

Understanding how to live an inside out lifestyle – Living from inside out – Part 1

For us to properly understand this lifestyle, we need to understand that man is created by God with three parts

He is a spirit, who lives in a body and possess a soul

Human beings are complicated because they are created uniquely by God. Each one of us is different; we come from various backgrounds and have different personalities. But we're actually all the same with the same blood

1 Thessalonians 5:23 “And the God of peace Himself sanctify you wholly, and may **your spirit and soul and body** be preserved complete, without blame, at the coming of our Lord Jesus Christ.”

The Bible is telling us here in 1 Thessalonians 5:23 that we were all created with three parts—a spirit, a soul, and a body:

1. The **spirit** as our inmost part is the inner organ, possessing God-consciousness, that we may contact God (John 4:24; Rom. 1:9).

The [human spirit](#) is the deepest part of a person. By means of this innermost part, we can contact God in the spiritual realm. No other creature was created by God with this third part.

2. The **soul** is our very self (Matt. 16:26; Luke 9:25), a medium between our spirit and our body, possessing self-consciousness, that we may have our personality.

Our soul perceives things in the psychological realm. In fact, in Greek—the original language of the New Testament—the word for *soul* is *psuche*, which is also the root word of *psychology*.

Our soul is our personality, who we are. With our soul we think, reason, consider, remember, and wonder. We experience emotions like happiness, love, sorrow, anger, relief, and compassion. And we're able to resolve, choose, and make decisions.

Now let's read the next section about our body and how our three parts are related:

3. The **body** as our external part is the outer organ, possessing world-consciousness, that we may contact the material world. The body contains the soul, and the soul is the vessel that contains the spirit.

Our body exists in and contacts the tangible things of the material world using our five physical senses. The body is the visible, external part of our being, and it contains the soul. Our soul is the vessel containing our spirit.

The natural man verses the spirit man

1 Corinthians 2:14 says, "A natural man does not accept the things of the Spirit of God, for they are foolishness to him; and he cannot understand them, because they are spiritually discerned"

This verse does not define the natural man, as such; rather, it uses the term to describe one who does not understand God's words and thoughts. The one who can understand God's words is a "spiritual" man (verse 15 says).

In **1 Corinthians 2:14**, the Scripture we just read, Apostle Paul uses the word *natural* to refer to someone still in his original (sinful) state.

Natural men are those who are occupied with the things of this material world to the exclusion of the things of God. They are led by instinct rather than by the Spirit of God. They intuitively choose sin over righteousness. They are the “pagans” Jesus refers to in Matthew 6:32 who only seek after the things of this world.

The supernatural work of God is to change the natural man into a spiritual one. When a person trusts Christ, God exchanges what is natural (received from Adam) for what is spiritual (received from Christ). “As in Adam all die, so in Christ all will be made alive” (1 Corinthians 15:22).

The Christian life is a supernatural one. We no longer walk according to the dictates of the flesh but according to the Spirit (Romans 8:14).

As believers in Christ Jesus, God is able to speak to us through either of the following ways.

1. through His Word, the Bible: Psalm 119:105 – “Your word is a lamp to my feet and a light to my path.” ...
2. through His Spirit (Holy Spirit)
3. through Trusted Advisors including His Prophets

The Biblical distinction between the soulical man and the natural man

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Let us look at John 5:18-20

¹⁸ Therefore the Jews sought the more to kill him, because he not only had broken the sabbath, but said also that God was his Father, making himself equal with God.

¹⁹ Then answered Jesus and said unto them, Verily, verily, I say unto you, The Son can do nothing of himself, but what he seeth the Father do: for what things soever he doeth, these also doeth the Son likewise.

²⁰ For the Father loveth the Son, and sheweth him all things that himself doeth: and he will shew him greater works than these, that ye may marvel.

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Matthew 10:28

“And do not fear those who kill the body but are unable to kill the soul; but rather fear Him who is able to destroy both soul and body in hell.”

In that passage, a clear distinction is drawn between the body and the soul. In the Matthew passage, although the word for "soul" (psuche) can be translated in a number of ways, the most reasonable reference here is that Apostle Paul's use of the word to describe our dual nature as physical beings with immaterial, everlasting, "souls". These souls *cannot* be destroyed by the death of the body. Paul calls the soul our "house" made by God; as soon as we are away from the body we are at home with the Lord.

Let us now together look at 1 Peter 2:9-10

"But you *are* a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light; ¹⁰ who once *were* not a people but *are* now the people of God, who had not obtained mercy but now have obtained mercy.

When you gave your life to Jesus Christ and you invited Him to become your personal savior, your life became His. When you give Him full access to your life, He takes full dominance over your life to communicate with you according to His plan. God is ambitious to show you how to live your life to the fullest as in accordance with Jeremiah 29:11. He wants to reveal to you the mysteries of His Kingdom to which you have been called (1 Corinthians 1:9-10).

