



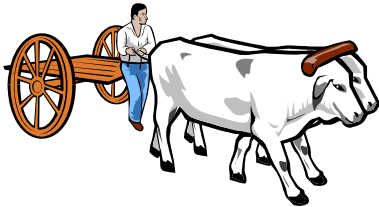
Inner Beauty



To successfully have the outward appearance of radiance and beauty, we must first have inner peace which can only come from our soul – that place in us where our *attitudes toward life and other people, our *emotions, our *will and our *intellect come from. When all of these parts of our soul are in line with the Word of God, we will be at peace with God, with ourselves and with others.

To better understand how to line up these areas with the Word of God, let us look at Jesus' words: *“Come unto me all you that labor and are heavy laden (weary from toil and exhausted in your mind) and I will give you rest. Take my yoke upon you and learn of Me; for I am meek and lowly in heart; and you shall find rest unto your souls. For My yoke is gentle and my burden is light.”* (Matthew 11:28-30)

Whenever Jesus taught, He used simple objects to describe His meaning so people could understand. This time He used a yoke, which was a wooden board with loops at each end for harnessing oxen together. He uses it to describe His teachings that unite and bind us together with Him so we can follow when He leads us to the truth that can bring our soul in line with God's Word. His teaching on the kind of *attitudes that we should have is a road map to peace. It is called “The Beattitudes”, which means “blessedness, happiness of the highest kind” and tells us how to get right attitudes. If we follow these blessings, and do them, we will have right attitudes toward life and other people.



- *“Blessed are the poor in spirit, (the humble, rating themselves insignificant) for theirs is the kingdom of heaven!*
- *Blessed are they that mourn (have deep grief or sorrow), for they shall be comforted!*
- *Blessed are the meek (the mild, patient, long-suffering), for they shall inherit the earth!*
- *Blessed are those who hunger and thirst for righteousness (uprightness and right standing with God), for they shall be completely satisfied!*
- *Blessed are the merciful (actively compassionate regardless of outward circumstances), for they shall obtain mercy!*
- *Blessed are the pure in heart (clean, clear thoughts and feelings), for they shall see God!!!*
- *Blessed are the peacemakers (and maintainers of peace), for they shall be called the children of God!*
- *Blessed are those who are persecuted for righteousness sake (for being and doing right), for theirs is the kingdom of heaven!*
- *Blessed are you when people revile and persecute you, (abusive in speech and actions) and shall say all kinds of evil things against you falsely on account of Me! Rejoice and be supremely glad and joyful; for great is your reward in heaven; for in this same way people persecuted the prophets who were before you.”* (Matthew 5:2-12)

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Next let's take a look at bringing our *emotions in line with God's Word. The word "emotion" means "to move out." It can be a good emotion of excitement and anticipation, or it can be a destructive emotion of anger and great distress, or it can be a passive emotion of apathy and depression, but all emotions take our soul out of a place of rest and inner peace. Even the good ones, which are usually more temporary, change our inner feelings to excitement and great enthusiasm. All emotions come from relationships or lack of them – from the day of our birth until the day we go to be with the Lord, relationships will be in control of our emotions and our emotions will be in control of our relationships.



This is why it is essential to line up our emotions with the Word of God – otherwise we will never be able to have good relationships and maintain inner peace and outward beauty. People often feel they have to go to a psychologist when their emotions and relationships are out of control. But, the word "psychology" comes from the Greek word "psuche" meaning "the soul". Psych/ology is simply the study of the soul, which we are doing today, - and it's foundational truths are from the teachings of Jesus, too. It is not until the person changes their attitudes and brings them into line with the Word of God that their emotions can begin to be at peace.



Let God be your psychologist! He's the one who taught the study of the soul in the first place – why go to the middleman when you can go right to the Creator? How is it possible to forget the priceless wisdom contained in the gospels? How could one who has read the New Testament and it's soul-feeding words continue to starve for emotional healing when such plenty is available? If we fully grasp the meaning of the message of Jesus we cannot remain imprisoned in the mental turmoils and sicknesses of soul that cloud our thinking and block out the Son.

