



“It is sentences that change my life, not books.” – John Piper

“I do not remember 99% of what I read, but if the 1% of each book or article I do remember is a life-changing insight, then I don’t begrudge the 99%.” – John Piper

**“The evangelical orientation is inward and subjective. We are far better at looking inward than we are at looking outward.”
– Sinclair Ferguson**

“We are interested in what good use spiritually minded believers, guided by Scripture, might make of observing the world around them. For early modern Reformed authors, such good use began with recognizing that every aspect of the created order, from the sky above our heads to the dirt beneath our feet, presents us with an opportunity for wonder and praise. Nature is designed to point beyond itself, and it can be, for those with eyes to see, a potent source of illumination and delight. As John Calvin explained, ‘After the world had been created, man was placed in it as in a theatre, that he, beholding above him and beneath the wonderful works of God, might reverently adore their Author.’ With little effort, we can discover

incredible beauty within the natural world, and it's an effort well worth making." – Matthew Bingham

"The purposes of the Bible are not introspective. God's entire purpose with us is extrospective, it is faith and love (Gal. 5:6). Both get you out of yourself. Faith looks to someone else, the living God. Love looks to the needs of other people. So the purposes of the Christian are not self-referential at all. The Reformation was actually started because a very introspective man, Martin Luther, who had spent hours searching his heart and confessing his sins discovered that God wanted him to look at Christ. And then wanted him to get busy taking care of other people." – David Powlison

"Any interest we have in self-examination must begin with the recognition that the practice does not represent an unqualified license to make all things about me. When Puritans such as John Flavel insisted that 'above all other studies in the world, study your own hearts,' they were not recommending self-interest for the sake of self-aggrandizement. Rather, they consistently underscored that a right sort of self-examination is ultimately centered on God, not the individual." – Matthew Bingham

"Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me and lead me in the way everlasting!" – Psalm 139:23-24

"Periodic self-examination is needed and wise and biblical. But for the most part, mental health is the use of the mind to focus on worthy reality outside of ourselves...Introspection destroys what matters the most to us-the authentic experience of great things outside ourselves." – John Piper

“Instead, we need to expend our energies admiring, exploring, expositing and extolling Jesus Christ.” – Sinclair Ferguson