

The Answer Lies Inside

I want to share a truth concerning how we can experience a life of continual peace and fulfillment. It really is only possible by getting our minds focused inside ourselves, where God's Spirit dwells, rather than looking outside for happiness. This is achieved when we stop considering how other people see us, stop fixating on what we have or don't have, and quit thinking that we can be satisfied by the things of the world.

Beloved, if we are going to break free from the illusion of thinking that somehow things on the outside can gratify us, we are going to have to get a hold of our thoughts.

How do we do it?

We start by truly believing, and then embracing, that there is a well of life inside us that we can draw from. We must become entirely dependent on the One true source – all the time! Those of us who have received the Spirit of God, we have His living water inside us.

We have been born again!



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When Yeshua spoke about being born again, He was referring to those who receive Him and so doing receive eternal life. Inside you and I there is a Spirit of living water that is continuously bubbling up with newness of life, always fresh—new joy, fresh revelation, and renewed peace. It is continuous, perpetual, and it never ceases!

To break free from being connected to the outside, in order to get in touch with what is inside of us, we must believe that

there is Kingdom life living and accessible inside everyone of us. We must become convinced that the answer to all our longings lives within. Happiness that comes from the outside will always only be temporary or even not at all. Real life is getting in touch with what is inside of us by learning to pull ourselves back from the flesh and instead drink from the water Jesus describes here in the Gospel of John.

“So the Samaritan woman said to Him, How is it that You, though You are a Jew, are asking me for a drink, though I am a Samaritan woman? (For Jews do not associate with Samaritans.) Jesus replied to her, If you knew the gift of God, and who it is who is saying to you, Give Me a drink, you would have asked Him, and He would have given you living water. She said to Him, Sir, You have no bucket and the well is deep; where then do You get this living water? You are not greater than our father Jacob, are You, who gave us the well and drank of it himself, and his sons and his cattle? Jesus answered and said to her, Everyone who drinks of this water will be thirsty again; but whoever drinks of the water that I will give him shall never be thirsty; but the water that I will give him will become in him a fountain of water springing up to eternal life.” John 4:9-14

To avoid lusting after the things that are on the outside of us and wrongly thinking that they are going to satisfy us, we have to believe there is something more perfect in us that can “quench our thirst.” The things that are outside of ourselves are not real. Real life is on the inside. Looking for it in various places and situations will only bring dissatisfaction and exhaustion.

“The kingdom of God cometh not with observation: Neither shall they say, Lo here! or, lo there! for, behold, the kingdom of God is within you.” Luke 17:20-21 (KJV)

In other words, stop going after some God experience by thinking: It’s over here, or maybe it’s over there. Friend,

instead realize that all that you will ever need is already living withing you. For behold,' He said, "The Kingdom of God is within you." What else do we need?

This can be a long and hard road. This is not something that we enter into in a day, or in a month, or even in a year. It is a lifetime venture where we learn how to pull ourselves continually back out of the world and into our own soul where Hashem lives, where God lives.

I have found that a very effective way to do this is to spend time every day (preferably first thing in the morning) just sitting before the Lord, not distracted with anything. I just sit before the Lord. Oftentimes it feels that nothing is happening. I'm not having any supernatural moments. I'm just sitting before the Lord. It's pure faith and discipline. I am committed to realizing and connecting with the Kingdom life that is inside me.

I have been doing this for many years and my life has changed so much as I just spend time sitting before the Lord, not being sidetracked with anything. And as I've practiced that over the years, I've entered into more and more peace, more and more soundness of mind, more and more security.

The easy way is to go out and do something—turn on the TV, or pick up the phone. But that is just an escape. At the end of the day, when we are done with our phone, with our video, computer, with our friends, with whatever it is, we will be right back where we were. We will have the same sense that something's not right.

It is not a quick fix, it is a lifetime endeavor. But, the only way to find real peace and security is to turn to our Maker, to continually communicate and connect with Him that lives inside us.

Rabbi Schneider *hosts the impactful television program –Discovering The Jewish Jesus, which is available in more than*

one hundred million homes in the United States and nearly two hundred nations worldwide. In 2021 he began broadcasting on radio and now airs across America. Rabbi Schneider imparts revelation of Jesus' Jewish heritage and His fulfillment of Messianic prophecy. Questions of how the Old and New Testaments tie together, and how Yeshua completes the unfolding plan of The Almighty Yahweh, are answered with exceptional clarity.