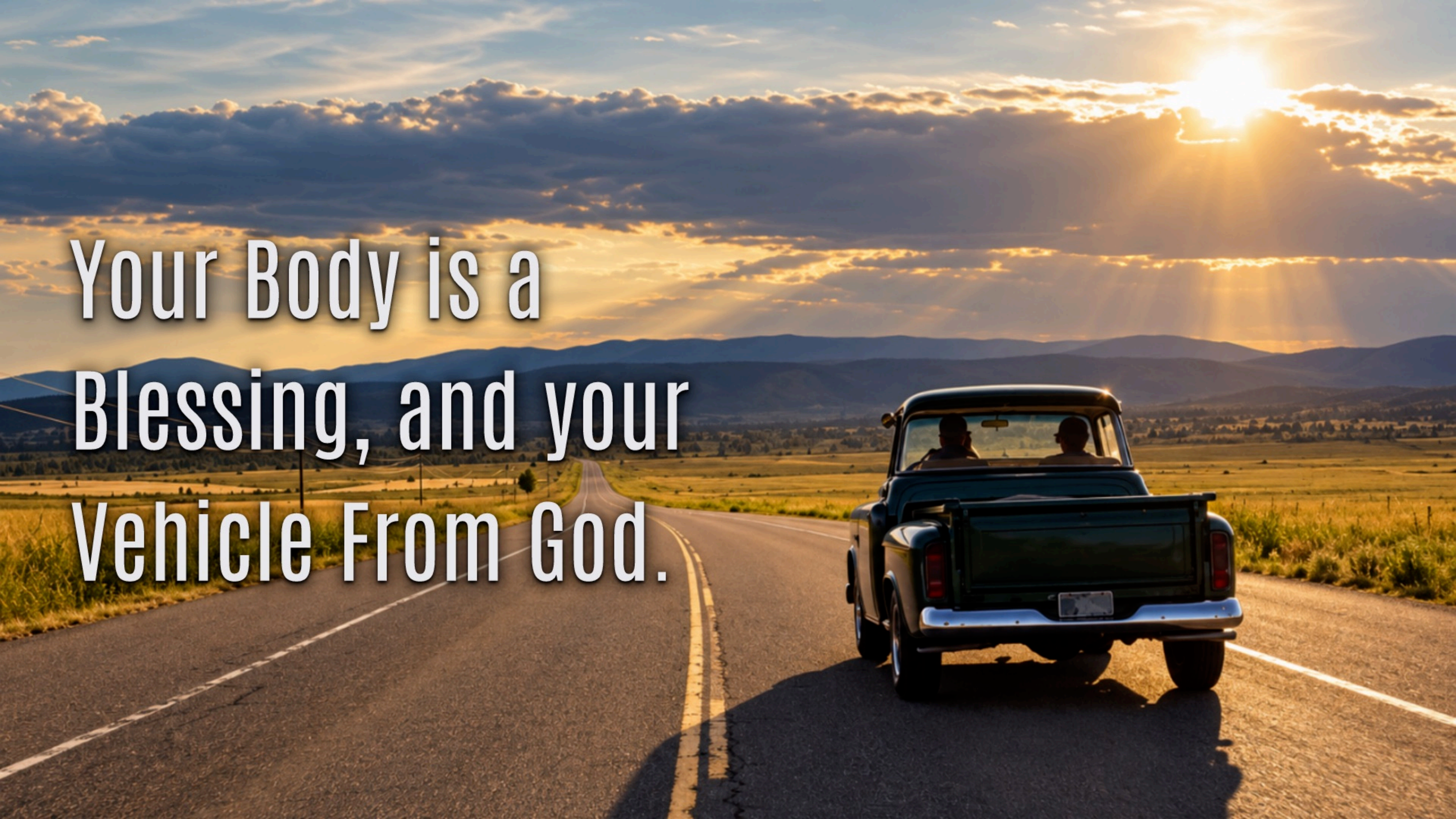
