

Inner Strength

Monday, 10/27/08 – Read Ephesians 3:16

My Observations _____

A Question to Answer: Today's reading prays that God's Spirit will strengthen us in our "inner being." ... What do you think spiritual strength is? Have you ever felt spiritually strong? Maybe there have been some times when you did not feel strong spiritually? How were those experiences different? ... Living faithfully can be really hard sometimes. God wants to strengthen us so that we're up to the challenge of living fully and faithfully. Write out your description of a spiritually strong person so that you can see God's goal for you clearly.

Tuesday, 10/28/08 – Read Ephesians 3:17-19

My Observations: _____

A Question to Answer: In Christian life there is a necessary relationship between strength and love. The prayer in Ephesians 3 is first for strength -- and then for our being filled with the love of Christ. For many people, strength is about power and dominance. In Christian faith, strength is the strength to love. Do you agree? Do you think love requires strength? Write out your answer.

Wednesday, 10/29/08 – Read 2 Corinthians 4:16-18

My Observations: _____

A Question to Answer: Sometimes life is hard. Is your life hard these days? Have there been times in your life that were really, really difficult? Did you "lose heart" during those hard times -- maybe for a little while, anyway? Inner strength is so important because the batterings of life can beat the heart out of us ... if our inner nature is not being renewed day by day. ... That is God's intention for you -- to renew your inner strength, day by day. ... In your prayer today, talk with God about your readiness for inner renewal.

Thursday, 10/30/08 – Read Jeremiah 31:31-35

My Observations: _____

A Question to Answer: The Hebrew prophet Jeremiah understood that renewal had to happen internally -- in the heart. God's intention for us cannot simply be an external obligation. God wants to renew our hearts, to place his will inside us, to write it on our hearts. For you, is your response to God more a matter of external obligation -- or does it flow from your responsive heart?

Friday, 10/31/08 – Read Matthew 5:21-26

My Observations: _____

A Question to Answer: Jesus, more than any other, made faith an matter of the heart. Behavior is obviously important. "You shall not murder" is about behavior and actions. But Jesus pushes it further; he makes it a matter of the heart. How does this strike you? Are you willing today to serve God with your heart (your feelings, your thoughts, your inner intentions) as well as your behavior?

My Faith Journal, October 26, 2008
Becoming Grownups #6
Muscle Up

Saturday, 11/1/08 – Read Romans 7:14-25

My Observations: _____

A Question to Answer: In today’s reading, the apostle Paul opens up for us a window on the soul. All of us have internal conflicts. All of us have urges and drives that push us in destructive directions. Paul describes for us his own experience with this internal conflict. Does this ring true for you? How do you experience your own inner conflicts? ... We can successfully manage our inner conflicts only when we are placing our trust in the active presence of God within ourselves -- only when we are allowing God to develop our inner strength. Write down your thoughts and questions about this.

Sunday, 11/2/08 – Read John 4:7-15

My Observations: _____

A Question to Answer: We are not in this life alone. Life is sometimes difficult, but God has never abandoned us; God has not left us all alone. All that we need to live fully, to live faithfully, to live successfully is provided. Jesus tells the Samaritan woman that he will give her a “spring of water gushing up to eternal life.” The very presence and power of God is given to you, is present there inside you -- “gushing up” with strength. In your prayer today, ask God to activate that living water inside you.

What do I want to remember out of today’s message?

What action do I intend to take as a result of today’s message?

Each day this week, take a few minutes. Begin with PRAYER. Then READ through the Bible passage indicated on the inside of this guide. WRITE down your own thoughts, reactions, observations. ANSWER THE QUESTION to begin connecting the Bible with your life experience. Use additional paper or your own notebook if you need more space to write.