

BALANCING  
OUR WALK  
AND CHANGING  
FROM THE  
INSIDE OUT

## APPOINTMENT VI: BALANCING OUR WALK OR PUTTING IT ALL TOGETHER

### Objectives:

1. To clarify that the Christian life is more a relationship with Jesus Christ than a bunch of religious activities
2. To demonstrate how to maintain balance in the Christian life and put together the four talk appointments through the wheel diagram
3. To provide practical principles for growing in Christ
4. To show how God changes us from the inside out
5. To provide tools and motivation for a daily quiet time

### I. Your relationship with God is like any relationship (4 spokes of the wheel)

#### Introduction

1. Think about the relationship you have with your girlfriend/boyfriend, best friend, mom dad, etc.
2. What would your relationship be like if you never talked with each other for a whole year?
3. What would your relationship be like if \_\_\_\_\_ did all the talking when you got together?"
4. How would it be if you did all the talking?
5. Communication is important in any relationship. It is a two-way street. The same is true of our relationship with Christ. We need to let Him communicate with us, and we need to communicate with Him. How is this done?

#### A. God communicates with us - the Bible (Appt. II)

#### B. We communicate with God - Prayer (Appt. III)

Two-way communication was essential for you and \_\_\_\_\_(name of friend) to develop a relationship.

If boyfriend/girlfriend: Let's now assume that you and \_\_\_\_\_ are getting fairly serious and are seeing each other quite often. Do you think it would be safe to assume that after a while you would get to know \_\_\_\_\_'s friends and family? As you spend time with \_\_\_\_\_'s friends and family, you will learn more about \_\_\_\_\_.

This is also true in our relationship with Christ. As we spend time with others who know Christ, we learn more about Christ through them. This is called fellowship.

#### C. Spending time with fellow Christians - fellowship (Appt. IV)

After seeing \_\_\_\_\_ a lot and realizing that you're excited about this relationship, do you think that you would tell others about this special friend and your relationship? In the same way, as we grow closer to Christ and are excited about our relationship with Him, we tell other so that they can know Christ personally.

#### D. Sharing about Christ - witnessing (Appt. V)

## PUTTING IT ALL TOGETHER — THE WHEEL

- II. A. “Let’s put this all together and see how it develops practically in our lives through what I call the wheel diagram.”
- B. Draw the hub of a wheel. “Just as the driving force in a wheel comes from the hub, so the power to live the Christian life comes from Jesus Christ, the center. He lives in us in the person of the Holy Spirit, whose expressed purpose is to glorify Christ.” Write “Christ” in the hub of the wheel as you explain the wheel diagram to the person. Do the same for each part of the wheel as you explain it.
- C. The rim represents the Christian responding to Christ through wholehearted, day-by-day obedience to Him. Put “The Obedient Christian in Action” in the rim.
- D. Review briefly the earlier appointments through the wheel diagram, filling in each spoke as you cover each point.

1. Christ is in the center of our life. Our relationship is developed with Him through, first of all, God speaking to us, and that comes through studying God’s Word as we reviewed earlier in Matt. 4:4-11. The Word is our spiritual food, as well as our sword for spiritual battle. It is the foundational spoke for effective Christian living (e.g. Matt. 4:4 and II Timothy 3:15-17).

