



Part 1: *God Inside*

INTRODUCTION – Stuck?

Romans 7:15, 19, 24

Understanding ME

- Body – brain and internal organs, flesh, bones
- Soul – emotions, mind, will
- Spirit – intuition, communion, conscience

Programmed to make routine functions automatic

Must abandon the “try harder” myth when it comes to change

DINE IN – A New Covenant...A New Deal

What was God’s vision for us? The story of creation

- “created In God’s image” (Gen. 1:27)
- “naked and unashamed” (Gen. 2:25)

What went wrong? The story of the fall

- “I was afraid because I was naked and so I hid” (Gen. 3:10)

What doesn’t work to change our hearts? The story of Israel

An “outside in” approach doesn’t work:

1. Give me the rules – the Law of Moses
2. Give me my space – the Promised Land
3. Give me strong leadership – the kings of Israel
4. Hold me accountable when I screw up – the prophets

What does work to change our hearts? The promise of the New Covenant

Jeremiah 31:31-34

1. God’s Spirit would invade our lives
2. God’s Spirit would transform our hearts, minds and wills
3. We would live in close relationship with God
4. We would live in partnership with God as his people in the world

Also see Ezekiel 11:19-20, Ezekiel 36:25-28, Joel 2:28-29

TAKE OUT – Change our focus from outside in to inside out

CONCLUSION – Imagine automatic righteousness

- Week 2: New Heart: Secure our heart with God’s love
- Week 3: New Mind: Renew our mind through God’s truth
- Week 4: New Will: Submit our will to God’s leadership
- Week 5: New Life: Transform our lifestyle and relationships inside out
- Week 6: Just Like Jesus

Memory Verse:

Jesus replied, “The most important commandment is this: ‘Listen, O Israel! The LORD our God is the one and only LORD. And you must love the LORD your God with all your heart, all your soul, all your mind, and all your strength.’ The second is equally important: ‘Love your neighbour as yourself.’ No other commandment is greater than these.”

-- Mark 12:29-31, NLT

Additional resources—notes, recommended reading, online videos, podcasts and more—are available online at themeetinghouse.ca/teaching

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HOME CHURCH QUESTIONS

Warming Up...

1. When in the past have you tried to make a positive change in your life? What was that change and how did it go? Do you feel you were successful and sustained the positive change or did you find you slipped back into an old pattern?
2. In this message there was an overview of the basic storyline of Scripture. What stood out to you about that storyline? It was suggested that there are four ways people try to change themselves from the outside in that simply do not work to change our hearts. Do you agree? Which of the four do you tend to rely on most as your way to try and change or manage yourself?

Look to the Book...

3. Read **Jeremiah 31:31-34**. In the most basic sense, a covenant can be understood as a promise between two parties to do (or not do) something specific. In the highest sense, it is “love formalized”. A) What differences can you see between the promises in the Covenant in Exodus 34:1-10, 27-35 (the “Old” Covenant) and the one in Jeremiah 31:31-34 (the “New Covenant”). B) What strikes you about these differences? C) What differences are there in the way we approach our relationship with God? D) Why might people be drawn to an Old Covenant approach to God rather than wanting to embrace a New Covenant approach?

So What?...

4. As we start this new series, what areas of your life do you feel God wants to transform from the inside out? What initial steps can you take this week to allow God’s inside out transformation start to take place? What outside in strategies have you been using that you need to set aside? Take time to pray for each other—that God will be able to have more and more access to your heart and mind, to transform you from the inside out.