

HOW TO
+
CHANGE
FROM THE
INSIDE OUT

A new heart also will I give you,
and a new spirit will I put within you...

EZEKIEL 36:26





THE STORY OF

DAVID & BATHSHEBA

A HEART THAT WANDERED.
A GOD WHO RESTORES.



A KING
2 SAMUEL 11



A MOMENT
2 SAMUEL 11:2



A CHOICE
2 SAMUEL 11:4



CONSEQUENCES
2 SAMUEL 12:7-14



GRACE &
RESTORATION
PSALM 51



Create in me a clean heart,
O God, and renew a **right spirit**
within me.

— PSALM 51:10

SIN

OFTEN

ATTACKS

YOU WHEN YOU ARE

TRYING TO TO

ESCAPE RESPONSIBILITY



YOUR SINS

LEAD YOU INTO

DELUSIONAL

LEVELS OF

EVIL



THE HEART IS DECEITFUL ABOVE ALL THINGS,
AND DESPERATELY SICK;

WHO CAN UNDERSTAND IT? JEREMIAH 17:9



AS LONG AS
**YOU GET
AWAY
WITH IT**

YOU LIVE IN YOUR
DELUSIONS



PROVERBS 28:13

HE THAT COVERETH HIS SINS SHALL NOT PROSPER:
BUT WHOSO CONFESSETH AND FORSAKETH THEM SHALL HAVE MERCY.



BE SURE YOUR
SINS
WILL
FIND YOU
OUT

YOU CAN RUN,
BUT YOU CAN'T HIDE.
NUMBERS 32:23





IT IS
GOD'S
KINDNESS

— THAT ALLOWS US —

TO BE **CAUGHT**



PROVERBS 12:1

WHOSE LOVETH INSTRUCTION LOVETH KNOWLEDGE;
BUT HE THAT HATETH REPROOF IS BRUTISH.

TWO KINDS OF SORROW

2 CORINTHIANS 7:10

GODLY SORROW



GRIEVES HOW SIN
OFFENDS GOD



HARMS OTHERS



BREAKS A
RELATIONSHIP

VS

WORLDLY SORROW



HATES THE
CONSEQUENCES



WISHES THE MISDEED
HAD REMAINED HIDDEN

GODLY SORROW LEADS TO REPENTANCE AND LIFE.
WORLDLY SORROW LEADS TO REGRET AND DEATH.

2 CORINTHIANS 7:10

13 THEN DAVID SAID
TO NATHAN,

“I HAVE
SINNED AGAINST
THE LORD.”





DAVID KNEW HE HAD TO

GET RIGHT WITH GOD

BEFORE HE COULD
GET RIGHT WITH

EVERYONE ELSE.

TRUE CHANGE

COMES FROM THE

INSIDE OUT



WHEN YOU RESTORE YOUR
CONNECTION
WITH YOUR CREATOR



BROKEN INSIDE
LEADS TO BROKEN
OUTSIDE



RESTORED WITH GOD
BRINGS TRUE HEALING
AND TRANSFORMATION



A NEW HEART
CREATES
A NEW LIFE

CREATE IN ME A CLEAN HEART, O GOD,
AND RENEW A RIGHT SPIRIT WITHIN ME. *Psalms 51:10*



METANOÉŌ

"CHANGED AFTER BEING WITH"

"THINK DIFFERENTLY AFTER"

"AFTER A CHANGE OF MIND"



TO REPENT

(LITERALLY, "THINK
DIFFERENTLY AFTERWARDS").



BE WITH



CHANGE
YOUR MIND



CHANGE
YOUR LIFE





Did God REALLY SAY, *?*

THE BEGINNING OF DOUBT.
THE START OF **DISOBEDIENCE**.

— GENESIS 3:1 —

SIN ALWAYS STARTS WITH DISTRUSTING GOD

THE WISDOM AND
GOODNESS OF GOD.



SIN

ALWAYS MAKES YOU

TRY TO FULFILL
A LEGITIMATE NEED

IN AN
**ILLEGITIMATE
WAY**

ILLEGITIMATE WAY

SHORT TERM PLEASURE
LONG TERM PAIN

LEGITIMATE NEED

GOD'S DESIGN
LASTING FULFILLMENT



SIN ALWAYS
TRIES TO
TAKE ADVANTAGE
OF OUR
IN-THE-MOMENT
APPETITES



GENESIS 25:29-34

THE STORY OF ESAU AND JACOB

29 Once when Jacob was cooking some stew, Esau came in from the field, and he was **exhausted**.

30 Esau said to Jacob, "Let me eat some of that red stew, for **I'm famished!**" (That is why he was called Edom.)

31 Jacob replied, "First **sell me your birthright.**"

32 Esau said, "Look, **I am about to die.** What good is the birthright to me?"

33 Jacob said, "**Swear to me first.**" So he swore an oath to him and sold his birthright to Jacob.

34 Then Jacob gave Esau some bread and some stew of lentils. He ate and drank, and then he got up and went his way. So Esau **despised** his birthright.

