

III. TABLE TALK

- A. What is your reaction to this "Inside Out" model?
- B. How do you see people living from the "Outside In"? Explain
- C. To what part of this model do you want to pay more attention?

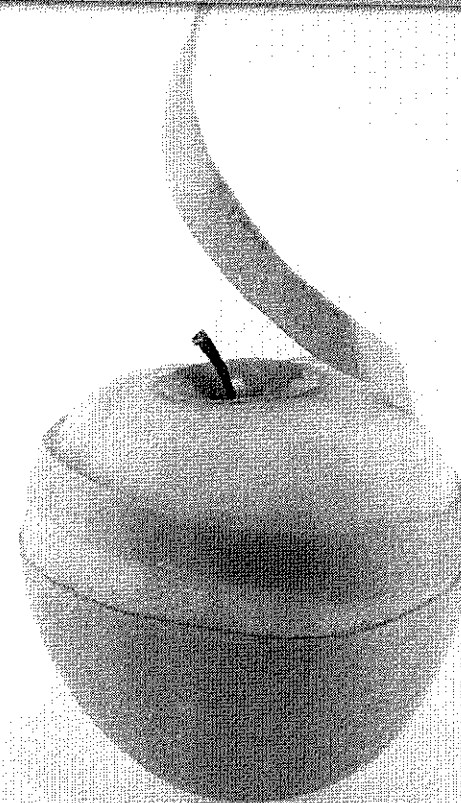
IV. PERSONAL REFLECTION FOR THE NEXT 30 DAYS:

- A. Purpose to live more from the inside out.
- B. Pay more attention to my soul.
- C. Consider these questions:
 1. How am I relating to God these days?
As my Father? As my Savior? As my Helper?
 2. Am I delighting in God and his Word day and night?
 3. Am I calling on the Spirit for his help?
 4. What am I doing to feed and renew my mind?
 5. What kind of choices am I making?
 6. Are my emotions full of love, joy, and peace?
Or other?
 7. Am I paying attention to my diet, exercise, and rest?
 8. Does my spouse know he or she is the "# 1 priority" relationship in my life?
 9. Is my family getting more than the "leftovers" of my day?
 10. Am I fully engaged at work and serving with all my heart?

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Decision Makers

Leading from the Inside Out



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I. INTRODUCTION

A. We have all seen lives disintegrate before our eyes.

- Political, Religious, Sports, Friends, Other

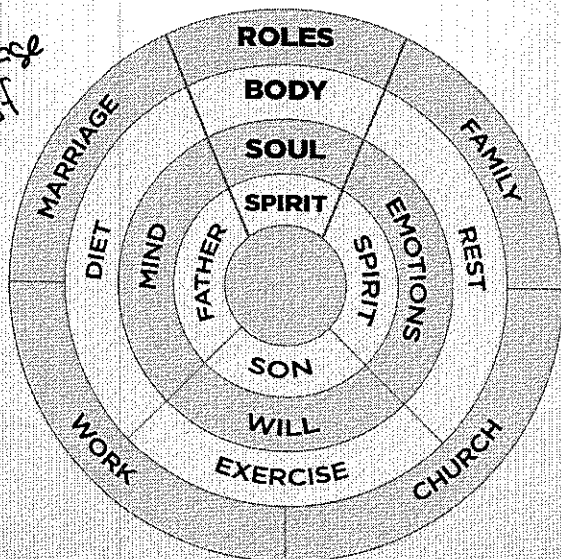
B. What are some observations about lives that are disintegrating?

- pride/ego/arrogance
- the need to be in control
- no accountability
- disconnected

C. Two Observations

- People tend to live from the outside in
- There are parts of our lives that are separated, hidden, secret, and disintegrated

II. A MODEL FOR AN "INTEGRATED LIFE" FROM THE INSIDE OUT



Our life message will come out of our mess.

The dis-integrated man WILL disintegrate!

Engaging questions related to the soul

A. Roles — *the outer ring = where most people live*

- Marriage, Family, Work, and Church
- We look for life, love, acceptance, respect, and validation from the external world—from the outside.

B. Body → *I Corinthians 6 - The purpose of your body is for the Lord.*

- Diet, Exercise, and Rest

C. Soul

- Mind, Will, and Emotions
- The heart and soul of a person is:
 - a. Mind: Thoughts
 - b. Will: Decisions
 - c. Emotions: Feelings

• The three questions of the heart are:

- a. What are you thinking?
- b. What would you like do?
- c. How are you feeling?

D. Spirit

- Father, Son, and Spirit
- This is the deepest place for "intimacy with God."

Romans 8:

the mind controlled by the Spirit is life and peace.

1. Our Father
 - a. Psalm 1 - Delight in ... *the Lord!*
 - b. Whatever you do will prosper.
2. Our Savior
 - a. John 15 - Remain in ... *Me!*
 - b. You will bear much fruit.

False masculinities (Season of Life):

- 1) Playground (athletics)
- 2) Bedroom (sexuality)
- 3) Boardroom (status)
- 4) Billfold (money)

3. Our Helper
 - a. Galatians 5 - Walk in ... *the Spirit!*
 - b. You will not gratify the desires of the sinful nature.