



# Transforming the Inner Man

Living Transformed

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# ABOUT LIVING TRANSFORMED

## Mission and Purpose

To empower people to live their God designed life.

## Transformation is a Continual Process

Transformation is the process of becoming, changing, growing, maturing, developing, conforming, restoring, transitioning, and learning to be the person that God designed.

## Transformation is about Identity

God created mankind and gives us life. Life is about discovering our God designed identity and living our calling. Identity, as defined by the online Merriam-Webster dictionary, is the “distinguishing character or personality of an individual.” Identity is who we are, what we do, and how we function in the world according to God’s design.

*“And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect will of God. “ ~~Romans 12:2*

## Transforming the Mind

The Bible is crucial for transformation to take place. Paul tells the Roman church that transformation is accomplished by renewing the mind and knowledge of the Bible is critical for transforming the mind. Therefore, **Living Transformed** produces Biblical studies on topics necessary to renew the mind and transform lives.

“Living Transformed”

Jimmy Bayes, Ph.D.

# THE INNER MAN

Our flesh desires what is contrary to the Spirit, and the Spirit wants what is contrary to our flesh. They are in conflict with each other and Christians should not do whatever we desire (Galatians 5:17). We live with this struggle each day. Every morning a choice has to be made—live according to the spirit or live according to the flesh. There are many ways to frame this conflict. Light versus darkness, right versus wrong, righteousness versus sinfulness, etc. One way that the apostle Paul frames this conflict is the Inner Man verses the Outer Man.



## What is the inner man?

The inward makeup of man is ultimately a mystery. Scripture has much to say about man's inward being, yet it is unclear in the specifics. Man seems to have a triune nature, body, soul, and spirit. But, some say man has a dual nature, natural and spiritual. While the physical body is easy to see, the part of man that is not physical is not as easy to discern. The Bible uses terms for the inner being almost interchangeably, i.e. the spirit, soul, mind, heart, and will. What is certain is that man has an inner being and an outer being.

The "inner man" or "inner being" in Romans 7:22, II Corinthians 4:16, and Ephesians 3:16 is a reference to the spiritual or inner aspect of a person. [All scriptures are found at the end of this study.] The "outer man" is the body associated with outward appearance, senses, and behavior. The inner man is associated with aspects such as our will, spirit, mind, emotions, heart, and soul.

Our bodies are the physical vessel that carries us through life. We experience life through the inner man, i.e. spirit and soul. Believers in Jesus have the indwelling Holy Spirit, for whom our bodies function as a temple (1 Corinthians 6:19–20). Christians are called to offer our bodies to God as living sacrifices (Romans 12:1–2). It is in the inner man that we commune with God and from which we relate with others. It is in our inner person that we experience things like love, peace, hope, and joy.

We are (somewhat) able to hide the inner person from others, but we cannot hide it from God. God knows all even our hearts (1 Samuel 16:7). God sees and cares about our sorrows, fears, and hurts. He knows our personality, our longings, our joys, our musings, and the like. If we are in Christ, then God is our Father and He views us with kindness and compassion. We can trust Him; He knows the secret things of our inner person.

God sees the shortcomings and wrongs that are so often present in our inner man. The Bible states that God is not only concerned with our behavior, but His judgment extends even to the hidden motives of our hearts (Romans 2:16). The Pharisees in Jesus's day had an outward righteousness. They followed the law of God to the letter. They tithed even down to their spices (Matthew 23:23–24). However, inwardly they were proud, self-righteous, and spiritually dead (Matthew 23:27–28). God's standard of righteousness extends beyond outward behavior and into the inner attitudes of the heart (Matthew 5:21–48). God desires for his people to be separate from the world and He desires pure motives in our inner persons (1 Peter 1:16).

None of us are perfect like God (Romans 3:10–11). None of us have pure motives in what we think, feel, and do. Our hearts are sinful by nature. We need spiritual heart transplants. This is what God does for His people (Ezekiel 11:19–20). The theological term for this spiritual heart transplant is regeneration. In Nicodemus' encounter with Jesus Christ, he was told that he must be born again (John 3). This assumes the need for a new spiritual nature (Ephesians 2:1–10). Men need a spiritual birth (John 3:3), and God provides it through Jesus Christ (John 3:7–8).

Spiritual birth and reconciliation to God is gained by having faith in the life and death of Jesus Christ and acknowledging Him as our Lord and Savior (John 3:16–18). God's Spirit comes to live within us giving us a new heart and new nature (Ephesians 1:13–14). We become children of God (John 1:12) and are declared to be righteous (justification). We still retain the old tendency for bad thinking and bad behavior. **Transformation** is the process of living the life that God created for us and that Jesus's death and resurrection enables us to live.

When man is born again, he is a new creation (2 Corinthians 5:17). Our new nature pulls against our old sinful nature or the "new man" pulls against the "old man" (Galatians 5:17–24; Ephesians 4:17–32). This new inner nature desires to please God. The Holy Spirit within us gives us the will and strength to resist sin and grow in righteousness. The Spirit inclines our hearts toward the things of God and helps us better understand God's love and grow in obedience to God. The ultimate goal of our new nature is to be conformed completely to the image of Jesus Christ (Romans 8:29).

One day, when we are with Christ, our inner man will be completely **transformed**. Until then, Living Transformed is a process.

## Exercises

1. What stage is your inner being at:

\_\_\_\_\_ Newborn

\_\_\_\_\_ Toddler

\_\_\_\_\_ Teen

\_\_\_\_\_ Adult

\_\_\_\_\_ Mature

2. Describe how you responded to #1.

3. How would others describe your inner man using the same descriptions in #1 and why?

4. How would God describe your inner man using the same descriptions in #1 and why?

The most beloved apostle of Jesus, Peter, wrote a letter to Christians, most of whom were new believers in Christ Jesus. Read the following introduction to his second letter very carefully. Highlight, underline, markup, examine, muse, and ponder this scripture.