HE TRADED
ETERNAL VALUE
FOR TEMPORARY
PLEASURE.



**DON'T TRADE YOUR BIRTHRIGHT
FOR A BOWL OF STEW.**



**WHAT GOD HAS PROMISED
IS WORTH MORE THAN A MOMENT.**

MATTHEW

4:3-4

// The tempter came to him and said,
"If you are the Son of God, tell these stones to become bread."

4 Jesus answered,
"It is written: 'Man shall not live on bread alone, but on **every word that comes from the mouth of God.**'"



GOD'S WORD SATISFIES
WHERE TEMPORARY THINGS FAIL.



ROMANS 12:2

**DO NOT CONFORM
TO THE PATTERN
OF THIS WORLD,
BUT BE *TRANSFORMED*
BY THE RENEWING
OF YOUR MIND.**

THEN YOU WILL BE ABLE TO
✓ **TEST** AND **APPROVE** ✓
WHAT GOD'S WILL IS—
**HIS GOOD, PLEASING
AND PERFECT WILL.**



GALATIANS

5:16-17

16 So I say, walk by the Spirit, and you will not gratify the desires of the flesh.

17 For the **flesh** desires what is contrary to the **Spirit**, and the **Spirit** what is contrary to the **flesh**. They are in **CONFLICT** with each other...

THE
FLESH

THE
SPIRIT



VS



WALK BY THE SPIRIT.

CHOOSE FREEDOM OVER THE FLESH.

GALATIANS 5:19-21

THE ACTS OF THE FLESH ARE OBVIOUS:

- 19** sexual immorality, impurity and debauchery;
- 20** idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like.
- 21** I warn you, as I did before, that those who live like this will not inherit the kingdom of God.



**CHOOSE THE SPIRIT,
LIVE IN FREEDOM.**

FREEDOM
STARTS WITH
SURRENDER

GALATIANS 5:22-23

BUT THE FRUIT OF THE SPIRIT IS:

LOVE | JOY | PEACE | PATIENCE

KINDNESS | GOODNESS | FAITHFULNESS

GENTLENESS | SELF-CONTROL

22 Against such things there is no law.

23 Those who belong to Christ Jesus have **crucified the flesh** with its **passions and desires**.

Walk by the Spirit. Live the Fruit.

1 CORINTHIANS 2:16

“For, ‘Who has known the mind of the Lord so as to instruct him?’”

**BUT WE HAVE
THE MIND OF CHRIST.**

*we have
the mind
of Christ.*

A man in a grey t-shirt and black shorts sits on a dark, rocky outcrop. He is hunched over, with his head buried in his hands, suggesting a state of despair or deep thought. In the foreground, several large, dark metal chains lie broken and scattered on the ground. The background features a vast landscape under a sunset sky, with the sun low on the horizon. In the distance, a cross is visible on a hill. The overall mood is one of hopelessness and contemplation.

**WHAT DO YOU DO
WHEN YOU CAN'T
CHANGE ON
YOUR OWN?**



CONFESS
YOUR SINS
ONE TO ANOTHER
— THAT YOU MIGHT BE —
HEALED

JAMES 5:16

JAMES 5:19-20

19 MY BROTHERS AND SISTERS,
IF ANY OF YOU
SHOULD WANDER FROM THE TRUTH
AND SOMEONE SHOULD BRING THAT PERSON BACK,
REMEMBER THIS:

