actually trying to get you to drop the issue and respect their choice. In this kind of trial, God's action plan may include that you learn to be at peace in Him with regards to decisions others make which you don't like!

Disharmony from not transforming your heart to peace before acting.

8. I created disharmony by not being at peace. I thought that was OK because if I'm not doing ____ (list the "good" thing you wanted to do), then that would mean I am failing God.
9. I created disharmony by thinking my ____ (anger, or whatever feeling/desire) was righteous, so I thought my heart didn't have to be at peace.
10. I created disharmony by thinking that Jesus got upset in the temple and that I am spiritually skilled enough to be angry without sinning too!
11. I created disharmony by thinking I was automatically supposed to have the answer for how to handle ____ (the problem or concern) without having to take time to listen to God's Spirit.
12. I created disharmony by thinking it was the right thing for me to do ____ (action or inaction) and in doing so I took on ____'s (someone else's) responsibility.

13. I created disharm ony b y thinking that if I' m not ___ (feeling or desire), then ___ (t he other person) won't think I mean what I say.
14. I created disharmony by thinking that if I am at peace in this situation (trial), then that seems like I am agreeing with ___ (the other person's) action or motive.
15. I created disharm ony by thinking that if I am at peace in this situation (trial), then it m eans I am accepting ___, and that is a bad thing.

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H. Which of your old self actions, motives or fears look familiar? A similar question is, "How do I know if an idea or thought of what I want to do is of the old self or not?" These kinds of introspective questions are best answered while actually r eviewing your other PPT entries. Facilitating such a review is the whole point of taking th e time to record the testam ents of your own trials on your PPT. The Holy Spirit knows the relationship of your current trial to some of the ones from the past, and He will seek to help you remember critical lessons. The PPT helps you do your part in the rem embering too. Reviewing past trials will help you recall patterns in the spiritual dynamics of y our heart and mind. If you are just starting y our PPT, you may not be able to recognize as much; however, you too can use the questions below to begin observing and recording possible patterns in PPT Column 3.

The key is to look for disturbances in your heart and your painful pattern. Even if you "feel good" about the thing y ou want to do in a trial, if the des ire is similar to ones y ou observed in your painful pattern, don't act on the desire without fully listening to God. The bulk o f Satan's attacks follow patterns, so discerning them more consistently is what the PPT helps y ou to do. But, the PPT won't help you if you don't remember or review it.

What to write in Column 3: Review y our past PPT Column 3 entries. Look for patterns in Satan's influences in you and record the following:

1. How have your old self patterns played out in past trial situations (not just in trials before you chose to foll ow Christ, but in recent trials)? Write down spec ific spiritual dy namics or old self tendencies.
2. Do you remember what happened whe n you went along with these old self tendencies before ? If so, briefly note the results.

Pg.10 (to return to Godly Introspection List), pg.14 (to return to Appendix 2)

APPENDIX 5: AUTHORS' INTENT AND GUIDANCE FOR *FEELINGS 101* (F101) SUPPLEMENTAL INFORMATION

Colossians 3:15, “Let the peace of Christ rule in your hearts, to which indeed you were called in one body; and be thankful.” When trials are particularly hard or difficult, the heart transformation we need (and need to seek) is often what we are struggling to experience in those trials. *Feelings 101: Pain to Peace* (F101) and the Supplemental Materials, including this Download, are intended to assist individual believers in hearing the Holy Spirit’s counsel pertaining to that command of transforming the heart to peace. The materials focus on partnering with the Holy Spirit during trials when Satan is seeking to make such submission challenging. They are designed to assist you in partnering with the Spirit of God within so you may discover the spiritual dynamics at work and focus more specifically on exactly the spiritual corrections God is seeking to make in you. Embracing those corrections is not always easy, but it is part of the challenge of transformation which F101 examines in detail. *Getting the Most Out of the Painful Pattern Tool* is intended to assist you with that, but in using it you agree that you are personally responsible for how you use it.

The Holy Spirit seeks to communicate His counsel to you through your heart during the various phases of a trial. Those phases are not determined by what happens externally, but in terms of whether you respond to the Holy Spirit’s counsel or whether you remain deceived by Satan’s attack. The focus of *Getting the Most Out of the Painful Pattern Tool* is to assist you in discerning the initial portions of the Holy Spirit’s guidance to you in a trial. This first part of the Spirit’s guidance deals with how Satan is trying to get you to act in ungodly ways or to avoid acting in godly ways in response to the trial. When we cooperate with the Spirit and hear Him clearly in that initial phase, then in the next phases of the inner spiritual battle, the Spirit will try to help us transform our hearts to peace and figure out how to respond to the trial.

Getting the Most Out of the Painful Pattern Tool will challenge you to engage in godly introspection. Properly using this tool requires applying principles and relationships presented in the Bible, which was Authored by the Holy Spirit. This includes, but is not limited to, examining your various roles and responsibilities, principles of reconciliation, and your perspectives of spiritual family and biological family. The Holy Spirit may also try to counsel you concerning issues about which the Scriptures may be silent. When He does, that application will apply first and foremost to you, not necessarily someone else. The Spirit communicates to others’ hearts, but others are given free-will by God to make their own decisions. They are responsible for their listening skills. Each disciple of Christ is responsible to connect with God’s Spirit within. He will speak to us each time Satan attacks or seeks to influence us. By getting better at listening to God’s Spirit, He, the Author of the Scriptures, can teach us to apply what is in His written Word. The intent of *Getting the Most Out of the Painful Pattern Tool* is to assist believers in connecting through their own hearts with The Author, The Teacher, Whom Jesus secured for us through His death, so that, as individuals, believers might hear His guidance more clearly and consistently.

