



Flesh Inventory

Ask the Holy Spirit to use this inventory to assist you in identifying what your unique version of the flesh is like. Even though it is true that we are free in Christ, many believers have trouble identifying what it is they are free from.

Place a number (0 to 10, where 10 is greater) beside any of these traits with which you *struggle*.

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|---|---|--|--|
| <input type="checkbox"/> Anger | <input type="checkbox"/> Feelings of Helplessness or Weakness | <input type="checkbox"/> Loner | <input type="checkbox"/> Restlessness |
| <input type="checkbox"/> Anxiety | <input type="checkbox"/> Feelings of Rejection | <input type="checkbox"/> Low Self-Discipline | <input type="checkbox"/> Sadness |
| <input type="checkbox"/> Argumentative | <input type="checkbox"/> Feelings of Worthlessness | <input type="checkbox"/> Low Self-Worth | <input type="checkbox"/> Self-Centered |
| <input type="checkbox"/> Astrology, Horoscopes | <input type="checkbox"/> Gluttony | <input type="checkbox"/> Lust for Pleasure | <input type="checkbox"/> Self-Confidence |
| <input type="checkbox"/> Bigotry | <input type="checkbox"/> Greed | <input type="checkbox"/> Materialistic | <input type="checkbox"/> Self-Depreciation |
| <input type="checkbox"/> Bitterness | <input type="checkbox"/> Guilt | <input type="checkbox"/> Must Strive to Repay Any Kindness Shown You | <input type="checkbox"/> Self-Gratification (obsessions) |
| <input type="checkbox"/> Boastful | <input type="checkbox"/> Hatred | <input type="checkbox"/> Negativism | <input type="checkbox"/> Self-Hatred |
| <input type="checkbox"/> Bossy | <input type="checkbox"/> Hostility | <input type="checkbox"/> Nervousness | <input type="checkbox"/> Self-Indulgence |
| <input type="checkbox"/> Causing Dissension | <input type="checkbox"/> Homosexual Lust | <input type="checkbox"/> Occult (involved in) | <input type="checkbox"/> Self-Justification |
| <input type="checkbox"/> Conceited | <input type="checkbox"/> Idolatry | <input type="checkbox"/> Opinionated | <input type="checkbox"/> Self-Pity |
| <input type="checkbox"/> Controlled by Emotions | <input type="checkbox"/> If It Feels Good, Go For It | <input type="checkbox"/> Overly Quiet | <input type="checkbox"/> Self-Reliant |
| <input type="checkbox"/> Controlled by Peer Pressure | <input type="checkbox"/> Impatience | <input type="checkbox"/> Overly Sensitive to Criticism | <input type="checkbox"/> Self-Righteousness |
| <input type="checkbox"/> Covetousness | <input type="checkbox"/> Impulsiveness | <input type="checkbox"/> Overly Submissive | <input type="checkbox"/> Self-Sufficient |
| <input type="checkbox"/> Critical Tongue | <input type="checkbox"/> Impure Thoughts | <input type="checkbox"/> Passivity | <input type="checkbox"/> Selfish Ambition |
| <input type="checkbox"/> Deceitfulness | <input type="checkbox"/> Inadequate | <input type="checkbox"/> Perfectionist | <input type="checkbox"/> Sensuality |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Indifference to Others' Problems | <input type="checkbox"/> Prejudice | <input type="checkbox"/> Sexual Lust |
| <input type="checkbox"/> Dominance | <input type="checkbox"/> Inferiority Feelings | <input type="checkbox"/> Pride | <input type="checkbox"/> Slow to Forgive |
| <input type="checkbox"/> Drug Dependency | <input type="checkbox"/> Inhibited | <input type="checkbox"/> Profane | <input type="checkbox"/> Stubbornness |
| <input type="checkbox"/> Drunkenness | <input type="checkbox"/> Insecurity | <input type="checkbox"/> Projecting Blame | <input type="checkbox"/> Temper |
| <input type="checkbox"/> Envy (depressed at the good fortune of others) | <input type="checkbox"/> Intemperance | <input type="checkbox"/> Prone to Gossip | <input type="checkbox"/> Too Quick to Speak |
| <input type="checkbox"/> False Modesty | <input type="checkbox"/> Jealousy | <input type="checkbox"/> Rebellion at Authority | <input type="checkbox"/> Unlovely |
| <input type="checkbox"/> Fear | <input type="checkbox"/> Laziness | <input type="checkbox"/> Resentment | <input type="checkbox"/> Vanity |
| | | | <input type="checkbox"/> Withdrawal |
| | | | <input type="checkbox"/> Workaholic |
| | | | <input type="checkbox"/> Worrier |

These patterns were generated by the “old man” (or sometimes by the new man walking in carnality) while striving to get your needs met. Though the old man died (Romans 6:6), the patterns you checked still remain in your brain. These constitute an approximation of your version of the flesh. Remember, this inventory is NO longer you if you are born again. God says, “From now on we recognize no [one] according to the flesh” (2 Corinthians 5:16). God recognizes you by your new identity in Christ (2 Corinthians 5:17)