

# Inside-Out Transformation



*A Biblical Model for Lasting Change*

# INSIDE-OUT TRANSFORMATION:

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### Introduction

*The Outcome-Based Objective of this seminar is to show how the Gospel creates lasting change by destroying idols and replacing them with a new heart motivation.*

1. The focus of this seminar is on heart \_\_\_\_\_, not external behavior.
2. Inside-out change is \_\_\_\_\_ change. The motivations of our heart are changed, leading to new behaviors.
3. Outside-in change is \_\_\_\_\_ (or religious) change. External behavior changes, but the motivations of the heart remain unchanged.

### PART ONE: THE GOSPEL

*“The gospel is not just the way to enter the kingdom of God, but it is the fundamental dynamic for living the whole Christian life. The Gospel is not just the ABCs of the Christian life; it is the A-Z. We never get beyond the gospel in our Christian life to something more advanced. We are not justified by the gospel and then sanctified by obedience, but the gospel is the way we grow and are renewed. It is not just the minimum required doctrine necessary to enter the kingdom, but the way we make all progress in the kingdom. So the key to continual and deeper spiritual growth is the continual re-discovery of the gospel and how to orient every part of our life around it.”*

1. What is the gospel?

*“By the grace God has given me, I laid a foundation as an expert builder, and someone else is building on it. But each one should be careful how he builds. For no one can lay any foundation other than the one already laid, which is Jesus Christ.”*

I Corinthians 3:10, 11

- The gospel is a \_\_\_\_\_.

*“Jesus Christ lived the life we should have lived and died the death we should have died as our substitute so that God can receive us not on our record or for our sake, but on Jesus’ record and for His sake.”*

- The gospel is a \_\_\_\_\_.

*“We are more wicked and flawed than we ever dared believe and more loved and affirmed than we ever dared believe.”*

2. What is the \_\_\_\_\_ to the gospel and why is it so appealing?

*“You unthinking and foolish Galatians! Who has put the evil eye on you? Have you taken leave of your senses? For it's obvious that you no longer have the crucified Jesus in clear focus. His sacrifice on the cross was certainly set before you clearly enough. Let me ask you this one question: How did your new life begin? Was it by working your heads off to please God? Or was it by hearing and believing God's Message? Are you going to continue this insanity? For only crazy people would think they could complete by their own efforts what was begun by God. If you weren't smart enough or strong enough or good enough to start it, how do you suppose you could finish it?”*

Galatians 3:1-3

- The gospel insults us by saying that we are too \_\_\_\_\_ and too \_\_\_\_\_ to obey or follow God.
- We are not justified by the gospel and then \_\_\_\_\_ by obedience, but the gospel is the way we grow and are renewed.

3. Why must we preach the gospel to ourself every day?

- Even though we understand enough of the Gospel to be \_\_\_\_\_, the actual way our heart works is not immediately changed.

*“The Gospel is the solution to every problem, the key to every closed door, and the power through every barrier. Every part of our life has to be transformed piece by piece by more deeply reflecting on, believing in, and applying the Gospel.”*

- All our problems come from a lack of \_\_\_\_\_ the Gospel and applying it to specific areas of our life.

*“The gospel is the only thing that will tell us what is really wrong with us, it is the only thing that will give us real answers to fix our problems, and it is the only thing that will give us the power to do what is right.”*

4. How do we ORIENT our life around the gospel through faith and repentance?

- Alternative # 1: the \_\_\_\_\_ Approach.

Sounds like:	“The Bible says anger is both _____ and _____.”
Solution:	“_____.”
Source:	The _____.
Assumption:	If a Christian _____, he can overcome any problem.

- Alternative # 2: the \_\_\_\_\_ Approach.

Sounds like:	“Your _____ was angry; you learned it from him.”
Solution:	“You need to be _____.”
Source:	The _____.
Assumption:	If a Christian gets enough _____, he can overcome any problem.

■ Alternative: # 3: the \_\_\_\_\_ Approach.

Sounds like:	“There is something in the gospel you have failed to _____, apply, or believe.”
Solution:	“Understand, apply, and believe the gospel.”
Source:	The _____.
Assumption:	There is something at that moment you want more than Jesus—a _____.

5. Gospel repentance creates a new \_\_\_\_\_ in our relationship to God, others, and the world.

*“It is seldom that any of our bad habits or flaws disappear by a mere process of natural extinction. But what cannot be destroyed may be displaced and to lose its power entirely as the reigning affection in the mind. It is thus that the boy ceases to be a slave of his desires, but it is because a more mature taste has brought it into subordination. The youth ceases to idolize pleasure, but it is because the idol of wealth has gotten the ascendancy. Even the love of money can cease to have mastery over the heart because it is drawn into the whirl of ideology and politics and he is now lorded over by a love of power and moral superiority. But there is not one of these transformations in which the heart is left without an object. Its desire for one particular object is conquered—but its desire to have some object—is unconquerable.”*

