



“Inside-Out”

“ON THAT DAY YOU WILL REALIZE THAT I AM IN THE FATHER, AND YOU ARE IN ME, AND I AM IN YOU” – JOHN 14:20

SCOTT SWEETLAND, ELDER, NHCC

Inside-Out

“If you love me, keep my commands. And I will ask the Father, and he will give you another advocate to help you and be with you forever—the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you. I will not leave you as orphans; I will come to you. Before long, the world will not see me anymore, but you will see me. Because I live, you also will live. On that day you will realize that I am in my Father, and you are in me, and I am in you.”– John 14:15-20, NIV



Inside Out

- ▶ **“Don’t you know that you yourselves are God’s temple and that God’s spirit lives in you?” – 1 Corinthians 3:16 NIV**
- ▶ **“Examine yourselves to see whether you are in the faith; test yourselves. Do you not realize that Christ Jesus is in you- unless of course, you fail the test? And I trust that you will discover that we have not failed the test”
2 Corinthians 13: 5-6 NIV**
- ▶ **“And in him you too are being built together to become a dwelling in which God lives by his Spirit” – Ephesians 2:22 NIV**



We Serve an Inside-Out God

► How did Jesus change the World?



“and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.” – Matt 28:20 NIV



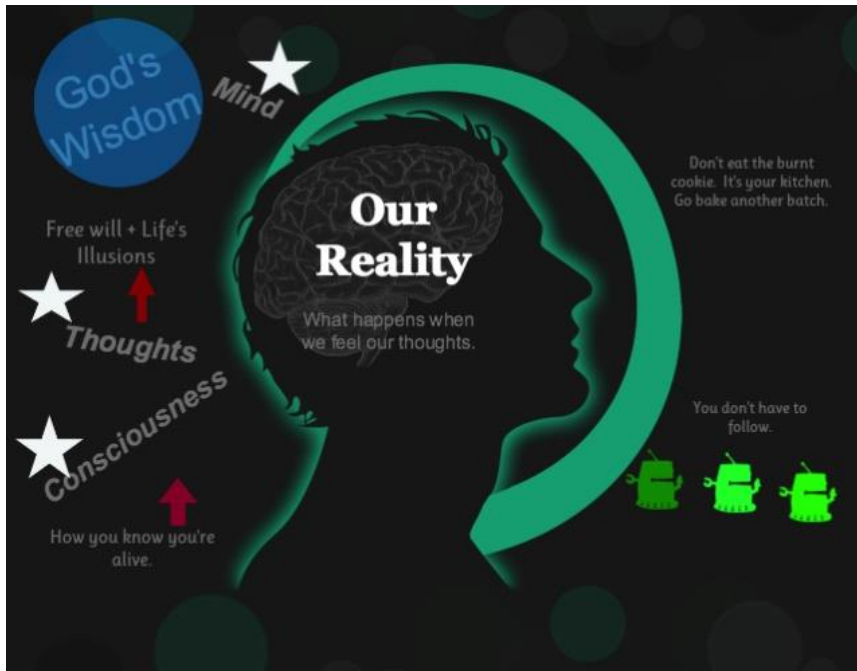
La Conner Washington, April 2018



A week that significantly impacted my life



The 3 principles through a Christian Lens



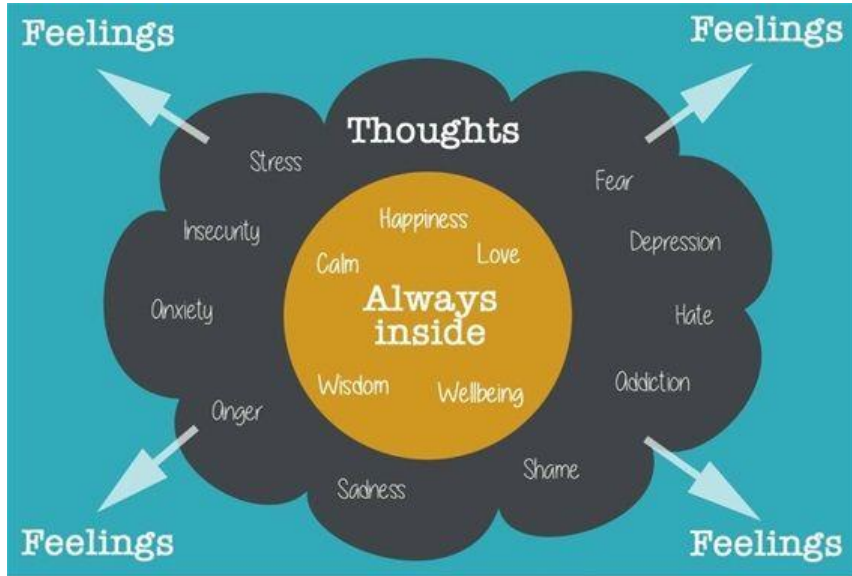
You're not just a physical being.
You're something far greater.
Go beyond the physical to the
spiritual part of you.
There you will find more power
than you've ever realized in your life.

- Syd Banks

Three
Principles
Blog.com



The 3 principles through a Christian Lens



Born  Happy

Life is like any other contact sport; you're gonna get your knocks. But it's not the knocks that count, it's how you handle them. If you handle them with anger, distrust, jealousy, hate, this in return is what you're going to get. But if you handle these knocks with love and understanding, they don't mean much. They just dissipate.

Sydney Banks

QuoteAddicts



How many thoughts per day do we have?

- ▶ Multiple studies show we have between 6,000 and 60,000 thoughts per day
- ▶ What percentage of these are negative? 80%
- ▶ What percentage were the same as yesterday? 95%
- ▶ What percentage of what we worry about never happens? 85%
- ▶ Of our worries that do happen, how many turn out to be not that bad? 79%
- ▶ Conclusion: 97% of our worries are baseless from our own pessimistic perception of reality

Baseless worries are our major source of stress, tension, exhaustion, etc.



cast all your
anxiety
on him because
he cares for you.

1 Peter 5:7

So what? How can this help me?

- ▶ **Personal Life**
 - ▶ Better husband, wife, father, mother, grandparent, friend, etc...
- ▶ **Professional/Work Life**
 - ▶ Better leader, better problem solver, better teammate, etc.
- ▶ **Loss of the victim mentality**
- ▶ **React to situations with much more calm**
- ▶ **Better Christian – seek God's will in your life**

If you truly grasp how God designed you, it will change your life forever



The Holy Spirit in your life

- ▶ How has the Holy Spirit (God's spirit within you) impacted you?
- ▶ Have you had times that you call "God moments" or "it was a God thing?"

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What voice are you listening to?

People have lots of suggestions, but the voice you *need to hear* is the voice of the Living God.”

Charles F. Stanley



- ▶ God designed us to live from the inside out!
- ▶ You can't always control your external surroundings and what happens to you
- ▶ But, YOU CAN ALWAYS control how you respond to what happens to you or around you
- ▶ Isaiah 26:3!!!



Let Us Pray

Father God, thank-you for designing us in your perfect image. I pray for the Moms and Grandmothers, and all those who are mothering someone. I pray that they realize how special they are designed in your image to be loving and nurturing like you dear God and that they recognize and appreciate their worth. I pray for them to experience inner peace in you, and to not have doubts and fears about themselves. I pray for those that have lost their Moms that they have peace knowing that they are in your loving arms. Help us to trust you Dear God, and realize that you not only live in heaven but inside each of us. AMEN!

