



A New BEGINNING

By Robin Gove

Inside Outside LIFE Makeover Journeys with God

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We hope you enjoy our Journeys with God from

He's SPEAKING! Are we LISTENING? Ministry.

Our goal is to encourage people to build a love relationship with God by SPEAKING and LISTENING to him daily.

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Dedicated to my husband

Dave

*He lovingly lived through all of these LIFE Makeovers with me.
His love and devotion carried me through it all.
I will be forever be grateful to him.
Thanks, Handsome!*

And special thanks to our four sons,

David, Jeremy, Andrew, and Aaron

*They have spent many hours listening and encouraging me.
They have also used their talents to help me to complete this project.*

And finally, very special thanks to my friend

Marilyn

*I wish everyone could have a friend like her.
She spent hours working with me to complete this project.
Her cheerful attitude always blessed my days.*

Welcome to



Journey with God

A New Beginning

Name: _____

Date Your Journey Begins: _____

The Beginning of my Inside Outside LIFE Makeover

I remember it so vividly like it was just yesterday. I sat at my desk gazing out my window at the woods behind my home. The peacefulness of the view was overshadowed by all of the thoughts dancing around in my head. "What can I do to make changes in my life? Where would I even begin? I am not qualified to be doing this?" Feelings of insecurity could not be erased from my mind. Deep inside of me, I was longing for a fresh Makeover in my life.

You might wonder what made me realize I needed to make some changes in my life. I will be totally honest with you. **MY LIFE WAS A MESS.....**

- **I was overweight and my blood pressure and cholesterol were way too high.**
- **I had tried so many diets with no weight loss.**
- **I was addicted to caffeine and chocolate and I would eat to feel better.**
- **After being married many years my marriage was so.....routine.**
- **Our finances were a mess. I worked very hard each day and I was not making any money. We were VERY HEAVILY in debt.**
- **I did not even know how to have fun.**

I was tired of who I had become. I was out of control. I would eat properly and exercise, but it only lasted for a short time. My energy levels were so low that I completely lacked motivation. There never seemed to be enough hours in the day to complete everything I needed to do. I was overwhelmed and discouraged.

I kept asking myself if I wanted to live with who I had become or did I want to change? I could complain about it all the time or get busy and do something, but where would I possibly get the motivation to change?

I also thought over and over and over, where would I ever begin to make changes in my life? The voice in my head would tell me, "This is the way you have been all of your life. You will never change."

I wanted a better road for my life, so even though there was fear in my heart, I decided it was time to begin an Inside Outside LIFE Makeover. Now four years later, I can say, the Journey has been challenging, but I like the person I am now better than who I was. God has transformed this caterpillar into a butterfly and I am ready to fly.

Do you want a better road in your life? It will begin with a choice. If you choose to continue reading this book, I want you to know that you are not alone. We will be with you all the way.

As you begin this Inside Outside LIFE Makeover Journey with God, pray that God will encourage you to follow through. Pray the following prayer.

Dear God,

Please go before me on this Journey. Please speak to me and help me to find the time be alone with you. Help me to hear your voice and then obey it. Thank you for what you are going to do.

In Jesus Name, Amen

Now you might ask, "What is this Inside Outside LIFE Makeover all about?" Continue reading to find out.

What is an Inside Outside LIFE Makeover?

Makeover is a very popular word in our society today. You can have a MAKEOVER on just about anything. If you look at television shows, magazines, and newspapers, you will find MAKEOVERS for your kitchen, house, body, wardrobe, family... Let's talk about an Inside Outside LIFE Makeover. What is it? Let me explain.

I want you to think about someone you know that looks awesome on the Outside. This person's body is in perfect shape because of proper eating habits and daily exercise. Maybe they are very stylish and have great clothes that are perfectly pressed. Their hair is always silky, clean and shiny. You might say this person looks perfect on the Outside, but what about the Inside? If a person's Inside does not match the Outside how do you feel about them?

Now let's think about someone else you know. Maybe this person is not attractive on the Outside and does not wear fancy clothes. This person could possibly be overweight or underweight, but when you think about how they are on the Inside, they are wonderful. You know this person will always be there when someone needs help. This person could even be a little shy or even outgoing, but has a very caring way about them. People feel so important when they are around them. They are always honest and trustworthy.

The world might not call this person beautiful or handsome on the Outside, but on the Inside they are beautiful beyond words. So if you think about it, what is more important, our Inside or our Outside?

Now what about our Outside appearance? If we have enough money we can change anything we want. We can have a facelift or a tummy tuck. We can have hair removed, or hair put on. We can have new nails put on, or have our eyebrows or lips painted on. We can take products to buildup our muscles and make us look firm, or we can wash that gray out of our sideburns and look younger. This list goes on and on.

What we look like on the Outside requires a choice on our part..... right?

What about the Inside? I began to think about what people might think about my Inside, or about me as a person, so I have made a choice to go on an Inside Outside LIFE Makeover Journey. I realized that I needed to begin on the Inside and work my way through to the Outside. I wanted a new beginning in my life.

Do you want a new beginning?

Then come along?

Let's get started...

WELCOME

Today you have chosen to go on one of our
6-day Inside Outside Makeover Journeys with God.





My LISTENING Room

Take some quality time alone to just think, pray and plan. It is important to find a place to get alone with God. We will call this place My (your) LISTENING Room.

Here is a description of My LISTENING Room.



It is a tiny walk-in closet with a desk and chair. I have a stereo that I bought at a garage sale for \$5.00. I also have headphones to listen to my favorite Christian music. The power cord runs through the closet and out the door. My chair is located between my hanging clothes, which are on each side of my closet. There are several pictures of doors which are hung on the wall where I can see them. When I shut the door and turn the light off, everything is quiet and dark. Each day I open the door to this room and go into it. Oh yes, there is a book in my hand, it is my Bible.

