

INSIDE

OUT

Change is hard, but change is necessary for growth. As we walk the journey of life God is constantly changing us to look more like Jesus. When God changes us, it is not simply behavior modifications, but a heart transformation which happens through repentance.

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We have all heard the famous quote that defines insanity, "doing the same thing but expecting something different!"

Friend, if you want to **change** it is time to **change** direction.

Repentance

means a **change** of mind + heart

It is more than feeling bad, it is renewing your **spirit** through **Self reflection + confession**
To live transformed into the image of **Jesus** through knowledge of the Word + conviction of the Holy Spirit.

*Reflect

Life keeps us distracted and often times it is hard to pause to reflect on our words & actions. But as they say, "You better check yourself before you wreck yourself!"

It is easy to look around and see everyone else's sins & errors and totally be blind to our own issues. And guess what? We all have issues! If you want to **change**, you have to look within and identify those things that are residing in your hearts that are not of God.

We often focus on the outside, but neglect the inside. We build an image externally of how we want to be perceived or identified, but internally we are empty, entangled by sin. So we must **pause & look** within, at the real us to examine our thoughts & motives before our sin takes over.

***Use these questions to reflect on your heart
daily**

- ___ Have I been easily offended ?
- ___ Have I felt overlooked & ignored?
- ___ Have I spoken or thought unkindly of anyone?
- ___ Am I justifying my words and actions in my mind?
- ___ Have I been blaming my circumstances & others?
- ___ Have I been impatient and irritable?
- ___ Have I been self absorbed, indifferent and inattentive to people?
- ___ Have I avoided people or tasks that I know I should face?
- ___ Have I been anxious and worried?
- ___ Have I failed to be self aware or been rash & impulsive?
- ___ Have I been slothful & avoiding things I need to do?
- ___ Am I doing what I do for God's glory and the good of others or am I being driven by fears, need for approval, love of comfort and ease, need for control, hunger for acclaim and power, or the fear of other people?
- ___ Am I looking at anyone with envy?
- ___ Am I giving into even the first motion of sexual lust or gluttony?

*Repent

Only after careful self reflection can we repent of our sins. Because repentance means a genuine **change** of heart, you have to be willing to open your heart up fully and look within even at those things that scare, hurt and humiliate us.

Once you identify those hidden sins, confess them **out loud** to God. (If you are comfortable, find an accountability partner to confess your sins as the Book of James teaches us.) As you **confess** allow the Holy Spirit to break your heart and lead you to a place of deep conviction.

Remember, *conviction leads to correction, not condemnation*. So don't hate yourself rather hate the sin that separates you from God so much that you turn your affection from that sin to a deep longing for God that cries, "God, I love you more than this!"

* Repeat

God, I thank you for your amazing, unending, saving **grace** that is available for me. Thank you that nothing can separate me from Your love. God, you see my heart, you know my thoughts and motives. There is no pretending or hiding anything from You. You see the real me. I **confess** my pride, my anger, my unforgiveness and my need to control. Lord, I ask for forgiveness for worrying instead of trusting, for complaining instead of worshipping, for grumbling instead of being grateful. Break my heart and help me to clearly see the chasm my sin creates between
You and me.

Let Your grace remind me that I am a new creation, an image bearer, an overcomer. Because of the **blood** you shed for me, I am no longer a slave to sin, but I am a child of God. Renew my mind with Your Word and change me from the **inside out**. Create in me a clean heart, one that chooses Jesus over everything else. And may the meditation of my heart be pleasing to You and let my life bring You glory. In **Jesus** name!