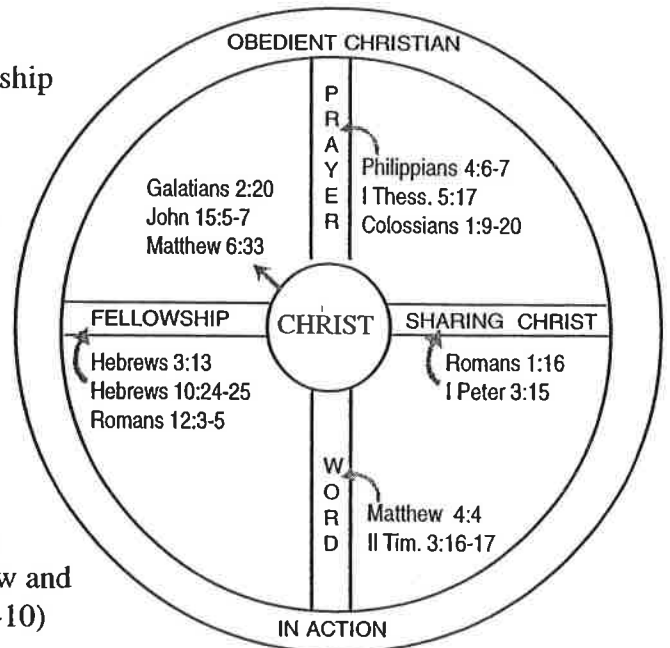
2. Prayer is our second important talk or spoke. It is us talking to God, sharing about the lives to Him. Through this direct communication, we acknowledge our dependence, telling Him about our needs, our life, and interceding for others, as we grow and trust in Him.(e.g. Phil. 4:6-7, I Thess. 5:17, Col. 1:9-10)

3. The *vertical spokes* point to our relationship with God. As a result of these, we also have *horizontal spokes* in our lives: Our relationships with people - believers through Christian fellowship, and non-believers, through sharing with them about Christ.

4. Our left spoke might be labeled fellowship, the gathering together of Christians to encourage each other as described in Heb.10:24-25, Heb.3:13, Romans 12:3-5.

5. Our right spoke might be labeled sharing about Christ. The first three spokes prepare us for passing on to others all that we have received from the Lord. Remember I Peter 3:15.

E. Discuss what would happen to the wheel and its operation if one of the components were missing or uneven (hub, rim spokes). Relate that to the Christian life and how smooth/well it would go without full spokes, rim, and hub in action.



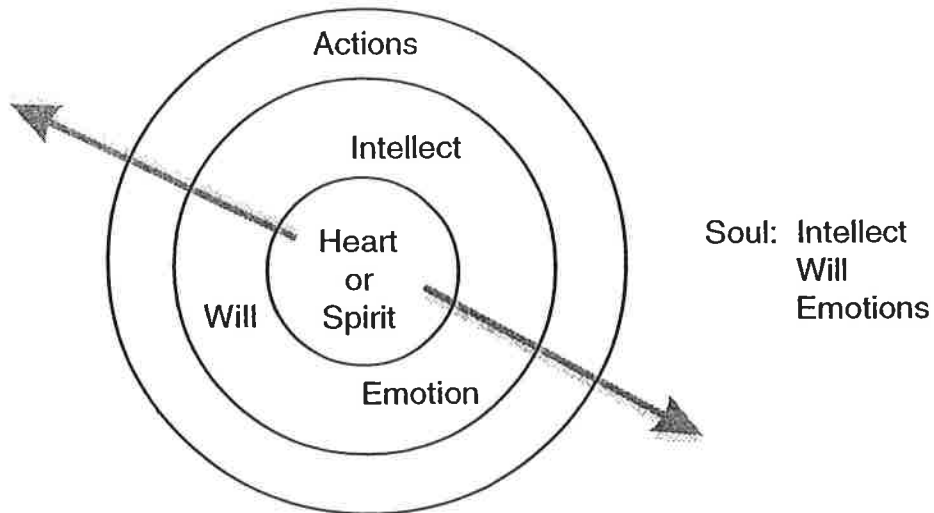
### III. TIME, ADVERSITY, AND SOVEREIGNTY OF GOD (See Adsit p. 204-208)

- A. Write Time, Adversity and Sovereignty of God on the paper.
- B. “There is something else you should know. Spiritual growth is just like physical growth in many ways. Spiritual growth takes *time*, is enhanced by *adversity*, and is *sovereignly* directed by God.”
  - 1. Time
    - a. There are no short cuts.
    - b. God takes His time.
    - c. Quality requires time.
    - d. Complexity requires time.
    - e. Be patient. Time will pass
  - 2. Adversity
    - a. Adversity enhances growth.
    - b. Expect both good and bad.
    - c. No pain - no gain.
  - 3. Sovereignty of God
    - a. God is always in control (Jeremiah 29:11, I Corinthians 10:13)
    - b. God knows, even if we don't.