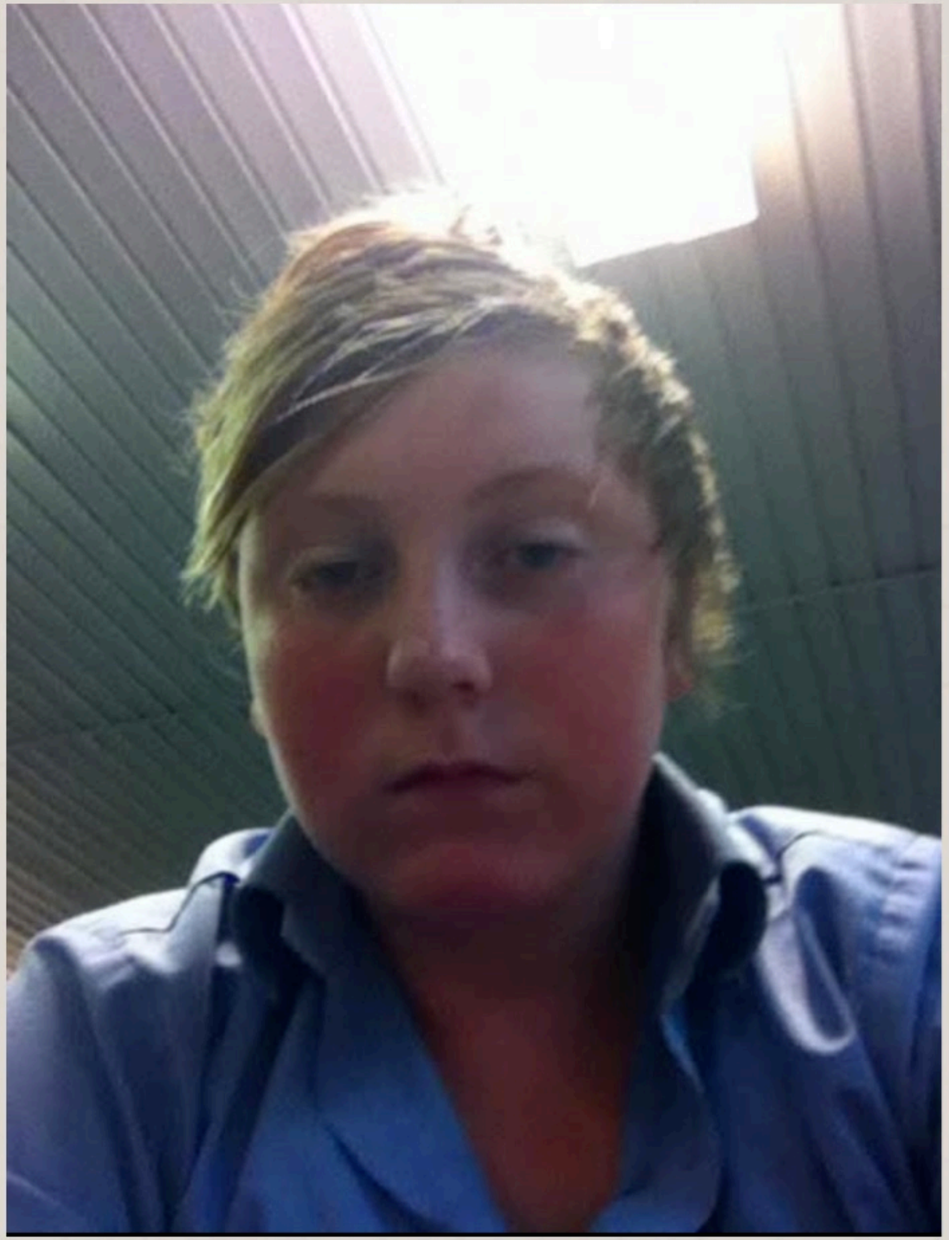


