

We are all trying to change a lot of things about us. (ILL-looks) and behavior. But neglecting the epicenter of change

Our inner man. Our heart. Lasting change happens from the inside out.

John 6.26-35

John 6:29 (NASB95)

²⁹Jesus answered and said to them, "This is the work of God, that you believe in Him whom He has sent."

Believe-trust-rest in Jesus.

To rest in Jesus is not an external act as much as internal.

Our inner life is directly connected to our outer life... What's inside comes out. Our speech, choice, priorities.

Christ wants to do a deep inner work in each of us? In you.

What happens inside of us, goes to the outside of us. Not separate, flows together.

What does this mean?

2 Corinthians 4.16-18

How does Christ work on our soul (innerman)?

Proverb 4.23 Watch over your heart with all diligence, For from it flow the springs of life.

What is the fruit?

Romans 14:17 (NASB95) "For the kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit."

Season of life,

Mobius Strip

Closing

10 minute challenge

Take 10 minutes to work on your inner man a day.

Closing Blessings

"Now may the God of hope fill you with all joy and peace in believing, so that you will abound in hope by the power of the Holy Spirit." (Romans 15:13, NASB95)

