



## I. INTRODUCTION

A. In January we make assessments and want to change things for the better –

- New Year's Resolutions

B. Our greatest regrets

- It's better to change before you have to rather than change because you have to
  - o Health scare
  - o Marriage issues

The American dream or myth says - *"It's my life. I should be free to do what I want, when I want, with whom I want . . . as long as it doesn't hurt anybody."* This is what we tell ourselves.

## II. INSIDE OUT

A. Scriptural principle – whatever is on the inside will show up on the outside

**Proverbs 23:7 (NKJV)** <sup>7</sup>For as he thinks in his heart, so *is* he. "Eat and drink!" he says to you, But his heart is not with you.

**Matt 5:8 (Message)** <sup>8</sup> "You're blessed when you get your inside world—your mind and heart—put right. Then you can see God in the outside world.

**Matthew 5:27-28 (NKJV)** <sup>27</sup> "You have heard that it was said to those of old, 'You shall not commit adultery.'  
<sup>28</sup>But I say to you that whoever looks at a woman to lust for her has already committed adultery with her in his heart.

**Luke 6:45 (NKJV)** <sup>45</sup>A good man out of the good treasure of his heart brings forth good; and an evil man out of the evil treasure of his heart brings forth evil. For out of the abundance of the heart his mouth speaks.

B. From these four verses the message is obvious – what's inside will be seen outside

## III. IF YOU WANT SOMETHING TO CHANGE OUTSIDE IT STARTS ON THE INSIDE

A. God is smarter than I am (and He's smarter than you are too)

**Proverbs 4:23 (NKJV)** <sup>23</sup>Keep your heart with all diligence, For out of it spring the issues of life.

#### IV. WHY IS THIS SO IMPORTANT TO GOD ...

A. Trust me – I'm smarter than you are

- O.T problem – a people problem – a human problem – revealed

Often we see Israel

- Blessed by God
- Then then disobey God
- Then there'd be a disaster
- Israel would repent
- Then God would bring deliverance

B. All along God wanted Israel to show the world who God was by being different

**Proverbs 4:20-22 (NKJV) <sup>20</sup>My son, give attention to my words; Incline your ear to my sayings. <sup>21</sup>Do not let them depart from your eyes; Keep them in the midst of your heart; <sup>22</sup>For they are life to those who find them, And health to all their flesh.**

**Here's the question – what if we acted like it's true and did this?**

**2 Corinthians 6:11-12 (KJV) <sup>11</sup>O ye Corinthians, our mouth is open unto you, our heart is enlarged. <sup>12</sup>Ye are not straitened in us, but ye are straitened in your own bowels.**

**2 Corinthians 6:11-12 (Message) <sup>11-13</sup>Dear, dear Corinthians, I can't tell you how much I long for you to enter this wide-open, spacious life. We didn't fence you in. The smallness you feel comes from within you. Your lives aren't small, but you're living them in a small way.**