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1. A heart that is powerful



1. Image is everything?

In the left hand column, list 5 things that ads on **TV** want the 'ideal' teenager to have. In the right column, list 5 things that you think **God** wants the 'ideal' teenager to have.

What the ads on TV say:

- 1.
- 2.
- 3.
- 4.
- 5.



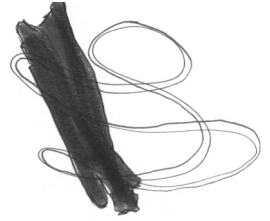
What God says:

- 1.
- 2.
- 3.
- 4.
- 5.

“God wants to change you from the inside”

- a) What's different about your lists?
- b) How do you think this makes it hard to be a Christian?

2. Inside and Outside



Let's explore the character and behaviour of the most religious people of Jesus' day – the spiritual leaders – the Pharisees. Complete what you can in columns 1 and 2 below.

Then work out how this trap might apply to you in Column 3!

Passage	1. What the Pharisees did right	2. What they got wrong	3. How this 'trap' might apply to me!
Matt 23:1-3			
Matt 23:4-7			
Matt 23:15			
Matt 23:23			
Matt 23:24			
Matt 23:25-26			
Matt 23:27-28			

3. God's Power in Me

Investigate the 'power' that God is ready to work in the life of each person who trusts him.

Passage	What this passage tells me about how God wants to work powerfully on my 'inside'	Here's how I can be more open to this power of God in my life
Ephesians 1: 17-23		
Ephesians 3: 14-21		
Isaiah 40: 27-31		
Colossians 1: 9-14		
Joshua 1: 5-9		

“What matters to God is growing your character on the inside”

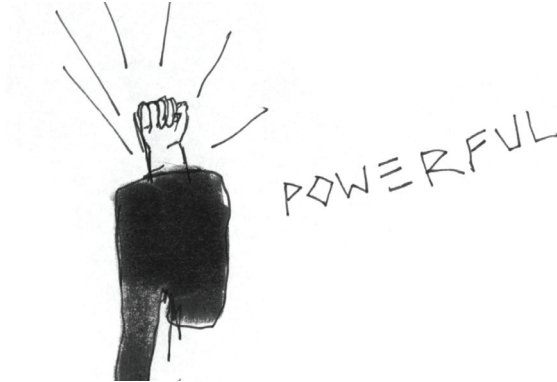


4. Checking my Character

Answer these questions using the guide below:

- * Where is God already working powerfully in my life – to change me from the inside?
- * Where do I need to be more open to the work of God’s Spirit so I am changed to be more like Jesus?

Give yourself a rating between 1 (struggling!) and 8 (succeeding) on each scale.



a) **Being a servant**

I am aware of my own strengths – but I don’t keep drawing attention to them. I want to see other people grow from strength to strength, and it’s okay if I am sometimes overlooked. I don’t mind doing the jobs that no-one else likes - as long as it helps the body of Christ to grow.

<u>Struggling</u>							<u>Succeeding</u>
1	2	3	4	5	6	7	8

b) **Being reliable**

You can count on me! If I say I’ll do it – I’ll do it! If I start a task – I’ll finish it! If you need a hand – I’ll be there! You can count on me to be on time, prepared, and ready for action!

<u>Struggling</u>							<u>Succeeding</u>
1	2	3	4	5	6	7	8

c) **Being forgiving**

I am always ready to forgive others – even if “it’s their fault”. I am the first to apologise – I don’t mind admitting I’m wrong – and I work hard to restore relationships which have been damaged by a misunderstanding.

<u>Struggling</u>							<u>Succeeding</u>
1	2	3	4	5	6	7	8

d) Being submissive and respectful

I can genuinely and joyfully submit to my parents, my teachers, my sporting coach (etc!) and my Christian leaders. Even when I think I know better than them, I can acknowledge the authority God has given them, and I co-operate so that I make their life a joy, not a burden.

<u>Struggling</u>						<u>Succeeding</u>	
1	2	3	4	5	6	7	8

e) Being honest

I am not pretending. I am just as devoted to Jesus 'on the inside', as the what you see 'on the outside'. I don't hide my failings – I don't pretend to be better than I am. I don't try to hide the truth. I can give an honest answer if you ask me about any area of my life.

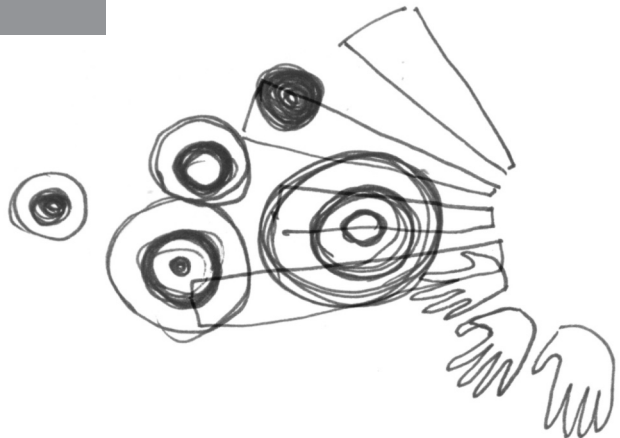
<u>Struggling</u>						<u>Succeeding</u>	
1	2	3	4	5	6	7	8

f) Being Available

I am careful not to clutter up my week by just 'doing' endless things. I don't over-commit myself, or let people down. I make sure I have solid time to spend with God, with my Christian friends, and with my non-Christian friends and family. I always want to be available when opportunities for ministry arise.

<u>Struggling</u>						<u>Succeeding</u>	
1	2	3	4	5	6	7	8

“God never likes it when we pretend”



5. Reflections

- a) As a group discuss you lowest and highest numbers from your charts in Section 4.
- b) Then have each person write down an action plan so they can allow God to work more fully in the areas where they scored low.

My Action Plan:



c) **The Power of Prayer**

Use the bible passages in this study, and what people in your group have shared, as your starting point for prayer. Affirm and strengthen each other, and ask for God to work powerfully in those areas which we know are weak. Ask that God will make each one of us 'awesome on the inside' as we study the Bible together.

For more info:

Read Chapters 1-5 in the book
Awesome on the Inside.

Listen to Talk 1 on the
Awesome on the Inside CD or DVD.