My LISTENING Room is not elegant or fancy. It is very simple. I have dreams of one day having a fancy LISTENING Room, but for now, this is mine and I love it.

So if you could have a LISTENING Room and design it anyway that you would want, what would it look like? I have listed a few people’s dream LISTENING Rooms to prompt your thinking.

Dream LISTENING Rooms.....

“My room has many windows and the sun is shining brightly all around. It is peaceful and quiet outside. God’s creation is everywhere I look. I am sitting in a reclining chair with a cool glass of water on the night stand. The windows are open, and I feel a gentle breeze throughout the room. I am alone.”

“My room is in the basement of my house. It is located in the corner of the room. A lava lamp is sitting on the table. I am sitting on a long, soft couch with a warm blanket over me. There is a soft light above my head, just enough to see the words.”

“My room has pretty sunflower wallpaper. It is completely clean and there is no junk lying around. The lighting is from a lamp. I am sitting in an oversized chair with a footstool at my feet. I want it to be quiet, and I am, of course, all alone with God.”

As you read the descriptions of the different rooms, everyone had different ideas of what their room would look like. That is because God made everyone unique. Let your mind wander and dream about this quiet place where you could get alone with God.

Stop Reading and think about this. Write your LISTENING Room description in your My Journey Journal.

My LISTENING Room would.....

Now you may not be able to create this LISTENING Room in your life now, but you can do like I have done and put together something to create your own space to be alone with God.

When you have found and put together your LISTENING Room, go into it and continue reading this book.

**ARE YOU IN YOUR LISTENING Room?
Then you are almost ready to begin...**

My Journey Journal

Throughout my life I have written daily Journals of my thoughts and feelings. I have suitcases full of them. I have found that writing things helps me to understand my thoughts and to remember them. I have always done them like I was talking to God.

So, as I began my Inside Outside LIFE Makeover, I realized the only way I could keep track of everything was to write in a Journal.

We encourage you to write your thoughts in a journal each day and date it.

If you would like to purchase an Inside Outside **LIFE** Makeover “**My Journey Journal**”, go to www.hesspeakingarewelisting.com.

Let's Begin

If you are using the written version, read the instructions below.

If you are using the computer version, go to the next page.

Written Version

It's time to start your **Inside Outside LIFE Makeover** *Journey with God*.

Journey Tips:

Tip One

You will need a Bible, your Journey Journal, pen and a dictionary.

Tip Two

At beginning of every daily Journey we encourage you to take time to confess your sins. This is very important!

Tip Three

Many of the Bible verses are written out, but we encourage you to look up any additional verses in your own Bible. These verses were quoted from the New International Version of the Bible, but you can use any version. Many verses are repeated to help you to memorize them.

Tip Four

We encourage you to look up the words we have selected in your dictionary.

Computer Version

It's time to start your **Inside Outside LIFE Makeover** *Journey with God*.

Journey Tips:

Tip One

You will need your Journey Journal, a Pen, and a Dictionary.

Tip Two

At the beginning of every daily Journey we encourage you to take time to confess your sins. This is very important!

Tip Three

Many Bible verses are repeated to help you memorize them.

Getting Started:

- *Take out the Journey CD from the back of the book.
 - *Place your bookmark in this book and set it aside.
 - *Choose the CD with the same title.
 - *Insert the Journey CD in your computer and wait for presentation to appear.
 - *Some computers will show **runpptview.exe** after inserting Journey CD. Click on **runpptview.exe** and wait for presentation to appear.
 - *Begin with the Orientation.
 - *After completing the Orientation, continue with Day One (if you have the time) otherwise **STOP** and begin Day One tomorrow.
 - *Continue on your Journey daily for the next six days.
-

Do not read this book until you complete your 6-day **Inside Outside LIFE Makeover** *Journey with God* CD.

Are you ready to begin your **Inside Outside LIFE Makeover** *Journey with God*?

Who are you?

Several years ago I had someone come to me who had been working his whole life and did not even know who he was. He did not know what he liked or disliked. I encouraged him to stop and take some time to think about himself. We are not always programmed to do this.

So what did he have to do? He had to erase from his mind the idea that he needed to be thinking about others all the time and not himself. It was time to think about what he needed and wanted for his life. This was very hard for him to do, because we are not taught to do this. The day he chose to begin a Journey of discovery about himself was the day he began his Inside Outside LIFE Makeover.

Now we have been taught throughout our lifetime that we should think of others. It is wonderful to do this, but we encourage you to stop and find the time to think about what you need. How could you possibly work on an Inside Outside LIFE Makeover in your life and still keep all the commitments that you have now. Something might have to go.

**GIVE YOURSELF PERMISSION TO LET GO
OF EVERYTHING YOU ARE DOING OUTSIDE OF YOUR FAMILY.
HONESTLY, TAKING CARE OF OUR FAMILIES IS A BIG JOB.
THEN TAKE THE EXTRA TIME TO TAKE CARE OF YOURSELF.
THIS IS A TIME OF REFLECTION IN YOUR LIFE.
IF THIS IS NOT A DESIRE IN YOUR HEART,
THEN PUT THIS BOOK DOWN UNTIL IT IS.**

**GOD ALLOWED YOU TO PICK UP THIS BOOK, SO RELAX AND REALIZE THAT
GOD IS PROVIDING TIME FOR YOU TO FOCUS ON YOURSELF AND YOUR
RELATIONSHIP WITH HIM.**

Dear Friend;

Are you ready to commit to follow through and take this weekly Journey with God? The Bible tells us that God wants to speak to us when we take the time to listen. Exciting things will happen when we make time for God.

ARE YOU READY TO COMMIT TO THIS?

Sign your name and date it!

THEN LET'S GO.

We will be praying for you.