1 John 5:1-5 reminds us of the powerful truth that we are "overcomers" with Christ. You can only live as an overcomer by the power of the Holy Spirit who is now available to help you 24/7.

Luke 6:45 declares,

A good man out of the good treasure of his heart bringeth forth that which is good; and an evil man out of the evil treasure of his heart bringeth forth that which is evil; for of the abundance of his heart his mouth speaketh.

What you put in your heart will eventually come out. If you allow good things like the Word of God in your heart, you will be amazed how blessed you become even as you declare what He says about you!

Proverbs 18:20-21

"A man's belly shall be satisfied with the fruit of his mouth; and with the increase of his lips shall he be filled. ²¹ Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof".

Why are many Christians today walking around with a facade of happiness but a heart of heaviness?

Because majority of us are living our lives outside-in instead of living an inside-out lifestyle. As fallen human beings, we like to work on the outside more than the inside. The outside is more mechanical. For example, we eat, drink, exercise, put on make-up, buy the newest fashions and smile and that all good but unfortunately our hearts remain broken.

We spend so much of our life concerned with how we look on the outside. Think about how much time we spend getting ready in

the morning or how concerned we are with what we look like and wear. Yet, God cares more about the inside than He does about the outside. God wants us to have a godly heart because He knows that who we are on the inside is way more important than the outside.

The main reason why God want us to live from inside out

God has a beautiful plan for our life according to Jeremiah 29:11-12. This plan can only be revealed to us by Holy Spirit. (1 Corinthians 2:9-10) Let us look at these 2 Scriptures individually:

Jeremiah 29:11-12 says, "For I know the thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil, to give you an expected end. ¹² Then shall ye call upon me, and ye shall go and pray unto me, and I will hearken unto you".

1 Corinthians 2:9-10 says, "But as it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him. ¹⁰ But God hath revealed them unto us by his Spirit: for the Spirit searcheth all things, yea, the deep things of God".

The Bible declares that God is a Spirit and they that worship Him must worship in spirit and truth (John 4:24-26).

The beautiful thing about our Heavenly Father is that He is always eager to speak to our spirit man. That is where he reveals his plan

for our life BUT we have to be listening to Him. We have to sensitize your spirit to hear from Him.

God knows the intents of your heart and you have to allow Him to change it to conform to His will and purpose for your life.

Psalmist David said in 139:1-4, "O lord, thou hast searched me, and known me. ² Thou knowest my downsitting and mine uprising, thou understandest my thought afar off. ³ Thou compassest my path and my lying down, and art acquainted with all my ways. ⁴ For there is not a word in my tongue, but, lo, O Lord, thou knowest it altogether.

The only way for us to change in a way that lasts, is through a genuine repentance and living a godly lifestyle.

How do we do this?

1. **Confess your sins.** Sins are the wrong choices we make. When we "confess our sins," we simply agree with God that they are wrong. We tell God we are truly sorry. We "turn away" from them, deciding to stop doing them and ask Him to help us change.
2. **Believe in Jesus.** Jesus was human, just like you and me. But He is also God and He never sinned, not even once! To show how much God loves us, Jesus took our punishment for sin. He died on the cross to pay for them. Three days later, Jesus came back to life again. In order to accept the gift of forgiveness (Jesus paying for our sins and making us right with God), we need to believe that Jesus is who He said He

is. We need to believe that Jesus took our punishment for sin so we can be made right with God.

3. **Trust Jesus as your Lord and Savior.** Even the demons believe in God and shake in their boots because of Him. That is not enough. We need to trust Jesus as our Lord and Savior. That means we trust in what Jesus did to save us from our sins and make us right with God. We also decide to love and serve Him all the days of our life. Lord means Jesus is our boss. He is the one in charge who decides what is best for us to do.

Once you give your life to Jesus Christ and He becomes your personal savior, your life is no longer your own. You cannot do whatever you want.

Believers Are Salt and Light of the world

God has called us as believers to shine in a dark world.

Matthew 5:13-16 says, "You are the salt of the earth; but if the salt loses its flavor, how shall it be seasoned? It is then good for nothing but to be thrown out and trampled underfoot by men.

¹⁴ "You are the light of the world. A city that is set on a hill cannot be hidden. ¹⁵ Nor do they light a lamp and put it under a basket, but on a lampstand, and it gives light to all *who are* in the house. ¹⁶ Let your light so shine before men, that they may see your good works and glorify your Father in heaven.

Ezekiel 37:26-27: Moreover, I will make a covenant of peace with them; it shall be an everlasting covenant with them: and I will

place them, and multiply them, and will set my sanctuary in the midst of them for evermore.

²⁷ My tabernacle also shall be with them: yea, I will be their God, and they shall be my people