

# **Bible Study Guide: From the Inside Out – A Lenten Journey of True Transformation**

 Source Transcript:

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## **Big Idea**

**Lasting transformation begins on the inside—when we allow God to shape our hearts, renew our minds, and guide our lives through spiritual discipline and surrender.**

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## **Theme**

**Lent is a season of intentional spiritual formation where believers move from being driven by physical desires to being led by the Spirit, resulting in real change that impacts both their lives and others.**

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## **Core Scriptures**

### **Psalm 51:10**

“Create in me a clean heart, O God, and renew a right spirit within me.”

## **Matthew 4:4**

“Man shall not live on bread alone, but on every word that comes from the mouth of God.”

## **Romans 12:2**

“Be transformed by the renewing of your mind.”

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## **Introduction: The Invitation to Go Deeper**

Lent is:

- A 40-day journey
- A time of reflection and discipline
- A call to draw closer to God

### **Key Insight:**

“What’s happening inside of you is shaping everything happening outside of you.”

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## **Main Point 1: Lent Is a Season of Spiritual Formation**

### **Explanation**

Lent includes:

- Fasting
- Prayer

- Scripture
- Reflection

## **Spiritual Truth**

Spiritual growth requires:

- Intentional focus

“Lent is a time to draw closer to the Lord.”

## **Application**

- How will I engage this season?
- What will I commit to?

## **Sticky Quote:**

“Formation requires intention.”

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## **Main Point 2: Fasting Reveals What Controls You**

### **Explanation**

Fasting:

- Denies physical appetite

### **Spiritual Truth**

It exposes:

- Spiritual dependency

“Fasting magnifies spiritual awareness.”

### **Application**

- What controls my cravings?
- What needs to be surrendered?

### **Sticky Quote:**

“What you crave reveals what leads you.”

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## **Main Point 3: You Can Be Led by Flesh or Spirit**

### **Explanation**

Two paths:

- Flesh (appetites, desires)
- Spirit (God’s will)

### **Spiritual Truth**

Your direction depends on:

- What you follow

“You can be guided by appetite or by the Spirit.”

### **Application**

- What is guiding my decisions?
- Where do I need to shift?

**Sticky Quote:**

“Your guide determines your direction.”

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**Main Point 4: The Heart Must Be Renewed****Explanation**

David:

- Repented deeply

**Spiritual Truth**

God:

- Transforms from within

“Create in me a clean heart.”

**Application**

- What is in my heart?
- What needs renewal?

**Sticky Quote:**

“A clean heart leads to a clear life.”

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**Main Point 5: What’s Inside Drives What’s Outside****Explanation**

Your actions:

- Reflect your inner life

## **Spiritual Truth**

Internal conflict leads to:

- External inconsistency

“What’s inside is driving what’s outside.”

## **Application**

- What patterns do I see in my life?
- What’s causing them internally?

## **Sticky Quote:**

“Your inner life shapes your outer life.”

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## **Main Point 6: Spiritual Growth Is Not Easy**

### **Explanation**

Transformation involves:

- Discomfort
- Conviction
- Change

## **Spiritual Truth**

Growth requires:

- Effort and surrender

“Spiritual formation is hard work.”

### **Application**

- Am I avoiding the hard work?
- What is God asking of me?

### **Sticky Quote:**

“Growth happens in discomfort.”

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## **Main Point 7: Discipline Is Greater Than Willpower**

### **Explanation**

Willpower:

- Is temporary

Discipline:

- Builds habits

### **Spiritual Truth**

Spiritual habits:

- Shape character

“Discipline creates lasting change.”

### **Application**

- What habits do I need?
- What must change daily?

### **Sticky Quote:**

“Discipline builds transformation.”

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## **Main Point 8: What You Consume Matters**

### **Explanation**

Input affects:

- Thoughts
- Behavior

### **Spiritual Truth**

What you feed your mind:

- Shapes your spirit

“What you put in affects what comes out.”

### **Application**

- What am I consuming daily?
- Is it helping or hurting?

### **Sticky Quote:**

“Your input shapes your output.”

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## **Main Point 9: Replace, Don't Just Remove**

### **Explanation**

Eliminating habits:

- Leaves a void

### **Spiritual Truth**

That void must be filled with:

- God's presence

“Replace worldly habits with spiritual ones.”

### **Application**

- What am I removing?
- What will replace it?

### **Sticky Quote:**

“Replacement fuels growth.”

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## **Main Point 10: Transformation Leads to Impact**

### **Explanation**

Changed lives:

- Affect others

## **Spiritual Truth**

Impact happens:

- One person at a time

“High impact is changing one life at a time.”

## **Application**

- Who can I impact today?
- How is God using me?

## **Sticky Quote:**

“Changed people change people.”

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## **Main Point 11: True Impact Happens Outside the Church**

### **Explanation**

Faith is lived:

- Beyond Sunday

## **Spiritual Truth**

The mission field:

- Is everyday life

“Impact happens outside the walls.”

### **Application**

- How am I living my faith daily?
- Where can I serve?

### **Sticky Quote:**

“Your mission is outside the building.”

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## **Main Point 12: The Journey Starts Now**

### **Explanation**

You don't have to wait:

- For a perfect moment

### **Spiritual Truth**

Transformation begins:

- With a decision

“You can start today.”

### **Application**

- What step will I take now?
- What will I commit to?

## **Sticky Quote:**

“Start today.”

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## **Discussion Questions**

1. What is currently shaping your inner life?
  2. What habits are helping or hurting your spiritual growth?
  3. What do your cravings reveal about your heart?
  4. What do you need to remove and replace this season?
  5. How can you make an impact in someone’s life this week?
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## **Practical Application Steps**

### **1. Examine Your Heart**

- Identify internal struggles

### **2. Choose a Discipline**

- Prayer, fasting, Scripture

### **3. Replace Negative Habits**

- Fill your life with God

### **4. Build Consistency**

- Create daily rhythms

## **5. Live Out Your Faith**

- Impact others intentionally
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### **Closing Prayer**

Father,  
Create in us a clean heart  
and renew a right spirit within us.

Help us to look within,  
to surrender fully,  
and to allow You to transform us.

Guide our steps,  
shape our habits,  
and use our lives to impact others.

In Jesus' name, Amen.

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### **Final Takeaway**

**When you allow God to transform your inner life, your outer life becomes a powerful reflection of His presence, leading to real change and meaningful impact.**

