

# Living from the Inside Out

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## I. What we experience and learn from God is directly connected to how we influence the world around us (Mark 4:35-41).

- A. Jesus expected His disciples to use their faith to change the storm. “Why are you so afraid? Do you still have no faith” (Mark 4:40)?
- B. Evidently, He expected them to say, “Quiet! Be still” (Mark 4:39)! What about us?
- C. The Holy Spirit speaks “...what He hears” and makes it known to us (often in our heart) (John 16:12-15).

## II. The most powerful way of life we can experience is to be acutely aware of the love and power God has for us, and then release that to the world around us. “For God has not given us a spirit of fear, but of power, and of love, and of a sound mind” (II Timothy 1:7 NKJV).

- A. *Sound Mind* definition: doing God’s will by doing what He calls *sound reasoning*.
- B. God wants us to reason differently than the world. “Why are you so afraid?”
  - 1. Example of calming the storm (Matthew 8:23-27)
  - 2. Example of disciples worrying about provisions and not having enough (Matthew 16:5-12)
- C. Paul learned the secret of contentment; we can learn, too! He believed and accepted God’s provision for him—from the inside out (Philippians 4:10-13).
- D. Encouragement and life-giving declarations in prayer can change the circumstances around us.
  - 1. *Prayer* definition: letting God use your mouth to “give life to the dead and call those things which do not exist as though they did” (Romans 4:17).
  - 2. Example of Peter healing the lame man (Acts 3:6-8)
  - 3. Cultivating a culture of encouragement (Isaiah 35:3-6)— “Encouragement is more than a use of words to make someone feel good about themselves or their circumstances; it is supernatural in nature and partners with heaven to bring forth heaven’s responses” (Bill Johnson).

## III. A great scripture for understanding how to live from the inside out is John 5:19-20.

- A. Jesus said He did whatever He saw the Father doing. How? When He felt the Father’s tenderness, He could respond freely and appropriately to every situation.
- B. We have the freedom to make our own choices, but the Father’s love shows us the right choice for every circumstance (John 10:14-18).

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