

**PAINT
YOUR
BACK SIDE**

OCCUPY

**WAKE
UP**

**BIBLE
STUDY**

INTRODUCTION



Welcome to our Bible study on the topic of looking after the inner man.

In the hustle and bustle of daily life, it is easy to get caught up in taking care of our physical bodies while neglecting the well-being of our inner selves. As Christians, we are called to steward not only our external actions but also the condition of our hearts and minds.

Join me in this devotional as we explore the importance of nurturing the inner man and discover how we can cultivate a vibrant spiritual life.

TIME WITH GOD



Read and meditate on Psalm 46:10:

"He says, 'Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.'"

Discussion Questions:

1. How can you prioritise spending quality time with God in your daily schedule?
2. What are some practical ways you can create a quiet and peaceful atmosphere to connect with God?
3. How can you maintain consistency and discipline in your commitment to spending quality time with God, even when you face challenges or difficulties?

GUARDING OUR HEARTS



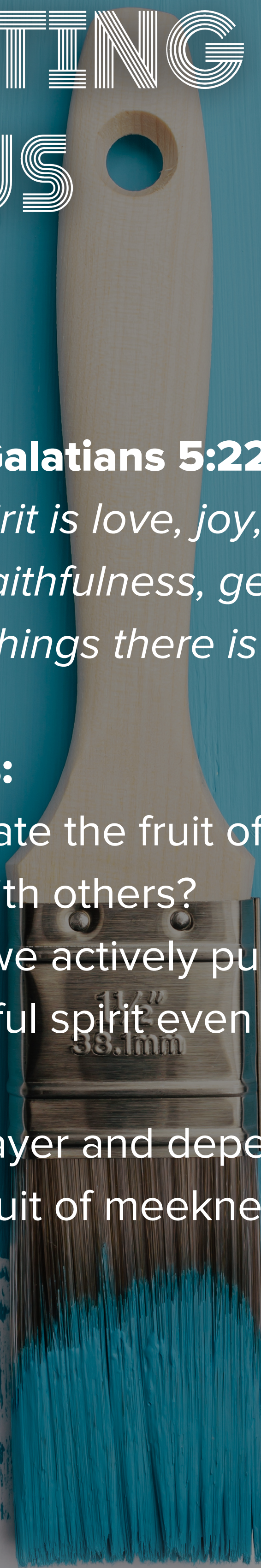
Read and discuss Proverbs 4:23:

"Above all else, guard your heart, for everything you do flows from it."

Discussion Questions:

1. Why is it important for Christians to guard their hearts?
2. What are some common influences or sources that can negatively impact our hearts as Christians?
3. How does our thought life impact the condition of our hearts, and how can we manage our thoughts effectively?

CULTIVATING VIRTUOUS HABITS



Read and reflect on Galatians 5:22-23:

"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law."

Discussion Questions:

1. How can we cultivate the fruit of love in our daily lives and interactions with others?
2. In what ways can we actively pursue the fruit of joy and maintain a joyful spirit even in difficult circumstances?
3. What role does prayer and dependence on God play in cultivating the fruit of meekness and humility in our lives?

CONCLUSION



Dear friend, nurturing the inner man is an ongoing journey that requires intentionality, surrender, and reliance on God's grace.

As we invest in our spiritual well-being, we experience a deeper communion with God, a heightened awareness of His presence, and a transformation that reflects His image.

Let us commit ourselves to care for the inner man, knowing that as we do so, we become vessels through which God's light shines brightly in the world.

PRAYER



Feel free to pray your own prayers as a group or pray the prayer below together:

Heavenly Father, thank You for the invitation to nurture our inner man.

As we embark on this journey, may Your Holy Spirit guide us, strengthening our faith, transforming our hearts, and renewing our minds.