## PART TWO: IDOLATRY

### The Origin of Idolatry

*For since the creation of the world God's invisible qualities—his eternal power and divine nature—have been clearly seen, being understood from what has been made, so that men are without excuse. For although they knew God, they neither glorified him as God nor gave thanks to him, but their thinking became futile and their foolish hearts were darkened. Although they claimed to be wise, they became fools and exchanged the glory of the immortal God for images made to look like mortal man and birds and animals and reptiles. Therefore God gave them over in the sinful desires of their hearts to sexual impurity for the degrading of their bodies with one another. They exchanged the truth of God for a lie, and worshiped and served created things rather than the Creator—who is forever praised. Amen.*

Romans 1:20-25

The first chapter of Romans is Paul's summary statement of fallen man. In this section, he reveals that idolatry is the essence of every problem in the world. We discover three important facts here about idolatry.

1. Man's \_\_\_\_\_ sin is refusing to worship God.

*"The principle crime of the human race, the highest guilt charged upon the world, the whole procuring cause of judgment, is idolatry."*

Tertullian

2. The human heart must \_\_\_\_\_ something.
3. We give our \_\_\_\_\_ to what we worship.

### The Definition of Idolatry

1. The simplest definition of an idol is anything that takes God's \_\_\_\_\_.

*"At the root of all problems is the elevation of some created thing to the place of ultimate worship."*

Tim Keller

2. An idol is any created thing that we inflate in our heart to \_\_\_\_\_ as God. It is something other than Him that we set our hearts on; it is whatever motivates or masters us.
3. An idol is something we rely on to provide \_\_\_\_\_, meaning, security, and joy. It presumes to provide all of the things that only God Himself can actually provide.
4. An idol can be a \_\_\_\_\_, a physical object, a person, an activity, a role, an institution, a hope, an idea, a pleasure, a hero—anything that can substitute for God.
5. Idols \_\_\_\_\_ the heart and mind so that a man cannot see how foolish he is.

*Half of the wood he burns in the fire; over it he prepares his meal, he roasts his meat and eats his fill. He also warms himself and says, "Ah! I am warm; I see the fire." From the rest he*

*makes a god, his idol; he bows down to it and worships. He prays to it and says, "Save me; you are my god." They know nothing, they understand nothing; their eyes are plastered over so they cannot see, and their minds closed so they cannot understand. No one stops to think, no one has the knowledge or understanding to say, "Half of it I used for fuel; I even baked bread over its coals, I roasted meat and I ate. Shall I make a detestable thing from what is left? Shall I bow down to a block of wood?" He feeds on ashes, a deluded heart misleads him; he cannot save himself, or say, "Is not this thing in my right hand a lie?"*

Isaiah 44:16-20

6. Idols create false \_\_\_\_\_ of success/failure, happiness/sadness, and value/worthlessness and then enslave people through those definitions.

## The Prevalence of Idolatry in the Bible

1. From Adam's initial treason to the final pages of Revelation, idolatry is the most pervasive sin in the Scriptures.

*"The whole Bible is written as a full-scale assault on idolatry."*

Ligon Duncan

2. The \_\_\_\_\_ of the Ten Commandments forbids idolatry.

*"You shall have no other gods before me."*

Exodus 20:3-6

3. Idolatry looks different in the New Testament, but it is just as pervasive.

*"If idolatry is the characteristic and summary Old Testament word for our drift from God, then lust [Gr. epithumia], is the characteristic and summary New Testament word for that same drift."*

David Powlison

- Epithumia is the Greek word that means to set the heart upon with intensity. It is an "over-desire" or an excessive desire for something that may or may not be inherently bad.
- John concludes his epistle with a blanket statement against idolatry.

*Dear children, keep yourselves from idols.*

1 John 5:21

- Paul lists a number of particular sins and then connects all temptation with idolatry.

*No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it. Therefore, my dear friends, flee from idolatry.*

1 Corinthians 10:13, 14

4. Our family, culture, and class leads us to various idols by example and direct appeal.
5. There are two basic types of idols: primary and secondary.

- Secondary idols are specific \_\_\_\_\_, people, activities, etc. that are closer to the surface of our life.

IDOLATRY	STATEMENT
Relationship	"I get my identity, security, and value if Mr. or Ms. 'Right' is in love with me."
Work	"I get my identity, security, and value if am highly productive and successful."
Religion	"I get my identity, security, and value if I am adhering to my religion's moral codes."
Image	"I get my identity, security, and value if I have a particular look or body image."
Family	"I get my identity, security, and value if my children and/or parents are happy with me."
Achievement	"I get my identity, security, and value if I am being recognized for my accomplishments."
Helping	"I get my identity, security, and value if people are dependent on me."
Racial	"I get my identity, security, and value if my ethnicity is ascendant and recognized as superior."
Inner ring	"I get my identity, security, and value if a particular social or professional group lets me in."
Suffering	"I get my identity, security, and value if I am hurting; only then do I feel noble or worthy of love."

- Primary idols are deep-rooted motivational \_\_\_\_\_. There are at least four of them: Comfort, Approval, Control, and Power.