While *Getting the Most Out of the Painful Pattern Tool* may assist you in listening to the Spirit of God speaking to your heart concerning spiritual trials, it is simply a tool. *Getting the Most Out of the Painful Pattern Tool* is not to be construed as Scripture nor is it to be used in a legalistic manner. Improving your part in listening to God by using *Getting the Most Out of the Painful Pattern Tool* is not to be a means for bypassing the Lord’s discipline for you (Hebrews 12:4-12), but a means for understanding His disciplines during trials and learning from them.

It will be necessary for you to set aside time for quality spiritual work. A normal part of spiritual growth, as well as using *Getting the Most Out of the Painful Pattern Tool*, is a “seeking out” effort over time. This is a part of getting answers in your trials. It is spiritually normal to have to struggle against the old-self and to cooperate with the Spirit in the course of examining the many dynamics and variables that may come to bear in your trials. Perseverance, faith, trust in God, and self-examination are very real parts of hearing the Holy Spirit’s guidance and for transforming the heart and renewing the mind during trials. In some parts of life, peace is the successful result of applying those things during successive trials and of being trained by the Lord’s discipline over time as described in Hebrews 12:4-12.

Hebrews 12:11, “All discipline for the moment seems not to be joyful, but sorrowful; yet to those who have been trained by it, afterwards it yields the peaceful fruit of righteousness.” This discipline is what we often experience in our spiritual trials. The Scriptures indicate:

1. If you are going to seek to understand the Lord’s discipline in your life,
2. And if you are going to seek out the changes God would have you to make by following the leadership of the Spirit of God and hearing His counsel to you for yourself,
3. Then you must be willing to shoulder the personal and spiritual responsibilities which come with improving your listening skills and with examining yourself in conjunction with the Spirit. This is what godly introspection is about. *Getting the Most Out of the Painful Pattern Tool* is a supplemental tool that we (the authors) offer to assist you in developing those godly introspection skills.

We (the authors) want to reiterate that we are not licensed or professional counselors, therapists or psychiatrists. This Download, including the suggestions, cautions, warnings, encouragements, directions, and “how to” instructions are not intended to supersede your own responsibility to think for yourself, to evaluate the details of your own situation(s), and to seek qualified health or spiritual care and/or counseling when necessary and appropriate. You must have read and agreed to the KeysToUnderstandingLife.com [Terms of Use](#) before using this Download.

Regardless of any shortcomings, mistakes, representations or presentations, *Getting the Most Out of the Painful Pattern Tool* and its authors are in NO way seeking to communicate that you have license or permission “from God” to do whatever it is that occurs to you when you are in an emotional state.

Due to the differences in each individual’s spiritual dynamics, the guidance you receive by listening to the Spirit of God with your heart may or may not be the same guidance the Spirit is trying to provide to a friend or loved one, regardless how similar your external situations may appear. So, while it is important to assist one another in listening to God, we must encourage one another to work to improve in doing our individual part of listening to God. This means that *Getting the Most Out of the Painful Pattern Tool* is not meant to be used to interpret what you believe God is trying to tell the other person, even if that person gives you their permission. We, the authors, do not advocate that practice and consider it a misuse of this Download as well as F101 material.

Materials published as part of the *Keys To Understanding Life Series* are not intended as a substitute for connecting with a church Body.

All believers may not be spiritually prepared to take the same steps you are taking by using *Getting the Most Out of the Painful Pattern Tool* and seeking out discipleship beyond the elementary teachings of Christ (described in Hebrews 5:11-6:3 – this aspect of discipleship is more fully discussed in [A Disciple's Heart](#)). Just because some believers may not be ready, this is not cause for disassociating yourself from your local church Body.

Both *Feelings 101: Pain to Peace* and *Getting the Most Out of the Painful Pattern Tool* encourage believers to examine, deal with, and transform various aspects of their personal, private and confidential trials. They are designed for individuals to use in improving their abilities to learn one-on-one from The Teacher, the Spirit of God within. They are not intended to be used as a class or as handouts to classroom instruction in venues including Sunday Schools, Bible Study, devotional groups, retreats, seminars, Vacation Bible Schools, or the denominational equivalents of these kinds of venues. These kinds of venues serve vital purposes in cultivating spiritual growth and sustaining the church Body, but many believers may not be comfortable sharing the personal, confidential details of their trials in front of others in those venues. *Getting the Most Out of the Painful Pattern Tool* is not to be presented with the intent to use it as a springboard or stimulus to cause others to look for or discuss those details, and the authors do not agree with such conduct. Further, any presentation of F101 material, including this Download, without the actual practicing of the application changes the discipleship approach by focusing on the material as “points of discussion” to be examined mentally. Such training without application is not discipleship *beyond* the basics, but is discipleship *in* the basics and is a misrepresentation of the authors’ intent and purpose.

Decisions, actions, consequences of your actions as a result of using *Getting the Most Out of the Painful Pattern Tool* may affect not only your life, but also the lives of those you care about and who care about you. You must take full responsibility before the Lord in your decision-making processes, and consult the Scriptures as part of your listening processes in considering how God would have you act with regards to the impacts your actions may have on loved ones. If you cannot or might not do this, then do not use *Getting the Most Out of the Painful Pattern Tool*.

Getting the Most Out of the Painful Pattern Tool is intended to help you to live more in love and peace by connecting with the Holy Spirit within. Again, it is NOT seeking to communicate, in any way, that the purpose of using it is to help you figure out Satan's attack on someone else, to prove them wrong or to correct them without first receiving their expressed permission. Even then, the authors highly discourage that practice. *Getting the Most Out of the Painful Pattern Tool* is not intended to be used by anyone to attack, harass or relentlessly pursue other believers or churches or to force, manipulate, or to coerce others in any way to alter their lives in ways that they do not believe God would have of them.

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