

Spiritual Bootcamp & More Lesson 6
i must decrease= John 3:30b (pinky finger)

*Watch Lesson 6 video(s) on *spiritualbootcampandmore.com*.

The right hand gets completed this lesson as Bootcamp moves to the tiny but often very dangerous pinky finger. Beware of the pinky! Your little pinky finger represents your “flesh” (sinful, carnal nature) that we touched on last lesson when reviewing spiritual order. When it comes to your flesh just remember that **it will line up with the enemy**. It is more deadly than any poison. It seldom gets enough attention. It usually wants to be stroked. It usually wants to talk and talk and talk. It wants to have its way. The good news is that it does not have to. When you know, practice, and consistently walk in who you are, where you are, and what you have, your pinky will have no vote. *Your Spirit will increase; your flesh will decrease.*

1. For review write the theme verse for the ring and pinky fingers:

John 3:30 _____

2. The following two verses testify to the truth that your “pinky” only has the power that you give it. You do not have to give in to your flesh, ever. It is a choice, and quite a poor one when the power of the Holy Spirit is within you.

Write 2 Corinthians 5:17 _____

Write Galatians 2:20 _____

Read out loud the words of Derek Prince concerning the flesh: “The Biblical remedy for the flesh is crucifixion. Crucifixion is the distinguishing mark of those who truly belong to Christ. God is not interested in our church membership or denominational labels. *He looks to see if our old, fleshly way of life has come to an end at the foot of the Cross.* Crucifixion is always painful, but it is a gateway to the new life” (emphasis added).

3. Last lesson you learned a new hand drill 2) (p. 34) with five ways to grow your spirit (the Word, Prayer, Praise, People & Places). This lesson you will learn the third and final hand drill of your right hand— five ways to “decrease your flesh.”

a) Look at this new hand drill on p. 39. Remember that to grow more and more in the Spirit there must be “Continual Feeding,” but to decrease our “flesh” there must be “continual _____.” Whatever you feed will grow _____ and whatever you starve will get _____.

b) Using “Hand Drill #3” (p. 39) answer and learn the following:

Hand Drill #3 (*decrease flesh*):

- 1) _____ it _____ thing each morning.
- 2) Stop _____ your finger at yourself/others.
- 3) Tallest finger= Use _____
- 4) Ring finger= _____
- 5) Pinky = _____

4. Read Exodus 29:18, 25, 41; 2 Corinthians 2:15. Burning flesh was called a _____ unto the LORD. What aromas from your life do you think please the Lord?

5. What you “point to” (focus on) will get _____ and _____.

Avoid the deadly trap of _____. Discipline yourself to _____ . Quit whistling for the _____.

6. Write and say out loud Mark 4:39 _____

We must learn to “speak to our storms” and speak to ourselves by saying, “_____, be still.” Peace is a most powerful weapon to crucify our fleshly tendency to be anything but peaceful. Do not let your flesh line up with the enemy. You must avoid his first advances. Remember, ***peace is a powerful weapon.***

Write Ephesians 2:14 _____.

7. Use the AUTHORITY you have in Jesus to destroy every act of _____. Stop the “_____” by taking every thought captive. You have the mind of Christ! (1 Corinthians 2:16).

Write and meditate on 2 Corinthians 10:3-5. _____

Write and meditate on Romans 8:6 in the Amplified Bible, Classic Edition (AMPC).

This version really does amplify “the mind of the flesh” [*which is sense and reason without the Holy Spirit*]. Let those brackets sink into your mind.

Is “thinking with the mind of the flesh” a sin? _____ What are the consequences?

What is your “top mind battle” and how can you walk in victory?

8. Write and meditate on Matthew 10:34-36 _____

Write and meditate on Romans 16:17 _____

Do not be surprised as you become more intimate in your relationship with Jesus that He may begin to _____ you from those who may be wicked, “toxic,” “baiters,” or just “a worldly influence” to you. Ask Him to “update” all of your relationships and listen closely. Dive into His Word. You will never hear something from Him contrary to His Word. They are in complete unity.

9. Write and meditate on 1 John 2:15-16 _____

Let's get practical:

1. Write on your index cards any scriptures from this lesson that the Holy Spirit has highlighted and meditate on them daily.
2. Take another look at the third hand drill (p. 39) which represents five ways to decrease flesh. *Remember that your flesh cannot be cast out, cannot be counseled out, cannot be medicated out— **IT MUST BE SLAIN!*** Did the Holy Spirit bring to mind any action points for you as you looked at the new hand drill? Let's go finger by finger.

a) Are any changes needed for you **FIRST** thing in the morning? _____
Ask God what He wants you to look at **FIRST** thing each morning and write this below.

b) If you are **POINTING** too much of your attention inward (the deadly trap of introspection), **DISCIPLINE YOURSELF TO STOP**. Confess it as sin and repent. Ask Him for practical steps to take in going the other direction. Write down what He tells you.

c) Are there any areas in your life that need to get under **AUTHORITY**. Write down anything He shows you and find a related verse to put on your index cards.

d) **PEOPLE & PLACES**: When you ask Him to “update” all relationships and activities, is there anyone, anything, or any place from which He is calling you to separate in this season? _____

3. As you well know the most practical and powerful way for us to die to self and grow in the spirit is to get alone with God and pray “**Lord, Change Me.**” The page titled the same from Sylvia Gunter’s ‘More Prayer Portions’ is a wonderful ending exercise to close out this section of Bootcamp. If you are not in the habit of journaling, this would be a great place to start.