SPIRITUAL Makeover

Book 1, Week 2: A New BEGINNING

MY LIFE IS A MESS...

- **I was overweight, and my blood pressure and cholesterol were way too high.**
- **I had tried so many diets with no weight loss. I was addicted to caffeine and Chocolate and I would eat to feel better.**
- **After being married many years my marriage was so.....routine.**
- **Our finances were a mess. I worked very hard each day, and I was not making any money.**
- **We were VERY HEAVILY in debt.**
- **I did not even know how to have fun.**

I was tired of who I had become. I was out of control. I would eat properly and exercise, but it only lasted for a short time. My energy levels were so low that I completely lacked motivation. There never seemed to be enough hours in the day to complete everything I needed to do. I was overwhelmed and discouraged.

I kept asking myself if I wanted to live with who I had become or did I want to change? I could complain about it all the time or get busy and do something, but where would I possibly get the motivation to change? I also thought over and over, where would I ever begin to make changes in my life. The voice in my head would tell me, "This is the way you have been all your life. You will never change." I wanted to have a better road for my life, so even though there was fear in my heart, I decided it was time to begin an Inside Outside LIFE Makeover.



A New BEGINNING

Day One



Matthew 6:6

But when you pray,
go into your room,
close the door and pray
to your Father, who is
unseen. Then your Father,
who sees what is done in
secret, will reward you.

Open the door to Your LISTENING Room...



Day One

Power in Music

Sit still, close your eyes, and "LET GO." Listen to your favorite Christian music.

Prayer Power

Pray that you will have a clear mind as you begin your Journey.

1 Peter 4:7b

Take a few minutes to confess your sins.

Dictionary Definitions

Inside = in the interior, the part within

Outside = exterior, the outer surface

LIFE = A living being, a human being

Make = to cause to be or do, to go, to start

Over = from side to side, throughout, upper, outer

Inside/Outside LIFE Makeover

We will begin on the interior or Inside of our bodies, and work to the exterior, or the Outside of our bodies to start to allow God to change us throughout.

THINK ABOUT THIS Inside Outside LIFE Makeover DEFINITION.

1 Samuel 16: 7

But the LORD said to Samuel, “Do not consider his appearance or his height, for I have rejected him. The LORD does not look at the things man looks at. Man looks at the outward appearance, but the LORD looks at the heart.”

Dear God,

The Bible says you do not look at me on the Outside, but it is what is in my heart that matters. This definitely tells me that I need to begin my Makeover on the Inside. I should care what you think of me more than anyone else. I am not sure where to begin, so as we Journey this week, please SPEAK to my heart about how I can begin an Inside Makeover. I will be LISTENING.

Prayer Power

Dear God, I do not know where to begin with an Inside Outside LIFE Makeover. Please help me to understand and be willing to take the necessary steps to change.

Psalm 139:13-14

**For you created my inmost being; you knit me together in my mother’s womb.
I praise you because I am fearfully and wonderfully made;
your works are wonderful, I know that full well.**

Dear God,

These words of the Bible tell me that you have CREATED me, and I am wonderfully made. I do not always feel like I am wonderfully made. When I feel this way, it is like telling you that I am not happy with how you created me. Forgive me God, and please show me that I am wonderfully made. The total person has an Inside (who you are and what you believe), and an Outside (physical body). Who I am on the Inside affects everything that happens on the Outside. What does the Bible have to say about our Inside and our Outside, and how they affect each other?

BEAUTY

Proverbs 31:30

**Charm is deceptive and beauty fleeting;
but a woman who fears the LORD is to be praised.**

Beauty is not what is important, but fearing the LORD is!

Psalm 111:10

HAIR

Matthew 10:30

And even the very hairs on your head are all numbered.

You even care about the hairs on my head!

Luke 21:18

SKIN

Exodus 34:29

When Moses came down from Mt. Sinai with the two tablets of the Testimony in his hands, he was not aware that his face was radiant because he had spoken with the LORD.

Could SPEAKING to you make my face shine?

Luke 9:29

FACE

Ecclesiastes 8:1

Who is like the wise man? Who knows the explanation of things? Wisdom brightens a man's face and changes its hard appearance.

Am I wise?

James 1:5

EYES

Psalms 119:18

Open my eyes that I may see wonderful things in your law (Bible).

You can open my eyes, and help me to understand the Bible.

Luke 24:45

TEARS

Psalms 126:5

Those who sow in tears will reap with songs of joy.

Are you saying that tears can bring joy? Sorrow could be for a reason.

James 1:2-3

EARS

Matthew 11:15

He who has ears, let him hear.

Am I LISTENING? Do I take time for you?

Luke 10:39-42

Dear God,

Wow, this is a lot to think about. It seems like our Inside and our Outside affect each other. As we end our Journey today, please SPEAK to my heart about any area in my life that needs an Inside Makeover.

My Journey Journal

Optional: Begin writing a letter to God telling him what you are feeling as you Journey.

Prayer Power

Pray that God will begin an Inside Makeover in your life.

Power in Music

Meditate on your favorite Christian music.

This is the end of Day One. Continue your Journey tomorrow.



A New BEGINNING

Day Two

What am I like on the Inside?

**I wonder what God sees when he looks Inside me?
I am not sure he would like what he sees.**

Have you ever thought about this?

What does it mean when we talk about our Inside? People can see me on the Outside, but they only see my body. They see who I am on the Inside by my actions. It is all about the thoughts and attitudes of my heart. It is what I really believe and think about everything.

It is a lot easier to change the things on the Outside than it is to change on the Inside. I have lived the way I am for many years. If I want to clean up my Inside, it is going to be a little harder than just going to the spa or the gym.

Okay, what do you think about all of this? Did you begin to write your letter to God? Do you want to continue this Journey? I want to. I am curious to see where this will all go. As we Journey today, let's ask God to SPEAK to our hearts very clearly.



