

Inward Christianity

A process of increased Inward cooperation with God—inwardly doing the will of God. The will of God are all inward behaviors and practices the Bible instructs us to do. We focus upon applying our heart, mind, strength, and soul for God's Good. We focus on imperfectly improving with that which is perfect—God. As our inward parts improve with the will of God, so does our body and soul. This process is an introspective, investigative, and corrective lifestyle. We seek to be different with God.

God's path for us

1. We decide to practice giving our all to inwardly grow in alignment with the first and great commandment. (all heart, mind, soul, and strength)
2. We believe God gives us free will to make choices with Good and evil. We study Good and evil using all of our inward senses. We ponder how to grow and improve in doing the will of God. We are responsible for our choices. We are not puppets. God doesn't make us do things. Results are beyond our control. We can't have everything our way. We simply trust in our application of doing Good and growing in it.
3. Our choices bring consequences—Deuteronomy 30. Choosing Good will add Good to us. Choosing evil will add evil to us. (Also Ezekiel 18) Practiced repeated trained habitual responses will seek to be played out. A practice of denying ungodly training will be required. We have conscious choices and unconscious choices. Improving our conscious choices will, over time, improve our unconscious choices.
4. We practice each day examining ourselves, identifying how to grow, finding our thinking errors, and applying corrections. We learn how our sensations change as we change. (Thy will, not mine, be done)
5. We identify corruptive thoughts, confess them, and humbly practice God's Good solutions. (practice repentance). Progress, not perfection.
6. We grow in love without hypocrisy—(being fake, pretending), clinging to what is Good, and abhorring evil. (Romans 12:9)
7. We seek to help others grow through our own inward cooperation and outward demonstration of abiding in the will of God. We honestly and sincerely share in detail our growth and productivity with God's Good.

Formation Benefits

1. Feeling right with who we are and what we do.
2. Recovery from addictions and obsessions.
3. Healthier choices.
4. Decreased stress and worry.
5. Less rushed and more patient.
6. Decreased fear and increased faith. Content and confident.
7. Improved relationships with sincerity, honesty, and compassion.
8. Improved self-awareness and spiritual understanding.
9. Increased peace, calmness, and experiences with freedom.
10. Increased clarity of focus upon the present.
11. Improved financial decisions and stability.
12. Easier to sleep and peace of mind. Clean conscience.
13. Decreased loneliness and increased belonging.
14. Improved empathy and emotional understanding.
15. Being appreciated, respected, and valued by others.
16. Feeling fulfilled and accomplished. Knowing we helped others.
17. Witnessing others being helped and experiencing the shared joy in it.
18. Experiencing what amazing grace feels like over and over again.
19. Seeing hurt relationships transformed and renewed.
20. A deeper inward relating to scriptures across the whole Bible.
21. Improved conflict management and relationship skills.
22. Increased understanding of empathy and how it is good.
23. Improved time management.
24. Having purpose and goals set to better ourselves and others.
25. Knowing love and how God is there.

Good & Evil Quick Reference

Romans 12:9 NKJV “Behave Like a Christian”

“Let love be without hypocrisy. Abhor what is evil. Cling to what is good.”

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| 1. Truth, No partiality, Heeding the word | 1. Deceit, False lips, Flattery, Hypocrisy |
| 2. Humble, Serving, Contrite | 2. Pride, Arrogance, Vanity |
| 3. Seeking good, Knowing good, Abhor evil, Repentance | 3. Seeking evil, Thinking evil, Avoiding good, Covet, Envy, Rebellion, Ungodliness |
| 4. Peace, Love, Compassion, Mercy | 4. Malice, Clamor, Bitterness, Wrath, Anger |
| 5. Charitable deeds, Lending | 5. Not giving or helping others |
| 6. Zeal, Perseverance, Labor | 6. Seeking comforts, Sloth, Avoiding struggle |
| 7. Forgiveness, Caring for enemies, Not to burden | 7. Holding grudges, Vengeful thinking, Paybacks, Doing evil, Creating harm |
| 8. Generosity, Sharing, Giving | 8. Love of money, Debt, Oppressing |
| 9. Building sincere love with others | 9. Withdrawing from others, keeping people out |

