



# GUIDED BIBLE STUDY

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## **Faithful from the Inside Out**

**Speaker: Shane Condon**

### **Highlighted Scripture**

**Hebrews 12:1–2**

**The Christian life is a race of endurance, and we run it faithfully by laying aside what hinders us and keeping our eyes fixed on Jesus.**

**Deuteronomy 28:1–8**

**Walking in obedience is an expression of trusting God's ways, and faithfulness grows when obedience flows from trust.**

**Matthew 6:25–34**

**Jesus teaches us not to live captured by tomorrow's worries, but to trust God daily for what we need.**

**Philippians 4:8**

**What shapes our thoughts shapes our peace, and God calls us to dwell on what is true and life-giving.**

### **Discussion Questions**

- **Why do you think Shane describes faith as being built “from the inside out”?**
- **How do thoughts, trust, obedience, and endurance all connect in your walk with God?**
- **Which of the four themes this week—endurance, obedience, anxiety, or thought life—feels most relevant for you right now?**
- **How does fixing your eyes on Jesus help steady you when life feels uncertain?**
- **What does ordinary, faithful Christianity look like in your daily life?**

### **Reflection Challenge**

**Focus on strengthening your faith from the inside out.**

**Ask yourself:**

- **What is shaping my inner life most right now—truth or anxiety?**
- **Where is God calling me to trust Him more deeply in simple obedience?**
- **Am I focused on dramatic spiritual moments, or daily faithfulness?**

**Try this:**

- **Spend time each day reflecting on one of the four themes from the week**
- **Identify one practical step to guard your thoughts more**

**intentionally**

**• Encourage someone by sharing a testimony of what God has done in your life**

**Remember**

**• Faithfulness is often quiet, steady, and ordinary**

**• Endurance grows through daily trust and obedience**

**• Peace begins with what shapes your thoughts**

**• A faithful walk with Jesus is formed from the inside out**

**Prayer**

**Father God,**

**Thank You for forming faith in me through daily, ordinary obedience.**

**Help me fix my eyes on Jesus, trust You with today, and guard my thoughts in truth.**

**Strengthen me to endure faithfully and walk in simple obedience.**

**Use my life as a testimony of Your work and help me encourage others along the way.**

**In Jesus' name,**

**Amen.**













