

This Is the Most Important Spiritual Work You Can Do

Facing ourselves is one of the most difficult things we will ever do because in many cases we live outside ourselves. We are driven by what's going on around us and the information flowing in through our surroundings. Many are simply surviving it all day to day without much inner reflection on its impact on our attitude and behavior toward self, others and God.

Most of us live out of our own impulses, thoughts and emotions. We fail to live in a reflective mindset to discern if we are efficient and within the will of God. Discerning data and emotions in a way that is real and brings truth to our understanding must be intentional. Many people struggle with living in a mindset of inner reflection and see no need for conversation with their true selves. This reality affects our ability to see how we should embrace spiritual transformation of the self—the core of where we make relationship with God. In our current environment and culture, it's almost unheard of to see spiritual integrity and character that forces one to be true to self and to biblical text. This self-checking posture for managing oneself to live in God's will—resulting in spiritual maturity—is lacking.

Desiring to become our best self in God demands being intentional toward inner reflection. It means we are ready to embrace transformation in the true sense, as it relates to our decision to live a life that aligns with God's Word. It is hard work to be honest with ourselves about the need to change and grow our attitudes and behavior. When a believer desires to grow in Christ, one of the most important steps is the decision to yield to the Holy Spirit. This means being willing to be convicted of God, the Word and preaching of the gospel instead of being offended and feeling picked on. We must cultivate an intentional posture of humility to the truth of

Scripture to see new behaviors that lead to admission to the truth of Scripture as our life guide. This is the hard work of change.

Change demands working on ourselves without compromise to the flesh. The diligence of self-work requires spiritual strength, authentic relationship with God and surrendering to partnership with the Holy Spirit. This attitude requires personal conviction to be a student of self, honesty with self and intentionality to become a better person in God.

To achieve a Spirit-empowered attitude for growth we must develop daily habits to produce the fruits of the Spirit in Galatians 5. When we do so, we are able to better measure our lifestyle and any contrary behaviors to biblical teaching. Then we are able to run to God for strength to do the work of change.

Desiring to grow in Christ is the work for becoming a better Christian. Deciding to do self-work is commendable to the Christian journey and will yield the life fruit for becoming our best selves in God. This is a heart thing! It is an aspiration of the spirit to want to experience true transformation of the self and to position ourselves in the presence of the truth of God's Word. This journey leads us to the feet of truth, allowing the power of Scripture to transform us from the inside out. The Word of God, our desire to change or grow, partnership of prayer and the work of the Holy Spirit chisel away self-dependence to God-dependence. He will help us do this life work to become more like Christ and therefore become a better us. This forces arrogance, pride and following our own impulses and emotions to become subject to the truth of the Word of God.

Choosing to do better is choosing to walk with God in an authentic relationship, fueled by a desire to grow in Christ. This aspiration solicits our confrontation of the inner self—what makes us tick, what drives our behavior and what is

at the root of our core passions, behaviors and attitudes about ourselves and life in general.

For more on how you can strengthen your spiritual life by engaging in inner reflection, listen to the full episode of *The Power of Intimacy With Christ* on the Charisma Podcast Network. {eoa}