A New BEGINNING

Day Two



Matthew 6:6

But when you pray,
go into your room,
close the door and pray
to your Father,
who is unseen.

Then your Father,
who sees what is done in
secret, will reward you.

Open the door to Your LISTENING Room...



Day Two

Power in Music

Sit still, close your eyes, and "LET GO." Listen to your favorite Christian music.

Prayer Power

Pray that you will have a clear mind as you begin your Journey.

Take a few minutes to confess your sins.

Dear God,

Yesterday, we began my Inside Makeover. I am a little scared. I am not sure what I am doing, but you are the creator of everything, including me, so I will trust you. Guide me and direct me in what you want me to do. Please help me to find the time every day this week to Journey with you. Life is busy, and finding time might be a challenge with my busy schedule, so I need your help. Please SPEAK to me. I am going to LISTEN. Let's continue where we left off yesterday talking about the Outside of my body, and the Inside effects.

MOUTH

Psalms 19:14

May the words of my mouth and the meditation of my heart be pleasing in your sight, O LORD, my Rock, and my Redeemer.

Are my words pleasing to you?

James 1:26

LIPS

Psalms 63:3

Because your love is better than life, my lips will glorify you.

Do I have ANYTHING in my life to praise you about?

My Journey Journal

Life is filled with sorrow and disappointments, but even in the midst we can find SOMETHING to praise God about. Write down anything in your life that you can praise God about.

1 Chronicles 29:10-13

Psalm 33:1

Dear God,

It felt good to praise you in the midst of all that is happening in my life. If I dig deep enough, I can find something good in my life. There is always something I can praise you about. My lips shall praise you. I wish I could always remember this. You know full well that my heart attitude changes from moment to moment. Please help me.

TONGUE

Psalm 34:13

...keep your tongue from evil and your lips from speaking lies.

Are my words evil or good?

Proverbs 15:4

NECK

Proverbs 3:3

**Let love and faithfulness never leave you,
bind them around your neck; write them on the tablet of your heart.**

You love me! You are faithful! Help me to remember this.

John 13:1-2a

VOICE

Psalm 5:3

**In the morning, O LORD, you hear my voice;
in the morning I lay my requests before you and wait in expectation.**

How is my prayer life?

Deuteronomy 4:7

COUNTENANCE

Proverbs 15:13

A happy heart makes the face cheerful, but heartache crushes the spirit.

What do I look like on the Inside?

1 Chronicles 28:9

LIKENESS

Psalm 17:15

**And I--in righteousness I will see your face;
when I awake, I will be satisfied with seeing your likeness.**

Does this mean that each day I can become more like you?

2 Corinthians 5:17

Dear God,

What does this mean to be “in Christ”? This is a little confusing to me.

John 3:16

**For God so loved the world that he gave his one and only son,
that whoever believes in him shall not perish but have eternal life.**

John 3:1-21

Dear God,

What does this all mean? You gave your only son Jesus. Is this what Christmas is all about? Jesus was born of the Virgin Mary. I believe this. I celebrate Christmas every year. Easter is the time we think about Jesus' death on a cross. Why did he have to die on the cross?

Hebrews 9:22

**In fact, the law requires that nearly everything be cleansed with blood and
without the shedding of blood there is no forgiveness.**

Romans 5:8

Dear God,

I think I get it! The gift of eternal life that John 3:16 talks about came through the shedding of Jesus' blood on the cross. What is my part in all of this if I want to have eternal life? As we Journey tomorrow, let's talk more about this. Thank you for speaking to me today. I look forward to going on another Journey with you tomorrow.

My Journey Journal

Tell God your thoughts about eternal life? Do you believe you have eternal life?

Prayer Power

Pray that God will help your eyes to be opened to the words of the Bible.

Power in Music

Meditate on your favorite Christian music.

This is the end of Day Two. Continue your Journey tomorrow.



A New BEGINNING

Day Three

Do you believe that God loves you so...much?

Sometimes I wonder why God would love me. I believe the Bible is true. He loves me. In fact, he loves me so much that he was willing to sacrifice his son on the cross for me. That is love. I love my children, but I do not think I love anyone enough to sacrifice them for someone else.

When Christmas comes each year, we celebrate the birth of Jesus. Is this what you believe?

Then at Easter, we talk about Jesus dying on the cross, and that he arose from the grave. Is this what you believe? I have always wondered why Jesus had to die on the cross.

When you look in the Old Testament of the Bible, you can read about clean animals being sacrificed on the altar for people's sins. I have always been curious why that had to happen. When I think about the animals being sacrificed for sins, it is clearer why Jesus had to be a sacrifice for sins. He was sinless. He was a spotless lamb, so to speak. I do not totally understand, but it is in the Bible, so I believe it.

I am not sure where we are going today on our Journey, but I will be praying for you, and you pray for me. Together we can learn more about SPEAKING and LISTENING to God.



A New BEGINNING

Day Three



Matthew 6:6

But when you pray,
go into your room,
close the door and pray
to your Father, who is
unseen. Then your Father,
who sees what is done in
secret, will reward you.

Open the door to Your LISTENING Room...



Day Three

Power in Music

Sit still; close your eyes, and "LET GO." Listen to your favorite Christian music.

Prayer Power

Pray that you will have a clear mind as you begin your Journey.

Take a few minutes to confess your sins.

Luke 19:10

For the Son of Man (Jesus) came to seek and to save what was lost.

Dear God,

Who are the lost? Am I lost? Did you send your son to save ME? What do I need to be saved from?

Romans 3:23

...for all have sinned and fall short of the glory of God.

SIN

Look up this word in the dictionary.

Dear God,

Scripture says ALL have sinned. I think that I am a pretty good person. I try to be good, but I still sin. What is sin **REALLY**? What does the Bible say about sin?

