

**INTRO**

- What usually gets your attention when something is off in your life: a conversation? Stress or pressure? Pain or crisis? Something else?

**READ**

Proverbs 4:23  
 Ephesians 3:16-19; Romans 2:4; John 10:27-29

**REFLECT & RESPOND**

We often live “outside-in,” believing external success will fix internal struggles. Scripture teaches the opposite. Life flows from the heart.

The heart is the core of who you are. Mind, will, emotions, character. God’s goal is not just what you produce, but who you become.

Transformation happens through:

- God’s presence
- God’s voice
- God’s kindness leading to repentance

Hearing God is not reserved for a few. It is part of our relationship with Him.

But busyness and distraction are major barriers. Our formation requires intentional space to slow down, listen, and allow God to work from the inside out.

**Reflection Questions**

*Q: Where am I currently looking for “outside-in” change? (Achievement, relationships, control, comfort?)*

*Q: What is actually happening in my heart right now? What emotions, thoughts, or desires are shaping me?*

*Q: How would I describe my current attentiveness to God’s voice: consistent, occasional, or distant?*

*Q: What keeps me from slowing down to be with God: schedule, distractions, fear, uncertainty?*

*Q: When I think about God speaking to me, what do I expect Him to say? How does that expectation affect my willingness to listen?*

*Q: Where might God be inviting me to experience His kindness and allow it to change me?*

Remember...

**“The main thing God gets from your life is not what you produce but the person you become.”**  
 — Dallas Willard

**Put it into practice this week:**

Set aside time each day:

- Be still
- Surrender specific areas of your life to God.
- Pray: “I’m here. I’m listening.”

**PRAY**

- Pray Ps 139:23-24

Search me, God, and know my heart;  
 test me and know my anxious thoughts.  
 See if there is any offensive way in me,  
 and lead me in the way everlasting.

- Ask for sensitivity to God’s voice this week.
- Receive His kindness,
- Invite Him to reshape how you think, feel, and respond.