The area of our soul that makes this choice to take the Word of God into our lives like a medicine, in a healing application, is our *will. Your will is the most powerful part of your soul. You will do whatever you will to do. Therefore, you can do whatever you will to do – if you don't change your mind. Your will is the power of self-direction and self-control inside of you that no one else can control, only you. It is the power of conscious and deliberate choice. Your will is what proves that you are created in the image of God, because you have the God-given right to choose your own destiny. The decisions your will makes are based on your thoughts, and your thoughts and decisions decide your destiny.



In order for us to make sound decisions that do not turn out badly, we must be willing to submit our will to the will of God as revealed in His Word. Even Jesus Himself had to do this. In John 5:30 He said, *"I am able to do nothing from My own self, but as I am taught of God and get His orders, I make My decisions. Even as I hear, I judge, and My judgement (decision) is right, because I do not seek or want to please My own will, but only the will and pleasure of the Father who sent me."* Jesus proved His total submission to the will of God, when He went willingly to the cross to die that you might have eternal life.

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Until we are able and willing (actually we are able if we are willing), to submit what we want—to what God wants for us, we won't walk in victory. But, the victory is yours for the taking if you will take your *attitudes to God – sit down and talk to Him about them – let Him reveal those roots that cause critical and negative attitudes in you; spread out your *emotions before Him. He will tell you how to harness them so they will work for you, not against you; ask Him for strength to want to do His will instead of your *will; and last of all, surrender your *intellect to Him – let Him help you get wisdom, knowledge and understanding by letting Him set the focus of your five senses. You may even have to face your involvement as a part of the problem when you don't want to. The flesh does not submit itself, it refuses – you have to submit it. Talk to God – He's listening!

At this point you must decide if you really want victory in your life. It's hard. You have to stop believing and obeying your feelings more than you believe and obey God. Feelings go up and down and make you feel good or bad. Feelings follow thoughts. Thinking habits can be broken just like every other habit can be broken. Your intellect needs solid food that is good nourishment. When it has to feed on leftovers from past hurts and wounded emotions, and snack on feelings of abandonment, rejection and self-pity from the losses in your life – it begins to seek out it's own food, from places it should never go. You feed it with wisdom, knowledge and understanding from the word of God and the power in that Word will be released into your wounded soul making it whole, complete and at rest.



Paul's recipe for inner peace is written to us in 1 Thessalonians 5:18,22, "*In every thing, no matter what the circumstances may be, be thankful and give thanks (because He has the answer); for this is the will of God in Christ Jesus concerning you. Abstain from all appearance of evil. And may the God of peace Himself sanctify you (make you holy) through and through – that is, separate you from profane things, make you pure and wholly consecrated to God – and may your spirit, soul and body be preserved and found blameless at the coming of our Lord Jesus Christ.*"



Inner Beauty

1. What is required for outward beauty?

2. Where do I keep inner peace inside of me?

3. What is Jesus' road map to peace called?

4. What is in control of my relationships?

5. What does the word "psychology" mean?

6. What do most people miss about the effectiveness of God's Word?

7. What part of my soul makes the choice to use the healing application of God's Word?

8. What is the most powerful part of my soul? Why?

9. Who is our greatest example of a will that is completely submitted to God?

10. What is the solid food that my intellect must have?

11. What is Paul's recipe for inner peace? (1 Thessalonians 5:18 AMP)
(The answer to this question will be your memory verse)

MEMORY VERSE _____

Inner Beauty

1. What is required for outward beauty?

Inner peace.

2. Where do I keep inner peace inside of me?

In my soul.

3. What is Jesus' road map to peace called?

The Beatitudes.

4. What is in control of my relationships?

My emotions.

5. What does the word "psychology" mean?

The study of the soul.

6. What do most people miss about the effectiveness of God's Word?

It's practical ability to heal.

7. What part of my soul makes the choice to use the healing application of God's Word?

My will.

8. What is the most powerful part of my soul? Why?

My will. Because it's decisions decide my destiny.

9. Who is our greatest example of a will that is completely submitted to God?

Jesus.

10. What is the solid food that my intellect must have?

Wisdom, knowledge and understanding from the Word of God.

11. What is Paul's recipe for inner peace? (1 Thessalonians 5:18 AMP)

MEMORY VERSE "Thank God in everything – no matter what the circumstances may be, be thankful and give thanks; for this is the will of God for you who are in Christ Jesus."