(Read the type of sins below. If you think they relate to you look them up in your Bible.)

Maybe my god in life is money?
Luke 16:13

Maybe I am judging someone?
Matthew 7:1-5

Maybe I think of "me" first?
Matthew 16:24

Maybe someone has sinned against me?
Matthew 18:15-16

Maybe I am allowing myself to be polluted by the world?
James 1:27b

Maybe I am envious of someone?
James 3:14-16

Maybe I am holding something against someone?
Mark 11:25

Maybe I have committed sexual sin outside of marriage?
1 Corinthians 6:9-11

Maybe I am a slave to something that has mastered me?
2 Peter 2:19

Maybe my sinful nature has taken control of me?
Galatians 5:16-17

Dear God,

Wow, what a list of sins. I realize that you will not be pleased if any of these sins are found in my life. The Inside me will affect the Outside by my actions. What do I need to do about these sins in my life? How could they possibly affect our relationship?

Isaiah 59:2

**But your iniquities (sins) have separated you from your God;
your sins have hidden his face from you, so that he will not hear.**

Dear God,

Sin in my life will separate us. It is very important not to have sin in my heart; but I am human, and I will sin. I am not perfect; so if I do not want to be separated from you, what should I do?

1 John 1:8-9

**If we claim to be without sin, we deceive ourselves and the truth is not in us.
If we confess our sins, he is faithful and just and will forgive us our sins and purify
us from all unrighteousness.**

Dear God,

You did SPEAK to me today about sin in my life. I would like our communication to be open. This is a good time to think about my sins, and ask your forgiveness for them.

My Journey Journal

Write down the sins from the list that apply to you or any other sins in your life.

Prayer Power

Spend some time confessing your sins. It is like telling your best friend you are sorry.
Then, throw away your list and thank God that He has forgiven you.

Power in Music

Meditate on the words of your favorite Christian music.

This is the end of Day Three. Continue your Journey tomorrow.



A New BEGINNING

Day Four

**Did you spend some time thinking about
SIN in your life?**

I DID!

Let's think about this! Okay, so we have sin in our lives. The Bible says that we need to confess sin in order to have open communication with God. But did you know, we will never STOP sinning? We are all humans, so if we want to have open communication with God everyday, then we need to confess our sins every day.

BUT

Life is busy. We barely have time to do the things we need to do, let alone take time to think about sin in our lives. It seems like having our communication open with God would be a good thing. When we face life struggles, it would help to talk to God about them. He is a big God, and he can handle anything.

SO WHAT NOW?

Let's Journey together today and find out!



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Day Four



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Take a few minutes to confess your sins.

Psalm 103:12

...as far as the east is from the west, so far has he removed our transgressions (sins) from us.

Dear God,

Yesterday I learned about the kind of sins that could be in my life. You did SPEAK to me about some of them. The Bible states that we need to confess our sins. I did, but it also says if we confess our sins, you WILL forgive us. That makes me feel so good to know that you have forgiven me. Thank you! I feel so clean Inside.

Prayer Power

Thank God that he loves you so much and forgives your sins.

Dear God,

Now where are we? You have showed me what sins are in my life. I realize that I do sin. Also, I will be separated from you because of my sin, unless I confess them to you. Will sin in my life keep me from going to heaven someday?

Romans 6:23

**For the wages of sin is death,
but the gift of God is eternal life (heaven) in Jesus Christ our Lord.**

Dear God,

I deserve to die for my sins, but you loved me so much that you willingly gave up your son Jesus for me. It is because of Jesus that I can have the gift of eternal life in heaven. I have thought over the years that I had to be “good enough” to go to heaven.

Ephesians 2:8-9

For it is by grace you have been saved, through faith— and this not from yourselves, it is the gift of God— not by works so that no one can boast.

Dear God,

I cannot be good enough to have eternal life in heaven. I cannot do anything to save myself. I have always tried to be a good person, thinking that this would be the way to go to heaven. This verse says that there is NOTHING that I can do. So it is only by your grace that I can receive eternal life in heaven. What does the word “Grace” actually mean?

GRACE

(Dictionary Definition)

Dear God,

It is not about me and what I do, it is about you and your grace and compassion. A gift is not something that you earn; it is something someone gives you. If I want that gift of eternal life, how can I have that?

BELIEVE

John 6:47

I tell you the truth, he who believes has everlasting life.

Matthew 7:7

Dear God,

I **BELIEVE** that I need to ask. I need to seek you. I need to knock and the door will be opened for me. If I want to have eternal life, it requires a CHOICE to ask you and to seek you, and the door will be opened for me.

Dear God,

I **BELIEVE** that the wages for my sin is death. You loved me so much you sent your son Jesus to earth to shed his blood for my sins. If I **BELIEVE** and receive that gift of eternal life, it can be mine. I understand this now. Is there anything else I should remember?

CONFESS

1 John 1:9

If we confess our sins, he is faithful and just and will forgive us of our sins and to purify us from ALL unrighteousness.

Romans 4:7-8

Dear God,

I need to **BELIEVE** that it is important to confess my sins so that our communication will be open? I **BELIEVE** if I confess my sins, you will forgive me! Is there anything else I should do?

ASK

Acts 2:21

And everyone who calls on the name of the Lord will be saved.

Joel 2:32a

Prayer Power

Do you want to call upon the Lord and be saved? Do you desire to begin a relationship with God?
It begins with a simple CHOICE: Ask him.
It is so simple. You can say something like this.

Dear God,

***I believe that you love me so much that you sent Jesus to die for my sins. I confess my sins to you. Thank you for forgiving me.
I desire to receive the gift of eternal life from you.
I want you to be in my heart and life. Amen!***

John 5:24

I tell you the truth, whoever hears my word and believes him who sent me has eternal life and will not be condemned; he has crossed over from death to life.

