

It Begins on the Inside

LESSON 1 – OUTLINE

- I. If you can't—or should I say won't—change on the inside, then you aren't going to change on the outside.
 - A. Many people say, “But I do desire to change. I've done everything I know, yet it seems like things are just continually the same.”
 - B. As you think in your heart, so are you (Prov. 23:7).
 - C. This is a law of God.
 - D. Romans 8:6 confirms this truth, revealing that...

...to be carnally minded is death; but to be spiritually minded is life and peace.
 - E. When you are spiritually minded, all you get is life and peace.
 - F. When you aren't, you get death.
 - G. You might be saying “No, that's not true,” but it is.
- II. If I came to your house to see what you planted in your garden, I wouldn't have to be with you when you sowed the seeds.
 - A. Whatever is growing there is what you've planted or what you've allowed to be planted.
 - B. Just as this is true in the natural realm, it's true in the spiritual realm.
 - C. Whatever is growing in the garden of your life is what you've planted or allowed to be planted in your heart.
- III. Many people want grace and peace to be multiplied to them.
 - A. They desire peace in their lives, but they're praying for it.

Grace and peace be multiplied unto you through the knowledge of God, and of Jesus our Lord.

2 Peter 1:2

B. This scripture reveals that peace comes through the knowledge of God.

According as his divine power hath given unto us all things that pertain unto life and godliness, through the knowledge of him that hath called us to glory and virtue.

2 Peter 1:3

C. This scripture says that all things that pertain to life and godliness come through the knowledge of God.

D. This includes healing, prosperity, deliverance, joy, peace, success in business, good relationships, and anything else that is of God.

E. The dominant experience of your life is the way you think on the inside.

F. Instead of looking for a change to take place externally in everybody and everything else around you, the first thing you need to do is recognize that change begins on the inside of you.

G. It's according to the knowledge of God you have.

IV. You can turn any circumstance around in your life by getting God's perspective and starting to think His thoughts.

A. Some people call this by different names, but I believe this is what the Bible calls *faith*.

B. When someone wrongs you, instead of just reacting in the natural, physical realm—based on your emotions—faith considers, *What does God's Word say?*

C. Because of God's knowledge that you have through His Word, you recognize that the devil can speak through people and use them to come against you (Eph. 6:12).

D. You realize that it's not really that person who is angry at you and resisting God inside you.

E. Because of this, you just constantly respond differently than other people do.

F. You love that person instead of getting into strife, and it produces different results.

G. All of this begins with you thinking differently.

- V. One of the things that must happen in order to effect change in your life is you have to get to a place where you are sick and tired of being sick and tired.
 - A. You have to really reach a place where you say, “I’m going to do whatever it takes to see external changes in my life. I’m going to start changing the way I think. I’m going to start taking some risks.”
 - B. Unless you’re willing to do these things, you’ll never see external change.
- VI. If you want different results, then you’re going to have to do something different.
 - A. To keep doing the same thing over and over again, and praying for different results, is insane.
 - B. True change begins on the inside.
 - C. If you want change on the outside, it begins on the inside.

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LESSON 1 – DISCIPLESHIP QUESTIONS

1. Read Proverbs 23:7. What's more important, what a person says or what they think in their heart?
2. According to Romans 8:6, what is death?
3. What is life and peace?
4. Read 2 Peter 1:2-3. Peter wants God's grace and peace to be _____ unto you.
 - A. Divided
 - B. Added
 - C. Multiplied
 - D. All of the above
 - E. None of the above
5. What has God called you to?
6. Read Ephesians 6:12. If your conflict is not with flesh and blood, what is it with?
 - A. Circumstances
 - B. Stinkin' thinkin'
 - C. Government
 - D. Principalities, powers, rulers of the darkness of this world, spiritual wickedness in high places
 - E. Traditions of man
7. Read 2 Kings 6:24—7:20. Who did the king of Israel blame for Samaria's troubles?
8. What did the lepers sound like to the Syrians?
9. How did the Syrians flee their camp?
10. Everything Elisha prophesied came to pass according to what?

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LESSON 1 – SCRIPTURES

PROVERBS 23:7

For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee.

ROMANS 8:6

For to be carnally minded is death; but to be spiritually minded is life and peace.

2 PETER 1:2-3

Grace and peace be multiplied unto you through the knowledge of God, and of Jesus our Lord, [3] According as his divine power hath given unto us all things that pertain unto life and godliness, through the knowledge of him that hath called us to glory and virtue.

EPHESIANS 6:12

For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.

