How to Live from the Inside Out

Luke 6:21

Living from the inside out is building on the Rock. Living from the inside out means building your life on the Word of God. It means allowing the Word of God to influence you based on your relationship with God. Hearing the Word of God on Sunday is not enough to fight the good fight of faith. It is important that you take the time to build your faith in God. So you can weather the storms of life.

Living from the inside out is a journey, not a destination. It is not a one-time decision. Living from the inside out is a growth process that benefits those who practice the steps outlined below. Implement these steps gradually, focusing on one or two at a time. Celebrate small victories and rely on God's strength as you build a life anchored in faith, integrity, and purpose. Remember, it's not about perfection but progress in aligning your life with God's will. **As Philippians 1:6 reminds us, "He who began a good work in you will carry it on to completion until the day of Christ Jesus."**

How to Live From the Inside Out

1. **Daily Scripture Meditation**

- **How to Implement:**
    1. Set aside 10-15 minutes in the morning or evening specifically for Scripture reading and meditation.
    2. Choose a quiet, distraction-free location.
    3. Start with a small portion of Scripture (e.g., a Psalm or a passage from Proverbs).
    4. Reflect on how the passage applies to your life and pray for understanding.
    5. Gradually increase the time as you grow in consistency.
- **Example:** Begin with **Psalm 23**, read it slowly, and reflect on how God is your shepherd in everyday situations.

2. **Intentional Prayer**

- **How to Implement:**
    1. Schedule a specific time each day for prayer (e.g., first thing in the morning or before bed).
    2. Use a journal to write your prayers, record answered prayers, and note reflections from your conversations with God.
    3. Use a prayer structure, such as ACTS (Adoration, Confession, Thanksgiving, Supplication), to guide your prayer time.
- **Example:** Spend 5 minutes thanking God for the day, confessing sins, and asking for guidance in specific areas.

3. **Self-Reflection**

- **How to Implement:**
    1. At the end of each day, take 5-10 minutes to reflect quietly on your actions and decisions.
    2. Ask questions like, "Was I driven by faith or by external pressures today?"
    3. Write down your reflections in a journal and identify areas for growth.
- **Example:** If you notice you acted out of a desire for approval, note it and pray for strength to act from God's will instead.

4. **Values Alignment**

- **How to Implement:**
    1. Write down your core values rooted in your faith (e.g., integrity, humility, service, love).
    2. Keep this list in a visible place (e.g., in your journal, on your phone, or on a sticky note).
    3. Before making decisions, pause and ask, "Does this align with my values and God's Word?"
- **Example:** If faced with a career decision, check whether the opportunity aligns with your faith and values rather than societal expectations of success.

5. **Media Fast**

- **How to Implement:**
    1. Choose a specific time period (e.g., one day a week or one week a month) to disconnect from social media, news, and entertainment.
    2. Replace media consumption with spiritual activities like prayer, reading Scripture, or journaling.
    3. Use the freed-up time to reflect on God's presence in your life.
- **Example:** Commit to fasting from social media every Sunday and instead spend time in worship and family devotion.

6. **Serve Others**

- **How to Implement:**
    1. Identify a regular act of service that aligns with your talents or passions (e.g., volunteering at a shelter, helping a neighbor, or mentoring youth).
    2. Serve without seeking recognition or rewards.
    3. Reflect on how serving others deepens your connection with God and shifts your focus from self to others.
- **Example:** Volunteer monthly at a food bank and pray for the people you serve.

7. **Practice Gratitude**

- **How to Implement:**
    1. Begin each morning or end each day by writing down three things you are thankful for.
    2. Focus on both big blessings (e.g., health, family) and small ones (e.g., a kind word, a beautiful sunset).
    3. Reflect on how gratitude shifts your focus from external pressures to God's provision.
- **Example:** Thank God for a safe commute, a meaningful conversation, and the ability to serve someone in need.

8. **Practice Saying "No"**

- **How to Implement:**

1. Before saying “yes” to any invitation or request, pause and ask, “Does this align with my values and spiritual priorities?”
2. Practice polite ways to decline, such as, “Thank you for inviting me, but I need to focus on other commitments right now.”
3. Use your values as a filter for deciding what to take on.

- **Example:** Say no to a social event that conflicts with your time for family or worship, trusting that prioritizing God’s will is the better choice.

Blessings,

Pastor Gool