Dear God,

I have heard the truth, and I **BELIEVE** it. I made a choice to begin a relationship with you. I can **BELIEVE** that I will have eternal life in heaven. Thank you dear God, for your great love for me.

My Journey Journal

Tell God how you are thinking at this moment.

Prayer Power

Talk with God about your Journey today.

Power in Music

Meditate on the words of your favorite Christian music.

This is the end of Day Four. Continue your Journey tomorrow.



A New BEGINNING

Day Five

What did you think about your Journey yesterday?

Do you understand what your Journey was all about? Did you make an Inside choice in your life to begin a relationship with God? Or, perhaps you made that choice years ago, but your busy lifestyle makes you feel far away from God.

**No Matter where we are coming from,
it is time for CHANGE in our lives.**

We are beginning an Inside Makeover that will really change our lives. It is exciting, yet at times challenging, but we are NEVER ALONE. God is right here to encourage us, help us, direct us, and most importantly, to love us.

Well, I wonder what is in store for us today. You have done so well STOPPING and taking time in your LISTENING Room to Journey. Trust me, you will be blessed.



A New BEGINNING

Day Five



Matthew 6:6

But when you pray,
go into your room,
close the door and pray
to your Father,
who is unseen.
Then your Father, who sees
what is done in secret, will
reward you.

Open the door to Your LISTENING Room...



Day Five

Power in Music

Sit still, close your eyes, and "LET GO." Listen to your favorite Christian music.

Prayer Power

Pray that you will have a clear mind as you begin your Journey.

Take a few minutes to confess your sins.

Dear God,

It seems logical that an Inside Outside **LIFE** Makeover needs to begin on the Inside. Who we are on the Inside is more important than anything. God search me and know me, and show me who I am and who you want me to be.

Joshua 24:15

**But if serving the Lord seems undesirable to you,
then choose for yourselves this day whom you will serve.....**

Joshua 24:15b

Dear God,

You have given me the ability to choose. Yesterday we talked about choosing to believe in the true meaning of Christmas. You love me so much that you gave your one and only Son, Jesus, to live and then die to save me from my sin. Through Jesus, I can have eternal life in heaven if I choose to believe in him.

John 3:15

...that everyone who believes in him may have eternal life.

John 3:36

Dear God,

I believe! Thank you for sending your son Jesus to die for my sins. I want to take a few minutes to thank you.

Psalm 7:17

**I will give thanks to the Lord because of his righteousness
and will sing praise to the name of the Lord Most High.**

Psalm 95:3-7

Dear God,

Over the years, I remember hearing about the Trinity, which is God the Father, God the Son Jesus, and the Holy Spirit. I would like to understand more about all of you.

God, the Father

Isaiah 40:28

**Do you not know? Have you not heard?
The LORD is the everlasting God, the Creator of the ends of the earth.**

Matthew 6:9b

**Our father in heaven, hallowed be your name,
your kingdom come, your will be done on earth as it is in heaven.**

Dear God,

You are the creator of everything and you live in heaven.

God, the Son

Matthew 1:21

**She will give birth to a son, and you are to give him the name Jesus,
because he will save people from their sins.**

Romans 8:34

**Christ Jesus, who died—more than that, who was raised to life—
is at the right hand of God and is also interceding for us.**

Dear God,

You sent your son Jesus to earth to save the world of their sin. I had to choose to BELIEVE in all that you have done. Jesus is in heaven with you.

The Holy Spirit

John 14:16-17

And I will ask the Father, and he will give you another Counselor to be with you forever—the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you.

John 14:26

All this I have spoken while still with you. But the Counselor, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.

Galatians 4:6

1 John 4:13-16

Dear God,

Once I BELIEVE in your great love for me, and choose to accept that free gift of eternal life, your Holy Spirit will come into my heart.

Romans 8:26-27

In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God's will.

Acts 1:8

But you will receive power when the Holy Spirit comes on you...

Dear God,

I have prayed and asked you to forgive me of my sins. I have invited you into my heart, so now I can BELIEVE that your Holy Spirit is living in me. He intercedes for me, he will teach me and he is always there with me.

John 16:13

2 Corinthians 1:21b-22

Prayer Power

This is a good prayer to begin your day.
Good Morning, heavenly Father, good morning, Lord Jesus, good morning Holy Spirit.
Thank you for your work in my life. Please go before me this day. Fill me with a love for
you. Help me to be totally surrendered to you.

Sign your name; _____

My Journey Journal

How are you feeling about all of this? Write down your thoughts to God.

Thankful Praise

Psalm 95:1-2

Power in Music

Meditate on the words of your favorite Christian music.

This is the end of Day Five. Continue your Journey tomorrow.



A New BEGINNING

Day Six

Is it hard for you to understand about the Holy Spirit living in your heart?

DON'T WORRY ABOUT IT.

He will be with you.

HOW WILL HE DO THAT?

You will have an overwhelming peace.

Something will feel different in your life.

When you read the Bible, you will begin to understand it.

He will lovingly speak to you and provide a way of escape
when you are tempted to do something wrong.

JUST RELAX

PRAISE GOD

One day you will be in heaven and will completely
understand everything.

It is God's responsibility to make himself known to you.

TRUST ME, HE WILL

Today is the last day of our Journey. We are proud of you for following through.

Let's see where we are going today.