2 KINGS 6:24—7:20

And it came to pass after this, that Benhadad king of Syria gathered all his host, and went up, and besieged Samaria. [25] And there was a great famine in Samaria: and, behold, they besieged it, until an ass's head was sold for fourscore pieces of silver, and the fourth part of a cab of dove's dung for five pieces of silver. [26] And as the king of Israel was passing by upon the wall, there cried a woman unto him, saying, Help, my lord, O king. [27] And he said, If the LORD do not help thee, whence shall I help thee? out of the barnfloor, or out of the winepress? [28] And the king said unto her, What aileth thee? And she answered, This woman said unto me, Give thy son, that we may eat him to day, and we will eat my son to morrow. [29] So we boiled my son, and did eat him: and I said unto her on the next day, Give thy son, that we may eat him: and she hath hid her son. [30] And it came to pass, when the king heard the words of the woman, that he rent his clothes; and he passed by upon the wall, and the people looked, and, behold, he had sackcloth within upon his flesh. [31] Then he said, God do so and more also to me, if the head of Elisha the son of Shaphat shall stand on him this day. [32] But Elisha sat in his house, and the elders sat with him; and the king sent a man from before him: but ere the messenger came to him, he said to the elders, See ye how this son of a murderer hath sent to take away mine head? look, when the messenger cometh, shut the door, and hold him fast at the door: is not the sound of his master's feet behind him? [33] And

while he yet talked with them, behold, the messenger came down unto him: and he said, Behold, this evil is of the LORD; what should I wait for the LORD any longer? [1] Then Elisha said, Hear ye the word of the LORD; Thus saith the LORD, To morrow about this time shall a measure of fine flour be sold for a shekel, and two measures of barley for a shekel, in the gate of Samaria. [2] Then a lord on whose hand the king leaned answered the man of God, and said, Behold, if the LORD would make windows in heaven, might this thing be? And he said, Behold, thou shalt see it with thine eyes, but shalt not eat thereof. [3] And there were four leprous men at the entering in of the gate: and they said one to another, Why sit we here until we die? [4] If we say, We will enter into the city, then the famine is in the city, and we shall die there: and if we sit still here, we die also. Now therefore come, and let us fall unto the host of the Syrians: if they save us alive, we shall live; and if they kill us, we shall but die. [5] And they rose up in the twilight, to go unto the camp of the Syrians: and when they were come to the uttermost part of the camp of Syria, behold, there was no man there. [6] For the LORD had made the host of the Syrians to hear a noise of chariots, and a noise of horses, even the noise of a great host: and they said one to another, Lo, the king of Israel hath hired against us the kings of the Hittites, and the kings of the Egyptians, to come upon us. [7] Wherefore they arose and fled in the twilight, and left their tents, and their horses, and their asses, even the camp as it was, and fled for their life. [8] And when these lepers came to the uttermost part of the camp, they went into one tent, and did eat and drink, and carried thence silver, and gold, and raiment, and went and hid it; and came again, and entered into another tent, and carried thence also, and went and hid it. [9] Then they said one to another, We do not well: this day is a day of good tidings, and we hold our peace: if we tarry till the morning light, some mischief will come upon us: now therefore come, that we may go and tell the king's household. [10] So they came and called unto the porter of the city: and they told them, saying, We came to the camp of the Syrians, and, behold, there was no man there, neither voice of man, but horses tied, and asses tied, and the tents as they were. [11] And he called the porters; and they told it to the king's house within. [12] And the king arose in the night, and said unto his servants, I will now shew you what the Syrians have done to us. They know that we be hungry; therefore are they gone out of the camp to hide themselves in the field, saying, When they come out of the city, we shall catch them alive, and get into the city. [13] And one of his servants answered and said, Let some take, I pray thee, five of the horses that remain, which are left in the city, (behold, they are as all the multitude of Israel that are left in it: behold, I say, they are even as all the multitude of the Israelites that are consumed:) and let us send and see. [14] They took therefore two chariot horses; and the king sent after the host of the Syrians, saying, Go and see. [15] And they went after them unto Jordan: and, lo, all the way was full of garments and vessels, which the Syrians had cast away in their haste. And the messengers returned, and told the king. [16] And the people went out, and spoiled the tents of the Syrians. So a measure of fine flour was sold for a shekel,

and two measures of barley for a shekel, according to the word of the LORD. [17] And the king appointed the lord on whose hand he leaned to have the charge of the gate: and the people trode upon him in the gate, and he died, as the man of God had said, who spake when the king came down to him. [18] And it came to pass as the man of God had spoken to the king, saying, Two measures of barley for a shekel, and a measure of fine flour for a shekel, shall be to morrow about this time in the gate of Samaria: [19] And that lord answered the man of God, and said, Now, behold, if the LORD should make windows in heaven, might such a thing be? And he said, Behold, thou shalt see it with thine eyes, but shalt not eat thereof. [20] And so it fell out unto him: for the people trode upon him in the gate, and he died.