### IV. GOD CHANGES US FROM THE INSIDE OUT

- A. Explain that when we receive Christ, John 1:12, Christ comes into the core of our being, often referred to as our heart or spirit.
- B. Philippians 2:13  
Christ then works in our heart, in concert with the Holy Spirit working in our spirit.
- C. Ephesians 3:16-17  
Paul prays here for the internal work of god through the Holy Spirit and the love of Christ.
- D. Hebrews 4:12 talks about how God uses the Word to change us from the inside out, “it penetrates even to dividing soul and spirit”.

The illustration on the next page is an attempt to show how God works from the inside out. He starts at the core of our being, “heart or spirit”, and as we respond to His work through our inner workings, (the soul-ish part of mankind made up of intellect, will, and emotion, which is our second layer) it is manifested in our third layer, our actions.



God changes us from the inside out.

Matthew 23:25-26, Psalm 51:10, Psalm 119:9-11, I Samuel 16:7, Romans 8:26-27

## V. REVIEW

- A. "In closing, remember that Christianity is a *relationship with the person of Christ* - being a child of His as described in John 1:12, and responding to His love for us demonstrated to us by His death, as described for us in I Corinthians 13:4-7".
- B. "Christianity is a love relationship with Jesus Christ and not a religion with a bunch of do's and don'ts. God does, however, desire us to be obedient to Him, but it comes from our response to His love, trusting Him that He want our best (i.e., faith)."
- C. God changes us from the inside out.

## VI. DAILY QUIET TIME

- A. When finishing this appointment, suggest and encourage the individual to have a time with the Lord each day. Tell him this is often called a "quiet time".
- B. Suggest a time slot of about 20 minutes. Spend this time partly in prayer (talking to God) and partly in Bible study (God talks back).

- C. Encourage him/her to start in the book of John. Explain that it focuses on Christ and is easy to understand. Suggest a chapter or two a day and look for applications to him/her personally—e.g., “How does this apply to my life?” or “What does this mean to me?”
- D. Next, suggest the importance of finding a place where he/she won’t be distracted, like a dorm room or quiet lounge.
- E. Hand him/her the worksheet , explaining that it will be helpful in reviewing what was discussed. Put down a specific time that you two will meet again.

## VI. CLOSING

- A. Thank him/her for the time and get feedback on your time together. Ask him/her if he/she has any questions. Don’t be afraid to express excitement and enthusiasm as long as it is natural, not artificial.

# ASSIGNMENT

## DEVELOPING OUR RELATIONSHIP WITH GOD

Communication is important in any relationship. It is a two-way street.

**BIBLE - God Communicates With Us**

Read II Timothy 3:15-17

1. What can the Bible do for us?
2. God uses the Bible to speak specially to us. What does Romans 8:28 say?
3. What does God say about the bad things that happen to us?

**PRAYER - How I talk to God**

Read Philippians 4:6-7

1. What does the phrase "be anxious for nothing" mean?
2. What's the result if we talk to God about everything in our lives? (vs. 7)

Prayer is a personal, casual conversation with God about all that goes on in our lives, both good and bad.

**FELLOWSHIP - Spending Time With Fellow Christians**

As we spend more time with others who know Christ, we learn more about Christ through them.

Hebrews 10:24-25



**SHARE CHRIST - As you grow close to Christ, you are excited about him and want to tell others**

**1. What does I Peter 3:15 say?**

- a. Set apart Christ in your hearts (refers to our walk)
- b. Be prepared to give an answer (able to share about our faith)
- c. With gentleness and respect (refers to our attitude toward people)

**2. Luke 15:8-10**

Notice God's great joy when someone comes to Christ.

**Christianity is a love relationship with Jesus and not a religion with a bunch of do's and don'ts.**

**Read II Corinthians 5:14**

## ACTION PLAN

1. Develop a Prayer List
2. Begin reading John
3. Set aside time each day  
to pray and learn more  
about God through the Bible