A New BEGINNING

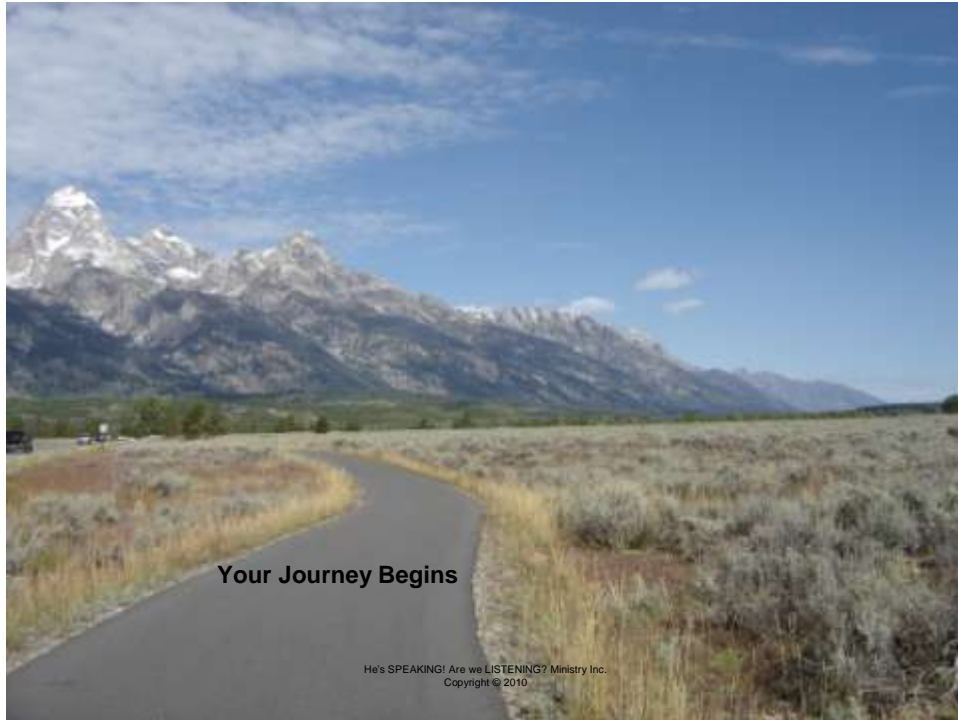
Day Six



Matthew 6:6

But when you pray,
go into your room,
close the door and pray
to your father, who is
unseen.
Then your father, who sees
what is done in secret, will
reward you.

Open the door to Your LISTENING Room...



Day 6

Power in Music

Sit still, close your eyes, and "LET GO." Listen to your favorite Christian music.

Prayer Power

Pray that you will have a clear mind as you begin your Journey.

Take a few minutes to confess your sins.

Dear God,

Wow, I have learned a lot on this **Inside Journey** with you. In fact, it is quite overwhelming, but I think I understand how important it is to clean out any junk that might be on the Inside of my life. It is important to do this first, because no matter what I look like on the Outside, if the Inside is dirty with sin, I will never be happy and joyful. So let's look back over this Journey.

Day One:

I discovered what an Inside Outside LIFE Makeover actually means.

Day Two:

I need to look at my life no matter what I was going through at the time, and find the good in it. We also talked about why the shedding of blood is required for sins.

Day Three:

I am a human being. I sin. I need to get rid of any sin in my life, because sin will separate me from God.

Day Four:

I understand that the wages of my sin is death, but the gift of God is eternal life. I can have that eternal life by realizing that I am a sinner, believing that Jesus died on the cross for my sins, asking God to forgive me, and simply telling God that I want to begin a relationship with him.

Day Five:

Once I pray and ask God to forgive me of my sins and come into my heart, the Holy Spirit comes into my heart and intercedes, teaches, and comforts me.

Day Six:

A New Beginning!

Dear God,

A New Beginning! That sounds so refreshing! Please show me what I need to do so I can go forward with a fresh start. Maybe going on these Journeys and reading the Bible will help me to understand what I need to do.

Prayer Power

Pray that God will speak to you and guide you in your new beginning.

My Journey Journal

Write your thoughts regarding this Journey.

Dear God,

The past is gone. The future is not in sight. I need to live each day as if it is my last. This will be part of my New Beginning.

Psalm 40:3a

He put a new song in my mouth, a hymn of praise to our God.

Ezekiel 18:31

Rid yourselves of all the offenses you have committed, and get a new heart and a new spirit.

Ezekiel 36:26-27

Dear God,

An Inside Outside LIFE Makeover begins with a new heart. I need to allow your Spirit to speak to me, and teach me what I need to do to make my Inside new and fresh. I believe it begins with my desire to put you first in my life. I need to make you Lord of my life, that is where the Inside Outside LIFE Makeover begins. This is truly what needs to happen to begin. A new beginning begins with you.

Ephesians 4:22-24

You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.

2 Corinthians 5:17

Dear God,

I do not know how to put off the old self, and put on the new self; but as I desire to know more about you, I am sure you will help me understand. How can I know more about you?

Speaking to God

Matthew 6:6

But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.

1 Thessalonians 5:16-18

Dear God,

I need to go into my LISTENING Room, and spend time speaking to you through prayer.

Listening to God

Psalm 119:11

I have hidden your word in my heart, that I might not sin against you.

2 Timothy 3:16

Dear God,

If I want to understand how my Inside should be, I need to LISTEN to you through your words in the Bible. Your words will help me learn how to keep from sinning and to live a life that pleases you.

Gathering together with other saints

Psalm 149:1

**Praise the Lord. Sing to the LORD a new song,
his praise in the assembly of the saints.**

Acts 2:44

Dear God,

What is the assembly of the saints? Does this mean church? Does it help me to be with others who believe in you so that we can praise you together? I imagine if I do this, I will learn from others how you can change me from the Inside through the Outside. It sounds logical that doing this would help me to learn and grow with others. God, help me to do all of these things.

Psalm 121:2

My help comes from the Lord, the Maker of heaven and earth.

Psalm 121

Prayer Power

Thank God for all he has spoken to you about.
Pray that he will continue the
Journey of an **Inside Outside LIFE Makeover** in your life.