P

PHYSICAL

THE INNER LIFE


Your Body is a
Blessing, and your
Vehicle From God.



Year 7 Xbox Blake



Martial Arts Blake



Rock Climbing Blake



Brisbane Hike Blake



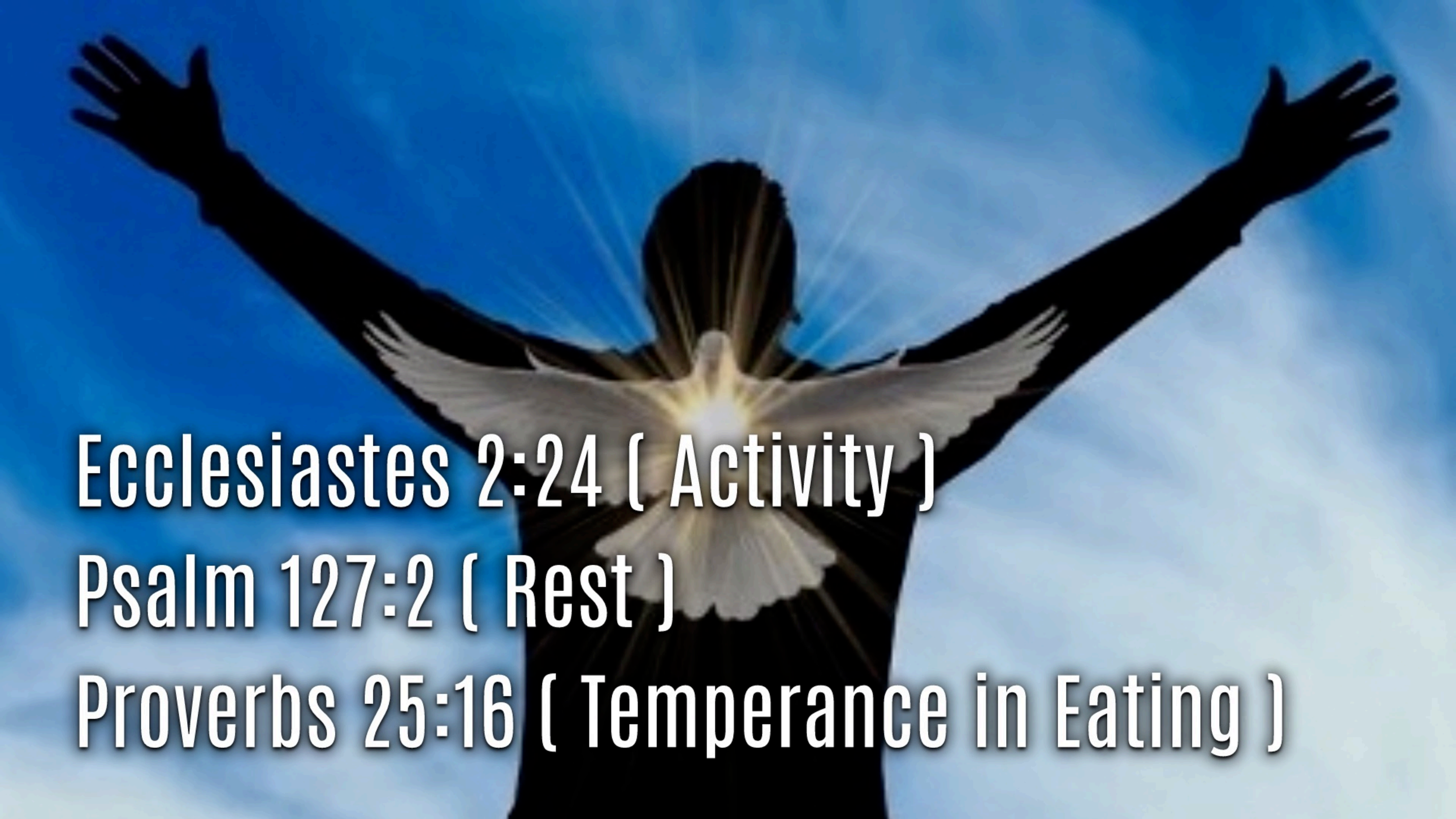
Carpentry Blake

From caring about weight gain and loss to now finding joy in stewardship.



Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.

1 Corinthians 6:19–20


Ecclesiastes 2:24 (Activity)
Psalm 127:2 (Rest)
Proverbs 25:16 (Temperance in Eating)

APPLICATION

Better Rest?

Walks per day?

Cleaner Eating?

Resistance Training?

What Step is God calling you to ?





M

MENTAL

THE INNER LIFE

Don't copy the **behavior** and customs of this world, but let God **transform** you into a new person by **changing** the way you **think**. Then you will learn to know God's will for you, which is good and pleasing and perfect.

Romans 12:2

A WHOLESOME SOUL: Cultivating **INNER LIFE** through God's truth & character

Mind	**Think** what is true and pure	Philippians 4:8
Emotions	**Process** what is honest and healthy	Proverbs 4:23
Attitude	**Adopt** what is humble and Christlike	Philippians 2:5
Affections	**Love** what is good and eternal	Colossians 3:2
Character	**Reflect** what is godly and life-giving	Galatians 5:22–23

Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things.

Colossians 3:1–2



Your shadow is the accumulation of untamed emotions, less-than-pure motives and thoughts that, while largely unconscious, strongly influence and shape your behaviours. It is the damaged but mostly hidden version of who you are. The shadow may erupt in various forms. Sometimes it reveals itself in sinful behaviours, such as judgmental perfectionism, outbursts of anger, jealousy, resentment, lust, greed, or bitterness.

Pete Scazzero



Or it may reveal itself more subtly through a need to rescue others and be liked by people, a need to be noticed, an inability to stop working, a tendency towards isolation, or rigidity. Aspects of the shadow may be sinful, but they may also simply be weaknesses of wounds. They tend to appear in the ways we try to protect ourselves from feeling vulnerable or exposed.