### How to Identify Idols

1. We can identify the idols in our heart through the \_\_\_\_\_ emotions.
  - \_\_\_\_\_ is often a sign that something I want is threatened.
  - \_\_\_\_\_ is often directed toward someone or something that stopped me from getting what I wanted.
  - \_\_\_\_\_ is often a sign that someone is trying to take from me the the thing I want.
  - \_\_\_\_\_ is often the result of someone blocking me from the thing I want.
  - \_\_\_\_\_ is often the result of someone withholding what I want.
2. We can identify the idols in our heart by asking the following diagnostic questions.
  - What is my greatest nightmare? What do I worry about the most?
  - What, if I failed at or lost, would cause me to feel that I did not even want to live?
  - What do I rely on or comfort myself with when things go bad or get difficult?
  - What do I think most about? What preoccupies my thoughts?
  - What prayer, unanswered, would make me angry toward God?

## How to Destroy Idols

1. All change in the Kingdom of God has three components: Truth, Repentance, and Faith. The first step to destroying idols in your life is the truth that comes from the Word of God applied to your heart by the Holy Spirit.

*“Set your minds on things above...Put to death whatever belongs to your earthly nature.”*  
Colossians 3:2, 5

2. The second step to destroying idols in your life is Repentance—Digging Down.
  - For repentance to be effective, it must be specific. Name the idols and repent for their specific effect upon your life.
    - Recognize how \_\_\_\_\_ they are to help you.

“Lord, What is this compared to You? If I have You, I don't have to have this! This cannot bless me and love me and help me. This is not my life—Jesus is my life! This is not my righteousness and worthiness. It cannot give me that. But You can and have!”

- Recognize how \_\_\_\_\_ they are to you.

“Lord why am I giving this so much power over me? If I keep doing it, it will strangle me. I don't have to do so—I will not do so any longer. This will not be my Master—you are my only King.”

- Recognize how \_\_\_\_\_ they are to God.

“Lord I see how repulsive this idol is. In yearning after this, I have trampled on your love for me. I realize now that the greatest sin in my life is a lack of thankfulness, a lack of grateful joy for what you have done for me.”

3. The third step to destroying idols in your life is Faith—Looking Up.
  - Faith is acknowledging the \_\_\_\_\_ Christ has made to satisfy the desires of your heart that the idol was trying to fulfill.
  - Faith is expressed through \_\_\_\_\_ God for the specific promises He has made to you that satisfy what your heart was looking for in the idol.
4. Digging Down (Repenting) and Looking Up (Believing) is a \_\_\_\_\_ that is fueled by meditation on God's Word.
  - Find verses that promise you what the idols can never give you. Meditate and confess them daily until the power of God's Word destroys the influence the idols had in your life.

<b>Temptation</b>	How are these temptations being caused by an inordinate hope for someone or something to give me the comfort and consolation that only Jesus can give me? How does Christ give me so much more fully and graciously the very things I am looking for elsewhere?	Reioice in the gospel until you see the exceeding beauty and worth of Christ.	“Lord, when I forget the gospel I try to find comfort in other things. But only in your presence is fullness of joy. This thing I am tempted by is just a pleasure that will wear off soon—it is a sham and cheat—while your pleasure, though it may start small, will grow forever. Remove my idols of pleasure, which never can give me the pleasure I need.”
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<b>Anxiety</b>	How are these anxieties being caused by an inordinate hope for someone or something to give me the control over my life and environment only Jesus can give me? How does Christ give me so much more fully and graciously the very things I am looking for elsewhere?	Rejoice in the gospel until you are humbled enough (to see you don't know best) or valued enough (to see that He could not forget you.)	"Lord, when I forget the gospel I try to control my own life. But though I don't deserve to have things go right, yet I can relax, because my security in life is based neither on luck, nor hard work, but on your gracious love for me. You love me far more and better than I love myself. Remove my idols of security, which never can give me the security I need."
<b>Anger</b>	How is this anger and hardness being caused by an inordinate hope for someone or something to give me the power and significance only Jesus can give me? How does Christ give me so much more fully and graciously the very things I am looking for elsewhere?	Rejoice in the gospel until you are softened by His mercy and grace.	"Lord when I forget the gospel I become impatient and judgmental of others. I forget that you have been infinitely patient with me. You are slow to anger and rich in love. I live completely and solely by your grace and long-suffering, and I praise you for it. Tenderize my heart toward others. Remove my idols of power which can never give me the power I need."
<b>Rejection</b>	How is this rejection being caused by an inordinate hope for someone or something to give me the sense of approval that only Jesus can give me? How does Christ give me so much more fully and graciously the very things I am looking for elsewhere?	Rejoice in the gospel until you are assured of Jesus' love and acceptance.	"Lord, when I forget the gospel I become dependent on the approval of others. I let them sit in judgment on me. But You delight and sing over me. You fully accept me in Your Son. Let me be so satisfied with your love that I no longer respond to people in fear of displeasing them. Remove my idols of approval, which can never give me the approval I need."