My Journey Journal

Write about the most important thing you discovered on your Journey.

Power in Music

Meditate on the words of your favorite Christian music.
This is the end of Day Six. Continue your Journey tomorrow.

A New Beginning

Does that sound as good to you as it does me? A fresh start feels like the beginning of a New Year. You feel motivated to make changes in your life.

This is what we are doing in our **Inside** Makeover. We are starting fresh in our relationship with God.

We would like to share Robin's **Inside** Makeover Story with you.

Robin's Inside LIFE Makeover Story Quote from Robin's Book, He's SPEAKING! Are we LISTENING?

I grew up in a home where there was love, for which I thank the Lord. We had our problems, but the Lord carried us through them. I am sure I did not realize at the time just how much the Lord was taking care of us.

My dad was an alcoholic, but when he was not drinking you could not ask for a better father. My mother put up with so much from my father, yet you could always see (when he was not drinking) just how much they loved each other.

One incident in particular marked my life forever. I remember asking my mom, "How can you take so much and yet be so strong and still show Dad so much love?"

She said, "It is only because of the Lord. He gives me the strength." This made a tremendous impression on my life. I realized there is a God we can draw strength from and because of Him, my life had a stability I could not have otherwise had. This sounded like a loving God, one I would strive to know more about.

When I was about 12 years old I began seriously thinking about heaven and wondering if I would be good enough to go there. We went to Sunday school and church every Sunday. I would hear how I could have the assurance of going to heaven by accepting Jesus Christ as my Savior, but at that age I did not pay much attention in Sunday school.

One summer I went to Bible Camp and the Lord really spoke to my heart through the evangelist. I realized right then and there that I was a sinner. I did plenty of things that did not please God. I wanted to make Jesus Lord of my life. I prayed and asked Jesus to forgive me of my sins and to come into my life. I finally received the assurance about heaven that I had been wanting. I knew I would someday be in heaven with Jesus. I was content knowing that and just went on my merry way, just as I had before I accepted Jesus.

For many years I was content knowing that I had a relationship with God and believed that when I died I would be in heaven. The problem is that I never took the time to build that relationship. Life was too busy and honestly I would read the Bible and not really understand what I was reading.

Then one day I came across a crisis in my life. I had no one to turn to except God. This was the time during my life that I knew I needed God's help in my life. I made a commitment to spend five minutes reading the Bible. I did my best to follow through with that commitment.

Suddenly I began to realize I loved reading the Bible. I understood more about what I was reading. I would actually look forward to my time with God.

I began to think about the fact that a relationship with anyone requires speaking and listening to each other. The same was true with my relationship with God. Once I made that choice to begin speaking and listening to God, my relationship with him began to blossom into something beautiful. This is what this Spiritual Makeover is all about. Learning how to speak and listen to God and thus develop a beautiful relationship with God, the creator of everything.

What are your thoughts about A New Beginning Journey with God?

Do you have a relationship with God? Do you want one?

Read the following questions.

How can I have a relationship with God?

Answer: All you need to do is ask him.

If you desire to have a relationship with God, read the following verses from the Bible.

Romans 3:23

For all have sinned and fall short of the glory of God.

Everyone sins.

1 John 1:8-9

If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins he is faithful and just and will forgive us our sins and cleanse us from all unrighteousness.

If we confess our sins, God will forgive us no matter what it is.

Romans 6:23

**For the wages of sin is death,
but the gift of God is eternal life through Jesus Christ our Lord.**

We deserve to die for our sins, but God wants to give us the free gift of eternal life through His son Jesus. If you would like to receive that gift of eternal life and begin a relationship with Him, read the following Prayer.

Dear God,

I would like to begin a relationship with you. I know that I am a sinner, but the Bible tells me that you will forgive my sins, no matter what they are. Please forgive me of my sins and then help me to turn from them. I want to have a loving relationship with you.

If you prayed that prayer, He's SPEAKING! Are we LISTENING? Ministry would like to help you build your relationship with God. Please send us an e-mail and we will contact you. journey@hesspeakingarewelisting.com

We invite you to go on another Journey with God.



In our fast paced society it is hard to STOP and find time for God on a daily basis. We realize God wants to build a love relationship with us, but often we do not know where to begin. Our ministry wants to help you on your Journey of building a love relationship with God.

We have discovered that people are motivated to find time to read the Bible when it relates to something they are experiencing in their life. This is why we have developed our topical Bible Journeys with God. These Journeys will encourage people with different life situations

Listed below are the topical Journey titles. Each Journey lasts for six days and will take you 5-20 minutes to complete. You may choose either the written or CD version. They are grouped into sessions, but can be used separately.

Journeys with God

Spiritual

1. Help, I want to get off this treadmill!
2. A New Beginning
3. Where do I begin God?
4. Power in Prayer

Marriage

1. Remember when we first met?
2. MARRIAGE Makeover
3. Do I have JOY in my life?
4. Let's Begin Again!

Financial

1. FINANCIAL Makeover
2. My Job is Getting me Down
3. I'm Forgiven
4. I SURRENDER

Physical

1. My Body Needs a MAKEOVER
2. Do I REALLY want to give up this CRAVING?
3. God I Need Your Strength
4. The Key to Life is BALANCE

Family

1. What is a FAMILY?
2. FAMILY Makeover
3. Forgive and Forget the Past
4. RELATIONSHIIPS

FUN

1. I don't know how to have fun!
2. FUN Makeover

DREAM

1. What should I do with my life?
2. DREAMS

Single Journeys

I'm ENGAGED
I'm in SALES
I've Lost Someone I Love
I'm feeling BLUE today
I'm in the MINISTRY

Congratulations
*You have completed your 6-day
Inside Outside LIFE Makeover
Journey with God*



Encouraging people to build a love relationship with God
by speaking and listening to him daily.

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