20 WHOEVER TURNS A SINNER
FROM THE ERROR OF THEIR WAY
WILL SAVE THEM FROM DEATH
AND COVER OVER
A MULTITUDE OF SINS.



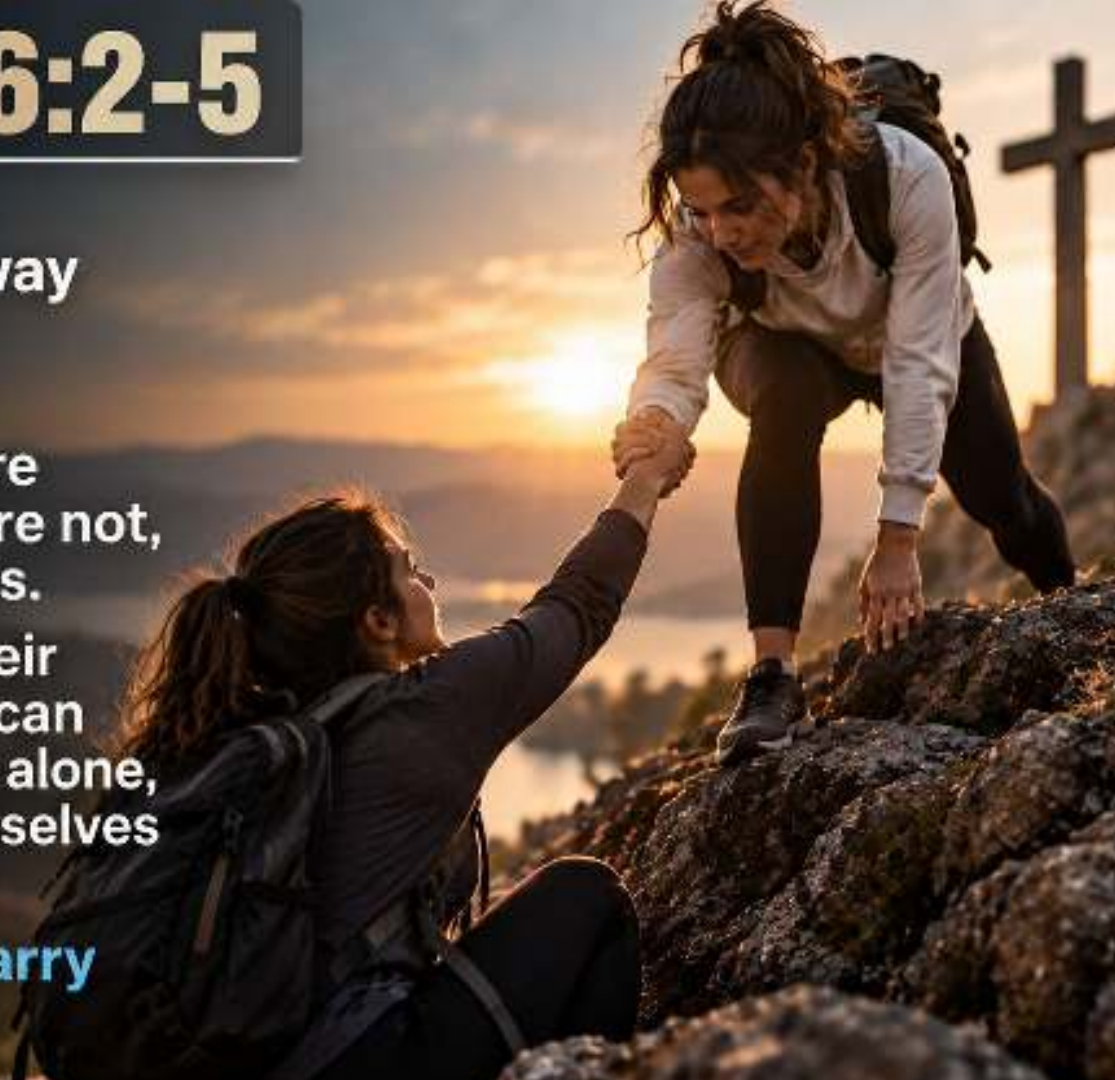
**WHEN YOU ARE
CAUGHT
IN A SIN**

**YOU WHO ARE
SPIRITUAL
SHOULD RESTORE**

GALATIANS 6:1

GALATIANS 6:2-5

- 2 **Carry each other's burdens,** and in this way you will fulfill the law of Christ.
- 3 If anyone thinks they are something when they are not, they deceive themselves.
- 4 Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else,
- 5 **for each one should carry their own load.**



MATTHEW 18:15-17

15 If your brother or sister sins against you, go and tell them their fault, **in private**. If they listen to you, you have won them over.

16 But if they will not listen, **take one or two others along**, so that 'every matter may be established by the testimony of two or three witnesses.'

17 If they still refuse to listen, tell it to the church; and if they refuse to listen even to the church, **treat them as you would a pagan or a tax collector**.



1. GO
IN PRIVATE



2. BRING OTHERS
TWO OR THREE



3. TELL THE CHURCH
SEEK RESTORATION

The church was designed
to be a place of
RESTORATION
and **HEALING**

— NOT —

a place of judgment
and condemnation.



PEOPLE WERE HEALED AFTER ENCOUNTERING JESUS

DIFFERENT STORIES | SAME JESUS | REAL CHANGE



THE WOMAN AT THE WELL

JOHN 4:1-42

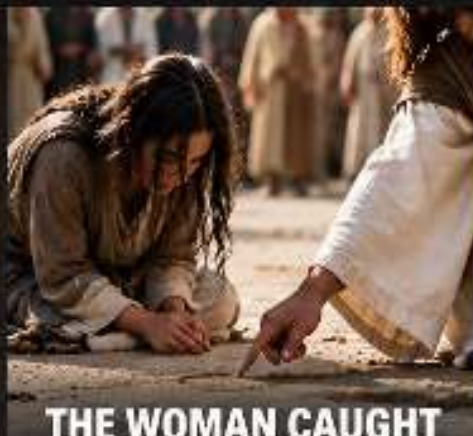
From shame and emptiness
to purpose and new life.



THE DEMONIAC

MARK 5:1-20

From bondage and
destruction to freedom
and a new life.



THE WOMAN CAUGHT IN ADULTERY

JOHN 8:1-11

From condemnation
to forgiveness
and a fresh start.



ZACCHAEUS

LUKE 19:1-10

From isolation and greed
to transformation
and generosity.

JESUS STILL MEETS PEOPLE TODAY