Podcast Worksheet
Being Congruent: Beliefs, Actions, Thoughts, Words, and Feelings that Match

Scriptural Texts:
Deuteronomy 6:13; Isaiah 61:3; Romans 7:19; 12:1-8; I Corinthians 10:31; Philippians 1:6

Main Points:

1. To be congruent means to be harmonious and in agreement.
2. God desires our life to be a living sacrifice to him as a response to all that he has done for us.
3. We need to move toward God, by the power of the Holy Spirit, as he brings our beliefs, actions, thoughts, words, and feelings into congruency.
4. God has given each of us gifts that are intended to be used for the benefit of the entire body.
5. True beliefs come from knowing and believing in the Word of God and the character of God.
6. God asks that our actions glorify him, that we do the right thing no matter what others are doing.
7. If we want to have healthy, God-honoring thoughts, we need to pay attention to everything we mentally ingest.
8. It glorifies God when we speak things that are kind, respectful, and edifying to others.
9. Our feelings will naturally move toward contentment, peace, and joy as we heal.

Questions:

1. What observations have you made about areas of your life that are inconsistent, or counter to what God would want?

2. To what place in your life have you given reading the Bible and getting to know God? What changes, if any, are needed?

3. What are some ways your life does reflect God's glory?

Prayer of Response:
Lord God, I choose to relinquish my life to you so that you can work in my beliefs, actions, thoughts, words, and feelings. Please complete any unfinished work in these areas. By your power and grace, help me become an oak of righteousness for the display of your splendor. In Jesus name, amen.

Commitment: After prayerful meditation on this podcast, I am going to _____

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