Pete Scazzero

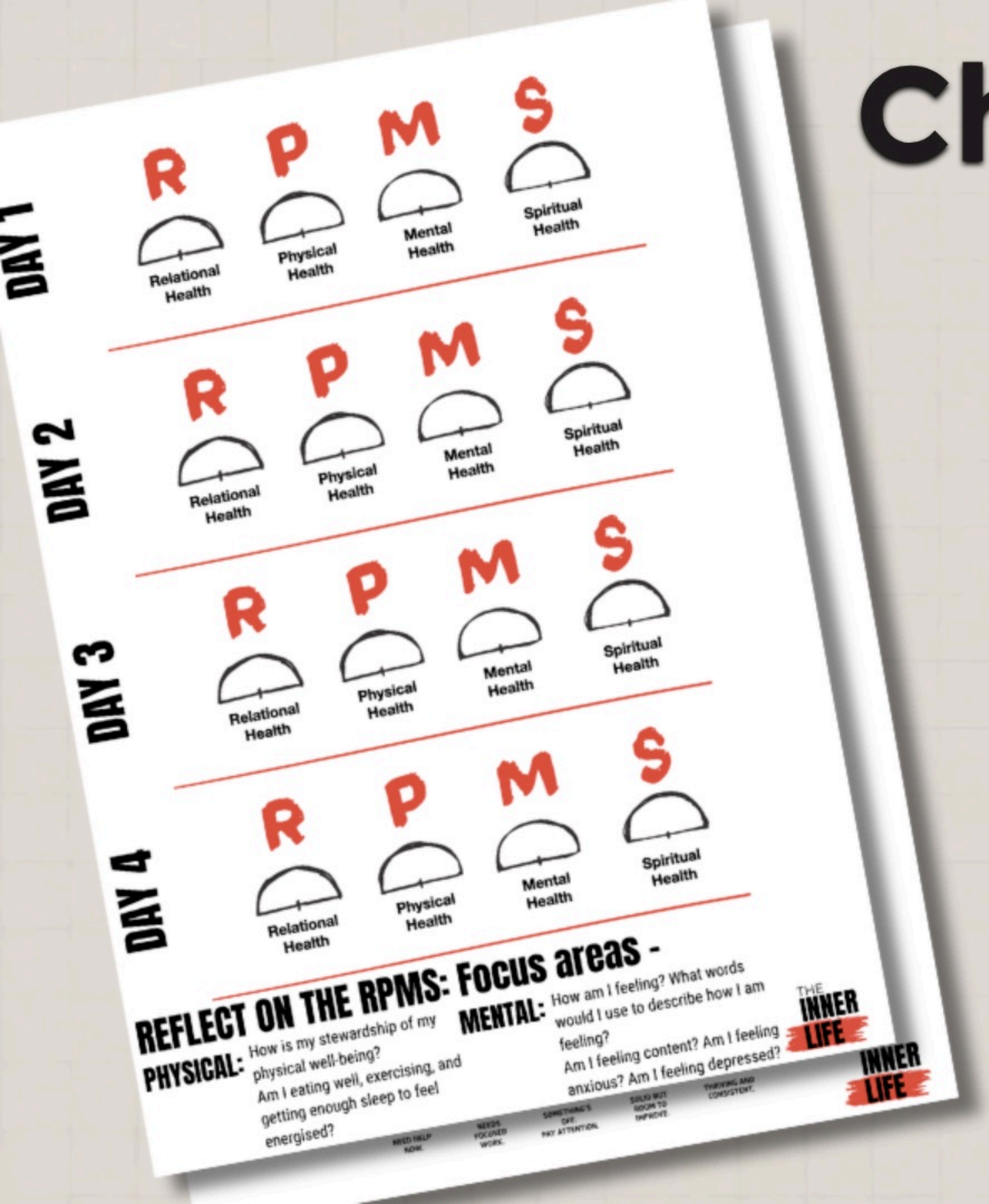
THE EIGHT FEELINGS



Jesus doesn't simply want to change what we do; He wants to restore how we see ourselves, how we relate to God and how we live from the inside out - a wholesome Inner Life.

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.

Philippians 4:8-9



Check your RPMS

Check your RPMS every day this week to identify where God is inviting you to grow, so you can reproduce the life of Jesus in yourself and others

DISCUSSION QUESTIONS

1) Are we allowing our emotions to shape us, or are we allowing God to shape our emotions? What does it look like to take responsibility for our emotions rather than letting them control us?

2) Read Philippians 4:8 what does this scripture encourage us to dwell in? What are we currently dwelling on, how is it shaping our inner life, and what might we need to change to bring our thinking more in line with gods truth?