Time for transparency: From the “Lord, Change Me” exercise, is there anything He revealed to you that you would like to share with your Bootcamp group?

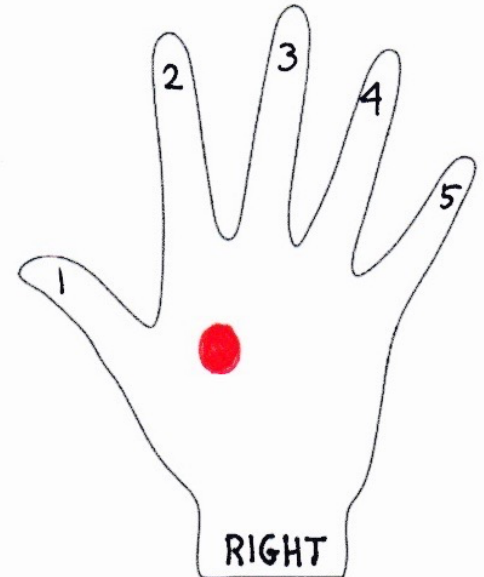
Six lessons and three hand drills later, you now know even more about WHO YOU ARE, WHERE YOU ARE, WHAT YOU HAVE, & WHAT YOU MUST DO (He must increase; i must decrease.)

We are excited about continuing Bootcamp over six more lessons with only one remaining hand drill— the left hand (Satan). We will learn together how to destroy the works of the enemy. You will learn how your RIGHT HAND crushes the left. Congrats on completing the Right Hand!

BOOTCAMP HAND DRILL #3

John 3:30b= *i must decrease*
=continual starving of flesh

1. Crucify it **1st** thing each morning
2. Stop **pointing** your finger at yourself and others
3. Use your **Authority/Power** (tallest)
4. **People** (ring)— Separate from those He says in this season
5. **Places** (pinky)—avoid places He says



Scriptures to look up are below:

(Transfer to index cards those the Holy Spirit highlights.)

1. **Crucify it 1st thing each morning.** Your flesh can't be counseled out, medicated out, or cast out— it must be slain! You are a new creature in Christ—the old has gone! (Galatians 2:20, 2 Corinthians 5:17).
2. **Stop pointing your finger** at others or yourself (the deadly trap of introspection). What you point to (feed) gets BIGGER and BIGGER. "Hush, be still." Discipline yourself to stop reacting. PEACE IS A POWERFUL WEAPON. Quit whistling for the enemy (Mark 4:39, James 1:19).
3. **Use Authority** you have in Jesus to destroy every act of disobedience= Stop the stinkin' thinkin' (silence the lies) with your mind of Christ (2 Corinthians 10:3-5, Colossians 3:2, Luke 10:19, 1 Corinthians 2:16).
4. **People:** Separate from the wicked, the "toxic," the "baiters," etc. *only as He directs.* Pray! (Ephesians 6:12, Psalm 1:1, Proverbs 4:14-15, Matthew 10:34-36, Romans 6:17, 2 Timothy 2:16, 1 Thessalonians 5:22)
5. **Places:** Divorce yourself from "loving the world." Avoid evil (1 John 2:15-16, 1 John 5:19). **"People and Places" to be covered in more detail in Lesson 10.

Lord, Change Me

1. Pray, “Open my eyes and show me great and wonderful things from Your word” (Psalm 119:18).
2. Begin by reading any passage that God chooses for you from the following scriptures. Pray, “Lord, remove all my preconceived ideas about what this scripture is saying. Speak to me fresh today through Your living word.” Read until God stops you.

2 Samuel 7:18-29

Psalms 63

Psalms 84

Isaiah 55

Hebrews 12:1-15, 25-29

Galatians 5

Philippians 3:7–4:20

Colossians 3

1 Peter

3. When you have read until God stops you, ask Him why He stopped you there.

Ask God what He is saying to you about—

- what needs changing
- sins or surrender
- obedience
- promises
- direction, re-direction, marching orders
- vision and recommissioning for your life
- personal revival
- affirmation
- challenge
- relationships
- His best for you

4. Ask Him how He wants you to receive His word to you. Write your responses. Pause, and honor God’s still small voice. Listen as He gently brings confirmation to your spirit. Express your heart, as you write a letter to your Dearest One.

5. Continue reading where He leads. Ask Him what else. It may be a cross reference or another passage. Let Him direct you and stop you. Be sensitive, listen, and respond. Write down what He is saying.

6. Seal your time by reading and praying Psalm 85:6-13, first for you and then for what God wants it to mean for your family and your church.