

# Podcast Menu

## Growth Formula (9)

Decide & commit, perception, perseverance,  
(Growth rate = Heart + mind + time + diligence + spiritual focus + adjustments)

### Growth rate

Decisions & commitment

Perception: (Tempting thoughts, choices, make the Bible our teacher)

Perseverance: Try, learn, practice, evaluate, improve, & repeat

Soul/Time: How is our investment? (Michael Phelps)

Diligence: Fervent, Zeal, Effort, Bold, Stand Firm, Diligence defined, finding our potential.

Heart: Heart defined, inspiration, desire, words 'if,' 'those who,' and 'unless,' humble heart, setting the heart,

Mind: facts about learning, renewing of the mind, experience is the goal, corruptive thinking behavior, we forget, we are influenced,

Adjustments: adjusting to bible instructions, disapproval from others, new identity, armor of God,

Spiritual Focus: we can access the spirit, spiritual battle, Galatians 5 & more, repentance, meditation, varieties and differences, grace training,

## Experiencing God's Character (9)

Peace, mercy, forgiveness, truth, faith, joy, love, choices, meditation,

Peace: serenity, inward experience, grieving loss & hurt, resolve conflicts, strength & courage, inward senses, practice meditation, ideas to practice

Mercy: love is necessary, our inward attitude, serving and helping, grace, God's truth,

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Forgiveness: forgiveness with love, humility, cling to God more than self, abhor evil, anger and getting even, letting go, blaming, cognitive bias and perception, contrition-humble-supplication,

Truth: defining truth, being in accord with truth, perception is reality, slow down, compartmentalization, accepting hard truth, discernment, sensing the meta-message, no partiality, Romans 2 & more, spiritual truth, conflict, facing truth, responding to God's instructions, mental interference,

Faith: Not sure what to believe, my testimony is my faith, experience shaped faith, clinging-seeking-searching, living differently, Philippians 1 & more, evil company, emptiness & loneliness, discern facts from opinions, experienced results, orienting hearts & minds,

Joy: fruit of the spirit, folly & inequity, enjoyment with sin, my corrective action, disconnected, Psalm 16, empathy, fulfillment, self-condemnation, rejecting compassion, sabotaging grace, Isaiah 21, joy is abiding with God, joy defined, Colossians 1:10

Love: 1 John 4 & 1 Corinthians 13, 2 Timothy 3:2-lovers of themselves, seeing results of love, discernment & testing, using the Bible's description as a guide, Luke 1:77 - 79,

Choices: conscious & subconscious mind, options, keep God's instructions into my consciousness, pride & humility, looking at God, confrontation, what am I obeying, personality type, sought Biblical truth, life choices, testing 1 Thessalonians 5, 2 Corinthians 13, choosing inward righteousness,

Meditation: my experience, Psalm 1:2 Romans 8:5, Pavlov's dog, thinking Godly good, learning to calm down, not about physical posture,

## **Righteous Adjustments (6)**

Intro, Humble/wiling/truthful, Faith, One Mind, Resentments, Self-seeking,

Intro: 2 Timothy 3:16, instruction in righteousness, Jesus & teaching, spiritual growth, Romans 5:3, learn beyond our living teachers

Humility, willingness, truth: Transforming understanding & beliefs, sober judgement, humbling self, see God's righteousness, John 5:39-44, give freely spiritual, Tradition Two, self assessment, making corrections, deception, pride,

Faith: Your faith has made you well, Luke 17:5 increase faith, continue, walk in it, Tight Rope Walker, milk and solid food, cognitive bias, irrational phobias, fear of sincerity, admitting weakness, facing fears, faith can grow,

One Mind: various faiths growing to the same place, correcting our faith toward God, a break down of 1 John 1, giving ourselves over to correction, fellowship, evaluating our relationship choices, 1 Corinthians 1:9, Ephesians 5:11, break down Philippians 2:1-4, teaching and demonstrating, the conscience

Forgive Resentments: Wiki definition, Ephesians 4:31, Proverbs 14:10, conduct & actions, Hebrews 12:15, vanity & pride, Mountains & molehills, slow down, identify resentments, listing resentments, daily process,

Selfish Ambition: Selfish pride, John 7:18, Romans 10:3, Psalm 132:1, Self-denial, Philippians 2:3, Jesus & being happy, Matthew 5, gratification,

## **Salvation (5)**

Part 1 (Growth mindset & humility, define salvation, ongoing choice, repeated verses),

Part 2 (saved from destruction, repent or perish, desire to change)

Part 3 God is not partial (Just, fair, following crowd vs. following God, partial teaching & misleading, being perfect)

Part 4 Righteousness (defined, self-resistance, endurance, good works, armor of God, love, choice, stand firm)

Part 5 Idolatry (make God highest priority, define jealous, covet, stubbornness, created things, destruction & salvation)

## **Evidence - Experience with scripture (3)**

Mercy, Truth, Testimonies,

Mercy: 1 John 4:7-8. understanding love, God is merciful, Luke 10:25 - 37,

Truth: Daniel 4:7, John 8:31-32, growing understanding of God, protecting & sin management, think solutions with God, emotional distancing, blaming-faultfinding-shaming,

Testimonies: Luke 16:19-31, Philippians 2:3, testing & objectivity, James 2:14-17, our testimony,

## **Stages of Spiritual Development**

Part 1 Process, dullness, complacency, Breaking down the growth to destruction in James 1:14-15

Part 2 Being new, summary of 12 steps, drifting and fading, committing again, growing - teaching -demonstrating God's good

## **God's Instructions**

God's Instructions: First and great commandment, diligent action, application of loving God, experience and questions

Application of instructions: Living by God's ways, struggle & self denial, pray for peace, perception and praying to change it, show up with God, give and receive, seek understanding, learn God's character, steps to transform, develop a testimony and share it, letting God heal, stand firm, slow & steady

## **Inward Spiritual Education**

Defining spiritual education, varieties, losing & regaining spiritual contact, staying the course, religious teachers, Webb's Depth of Knowledge, Inward spiritual process, Making corrections,

## **Be Clay**

Thy will be done, spiritual foolishness, correction, foolish teachings

## **Invisible Works**

Conscious contact, diligent perseverances, improving senses, invisible character, my experience, eyes on the prize, resistance,

## **Resentment & Forgiveness**

Define resentment, self-resentment, bitter destruction, identify & correct, Inward forgiveness,

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## **Why Inward Authority?**

Inward Authority name, Webbs Depth of Knowledge, description of accomplishments

## **Inward Authority Orientation**

Preparing hearts and minds, experience is necessary, Spiritual senses, continue in goodness