



From The Inside Out

MAIN THING

We Live What We Believe- The Rest is Just Religious Talk

SCRIPTURE

Luke 6:43-45, Ephesians 4:29, Proverbs 29:11, Proverbs 29:20, 1 Peter 3:10, Romans 7:15-8:2

ICEBREAKER

The top three items on my bucket list are

OPENING THOUGHT

In this passage, Jesus tells us that our thoughts, actions, and words originate from deep within us. Just as an apple tree will produce apples, a good person will produce good while an evil person will produce evil. We aren't recognized by our intentions- we are recognized by our actions and the things our lives produce. We live what we believe- the rest is just religious talk.

Jesus specifically narrows in on the words from our mouths. He tells us that if we want to know the condition of our hearts, we need to look no further than the words we speak. They are the clearest indicator of what is going on inside of us.

DISCUSSION QUESTIONS

1. What was the one thing that you heard this past Sunday that stuck out to you? Why did it resonate with you like it did?
2. The sermon said that no matter what we hope or think, we are simply the sum total of what we consistently do. Our lives show outwardly what we truly are inside. What are some things that you need to be more consistent in so that you can produce the kind of fruit God wants you to produce in your life?
3. The Romans passage showed Paul wrestling with his inner self, showing that he wasn't capable of "fixing" himself. He instead turned to the grace of God. How have you tried to "fix" yourself with the same results that Paul got? How does the grace of God do in us what we were unable to do ourselves?

LIFE APPLICATION

If you've ever wondered, "Why do I do the things I do?" you are not alone. If you've ever been mortified by the things that you say, if you have ever reflected on your reactions to things and wonder why you did what you did, Jesus explains it to us here- we are simply manifesting what is inside. Only the grace of God can change you from the inside out. God can replace the anger, fear, anxiety, profanity, bitterness, criticism, etc that flows from within into love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

CHALLENGE

This week the challenge is simple- evaluate the state of your heart by examining the fruit your life is producing. Evaluate the state of your heart by the words that you speak. How are you doing? Allow the grace of God to come in and cleanse and change you from the inside out.