Malice - desiring ill will or misfortune of others

Clamor - making lots of noise to agitate

Hypocrisy (hypokrisis) - playacting,

“any person who was wearing a figurative mask and pretending to be someone or something they were not”

<https://www.merriam-webster.com/words-at-play/hypocrite-meaning-origin>

Daily Process

Ponder God's character traits, learn how to inwardly practice and serve them, for they are Good.

Practice introspection identifying thoughts and feelings throughout the day.
What was I thinking and feeling? Why did I choose . . . ?
How are my thoughts with God?

Humble ourselves away from self-seeking, pride, vanity, idolatry, or other ungodly distractions.

Meditate upon the feelings and sensations of our doing Good and evil.
Inwardly learn how Good is Good and evil is evil.

Pray for strength, courage, and direction to trust, obey, and do Good.

Identify struggles with evil, confess and discuss them, have mercy, and walk in forgiveness. Psalm 34:14

Slow down, take it easy, practice patience, walk peacefully.

Look for opportunities to do God's good today. Be spiritually ready, observant, and discerning. Practice spiritual connections.

Take comfort in the Good experienced, find the joy in it, and feel the affects of God's Good.

Empathetically and sincerely; compliment, comfort, encourage, and support others with love and truth. Let conviction happen when necessary.

Progress, not perfection. Improve awareness of progress. Tally up the good each day. Identify errors to better learn how to make improvements.

Teach by example, demonstration, and shared personal experiences. Be ready to describe own progress with real life examples.

Good Growth Flow Chart

Learn Good & Evil
How to sense & describe them within ourselves



Identify, write down, & confess our own Evil thoughts, choices, & practices. We get honest with ourselves.



Learn affects of Evil in our thoughts, feelings, attitudes, & relationships.



Practice humility, remorse, contrition, and learn their spiritual purpose. See how they are good in helping us repent and correct our spiritual errors.



Learn Good sensations through experiencing forgiveness, repentance, patience, service, choosing God's good over our own understanding, restoration of harm done, sincere love, self-denial, long-suffering, and truth.



Learn what it is like to be at peace with a clean conscience and purified heart. Understand the comfort this brings. Witness values and interests change more to love and belonging.

Identify, write down, & describe our own good thoughts, choices, and practices.



Learn affects of Good in our thoughts, feelings, attitudes, & relationships.



Learn good sensations through practicing; charity, helpfulness, caring, kindness, compassion, sincere love, encouragement, peace, & mercy.



Learn Good through; continued growth, perseverance, endurance, standing firm, teaching by demonstration, renewal of mind, new formation in Good conduct, and obeying the great commandment with improved corrective actions.



Learn the Good sensations through helping others purify, cleanse, and improve inward conduct with Good. See how helping others helps us too.

Levels of spiritual self-deception

The following inward responses can be below the conscious level. It's good to boldly think about these behaviors long enough to help bring them to the conscious level. Failing to do so could be practicing levels 1-4. We are to carefully learn spiritual growth instructions until we can see clearly how to walk in them better. Choosing to avoid growth can likely fit one of the following descriptions of self-deception. The process of getting to level 8 can take time and uncomfortable facing inward truth. We must face our inward spiritual realities each day.

