



GUIDED BIBLE STUDY

Changed from the Inside Out

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Highlighted Scripture

Acts 1:8

Jesus promised that believers would receive power through the Holy Spirit to live faithfully and carry out God's mission.

Psalms 139:23–24

God is invited to search our hearts, reveal harmful thoughts, and lead us in His ways.

Matthew 18:21–22

Jesus teaches that forgiveness should not be limited or conditional, but continually extended from a transformed heart.

Nehemiah 2:17–18

Nehemiah calls the people to rise up and rebuild what had been broken, trusting God's help and direction.

Discussion Questions

- **Why do you think spiritual growth often begins internally before it becomes visible outwardly?**
- **How can the Holy Spirit help transform the way we think and respond?**
- **What role does forgiveness play in healing and rebuilding our lives?**
- **Are there areas of your heart or mind where God may be working right now?**
- **What does it look like practically to let God “rebuild” something in your life?**

Reflection Challenge

Focus on allowing God to work deeper within you rather than only trying to change outward behavior.

Ask yourself:

- **What thoughts or attitudes might God be asking me to surrender?**
- **Is there bitterness or unforgiveness I need to release?**
- **What area of my life needs rebuilding or restoration?**

Try this:

- **Begin each day asking the Holy Spirit to guide your thoughts and responses**
- **Pause when negative thoughts arise and invite God into that moment**

• Take one intentional step toward healing, forgiveness, or restoration this week

Remember

- Real spiritual growth starts in the heart**
- The Holy Spirit changes us from the inside out**
- Forgiveness frees both the giver and the receiver**
- God is able to rebuild what feels broken**

Prayer

Father God,

Thank You for the work You are doing inside of me.

Help me to surrender my thoughts, my bitterness, and my fears to You.

Teach me to walk in forgiveness and rely on Your Spirit daily.

Give me courage to rebuild the places in my life that need restoration.

Continue shaping me from the inside out.

In Jesus' name,

Amen.