1. Blindness—I don't have any deception. Just won't see it.
2. Distraction—Change the subject, redirect, brief acknowledgement followed by thinking about, talking, or doing something else.
3. Hiding—If I acknowledge this truth, it might scare someone. I know it, but I won't talk about it, because it's bad. It's hurtful. Must protect others from this truth. Let's just stay positive and act as if everything is fine and dandy. More helping others will make up for it. Ignore the evil and just focus on what feels nice. Smile and move on. Don't make others uncomfortable, that's bad.
4. Ya but—Blaming, reasoning, excusing, and other forms of avoiding responsibility for own choices and actions. It's someone else's fault. "It can't be my fault." "I had no choice." "Everyone else is doing it."
5. Not that bad—Acknowledge evil with justifications on how it's normal and okay. Can't see the damage. I'm better now, that's good enough. Resting on laurels or comparing self to others who are worse off. Normalizing evil.
6. Hopeless & helpless—Acknowledge evil with the idea that it's something that can't be fixed or changed. It's who I am or how I'm made.
7. Faithless trials—Acknowledge it, apply action without diligent heart/mind focus. It's like taking action without paying close attention to the thoughts and feelings involved. Lack of willingness to face the hurt, pain, fear, anger, and bitterness. More outward application than inward.
8. Surrender—Broken, humbled, done. Ready to give up control, be a servant of spiritual Good, and trust the process. Ready to face inward spiritual reality, confess, repent, and begin a new life. Ready to die to self, put on a new yoke, and give inward all to God. We apply diligent cognitive daily effort to protect ourselves against deception, seeking to control others—fixing, and false presentations/hypocrisy.

Inward Learning Positions

Closed Mindsets

Rejecting

Believes info is irrelevant, incorrect, unwanted, unnecessary, or invalid. “This is a complete waste of my time.”

Faking

Listening to be nice or socially appropriate. “Of course I’m learning, I’m here aren’t I.”

Indifferent

Don’t really care. Talk all you want. It doesn’t matter. “Whatever”

Beginner Mindsets

Low Motivation

Interested with a desire to learn more, but to be fed the information with minimal inward investment.

Investigative

Asking questions, discussing with others, learning on own time, testing information, using multiple resources.

Connecting learnings

Putting together pieces of the puzzle. Aha moments. New inspiration & wanting more.

Trained Mindsets

Practicing/applying

Doing what it says. Trial and error. Developing skills, learning through mistakes, making corrections, gaining new abilities.

Teaching/demonstrating

Demonstrating change and growth. Producing good fruit. Explaining how ... “When I did ... I experienced”

Creating Lessons

Real life stories, metaphors, parables, antidotes, examples, models, etc.

Mindset Continuum

Non-stick

All the info slips away. Nothing changed, because nothings changed.

Passive learning

Learn with the crowd. Follow and agree. Fit in. Wait for others to lead. Learning, but not mastering. Mainstream understanding.

Active Learning

Follow suggestions. Test ideas. Know through experience. New identity. Changed heart & mind.

Sharing Solutions

Structured sharing

Our mission is to grow with God. When together, we ought to structure our thoughts around this goal, how to practice it. We can share about our struggles, success, and new understandings with good. We can share what level of self-deception we are witnessing in ourselves. We can share about how others have practiced good with us and what that was like.

Mission conflict

When we are in conflict with the goal of growing with God, it's best to meet with our mentor to discuss it. In groups, discussing the conflict can be a distraction, especially if there exist a defensive attitude. Resentment and hurt can have a way of distracting from forgiveness and Gods' good.

Find solutions

As we share about our problems; fear, resentment, self-seeking, deception, pride, and other forms of evil, we can then discuss the corrective solution we are seeking to grow. Sharing our lack of growth will seldom bring growth. We must focus and speak more about solutions.

Catharsis

As we face our inward selves and make changes, many of us can experience deep emotions. This is natural and normal. It is good to be present with our thoughts and feelings for continued inward learning and growth. As others share and become emotional, it is imperative that we practice compassion, tolerance, and empathy. At the same time we ought to respect the group process and step out when needed. When ready, we can return. It is good for someone spiritually mature to step out and offer help. If the help is not wanted, then respect the person's decision. Sometimes, being alone with God is best.

It's good to be working with someone who has experience with emotional growth to help us with our hurt. As we struggle with hurt we can identify our coexisting thoughts. Often times our thoughts influence our feelings. If we can identify thoughts promoting the hurt, we can improve our ability to find corrections and improvements.