Ask yourself how this pertains to your inner being.

*Simon Peter, a servant and apostle of Jesus Christ, to those who through the righteousness of our God and Savior Jesus Christ have received a faith as precious as ours: Grace and peace be yours in abundance through the knowledge of God and of Jesus our Lord.*

*Christ's divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness. Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature, having escaped the corruption in the world caused by evil desires.*

*For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, mutual affection; and to mutual affection, love.*

*For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ. But whoever does not have them is nearsighted and blind, forgetting that they have been cleansed from their past sins.*

*Therefore, my brothers and sisters, make every effort to confirm your calling and election. For if you do these things, you will never stumble, and you will receive a rich welcome into the eternal kingdom of our Lord and Savior Jesus Christ.*

What are the key elements to Living Transformed seen in this scripture?

In light of this verse, list your strengths and weaknesses.

List some practical ways that you can strengthen your weaknesses.

Find another scripture that have keys into strengthening your inner person.

The best way to grow in an area is to help others to grow also. List a person that you can share the truths of this study with and will help you grow together. Make a specific goal to get with that person. Write down the person, the time, and the place to share. Being very specific helps you to follow through with this.

After your meeting, record the results, then repeat the process...

## CONCLUSION

Paul's words in Romans 7:18-21 sounded like my own inner voice as a young person, *"I know that nothing good lives in me... I want to do what is right, but I can't. I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway. But if I do what I don't want to do, I am not really the one doing wrong; it is sin living in me that does it. I have discovered this principle of life--that when I want to do what is right, I inevitably do what is wrong."*

I lived under self-condemnation for many years. The conflict between my inner self and my outer self, the conflict between my sinful nature and my born-again spiritual nature was very real. Relief came when discovered Romans 8:1-2, *"There is no longer any condemnation for those who belong to Christ Jesus because you belong to him, the power of the life-giving Spirit has freed you from the power of sin that leads to death."* I realized that I had always stopped at the end of Romans 7 because of the weight of my own disappointment and condemnation. Then one day—I remember the moment well—the Holy Spirit shined a great spotlight upon the words, "there is now no condemnation for those who are in Christ Jesus." At that moment, the burden of sin, shame, and shortcomings lifted.

That moment happened when I was in my late teens, but it was a significant transformational moment in my life. In that instant, I realized God does not condemn me, but that He loves me and wants only the best for me—abundant life now and eternal life later. In fact, He has designed a life just for me. I have had many internal battles along the way, but the difference is that I do not need to battle alone. It is the difference in going into war unequipped and by yourself and going to war equipped and with an army of soldiers. The mission of Living Transformed is to empower and equip you to live the life that God has designed for you to live.

Living Transformed is a process, a life-long process and God wants us to understand and to transform into His image.

2 Corinthians 3:15-18: *Even today when [Jews] read Moses' writings, their hearts are covered with a veil, and they do not understand. But whenever someone turns to the Lord, the veil is taken away. For the Lord is the Spirit, and wherever the Spirit of the Lord is, there is freedom. So all of us who have had that veil removed can see and reflect the glory of the Lord. And the Lord—who is the Spirit—makes us more and more like him as we are transformed into his glorious image.*

# SCRIPTURE REFERENCES

## Romans 7:22 KJV

For I delight in the law of God after the **inward man**:

## 2 Corinthians 4:16

Therefore we do not lose heart, but though our outer man is decaying, yet our **inner man** is being renewed day by day.

## Ephesians 3:16

...that He would grant you, according to the riches of His glory, to be strengthened with power through His Spirit in the **inner man**,...

## 1 Corinthians 6:19-20 NIV

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.

## Romans 12:1-2 NIV

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God--this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is--his good, pleasing and perfect will.

## 1 Samuel 16:7 NIV

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 people look at. People look at the outward appearance, but the LORD looks at the heart."

## Romans 2:16 NIV

This will take place on the day when God judges people's secrets through Jesus Christ, as my gospel declares.

### **Matthew 23:23-24 NIV**

"Woe to you, teachers of the law and Pharisees, you hypocrites! You give a tenth of your spices--mint, dill and cumin. But you have neglected the more important matters of the law--justice, mercy and faithfulness. You should have practiced the latter, without neglecting the former. You blind guides! You strain out a gnat but swallow a camel.

### **Matthew 23:27-28 NIV**

"Woe to you, teachers of the law and Pharisees, you hypocrites! You are like whitewashed tombs, which look beautiful on the outside but on the inside are full of the bones of the dead and everything unclean. In the same way, on the outside you appear to people as righteous but on the inside you are full of hypocrisy and wickedness.

### **Matthew 5:21-22, 27-35, 38-44 NIV**

21 "You have heard that it was said to the people long ago, 'You shall not murder, and anyone who murders will be subject to judgment.' 22 But I tell you that anyone who is angry with a brother or sister will be subject to judgment. Again, anyone who says to a brother or sister, 'Raca,' is answerable to the court. And anyone who says, 'You fool!' will be in danger of the fire of hell. ... 27 "You have heard that it was said, 'You shall not commit adultery.' 28 But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart. 29 If your right eye causes you to stumble, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell. 30 And if your right hand causes you to stumble, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to go into hell. 31 "It has been said, 'Anyone who divorces his wife must give her a certificate of divorce.' 32 But I tell you that anyone who divorces his wife, except for sexual immorality, makes her the victim of adultery, and anyone who marries a divorced woman commits adultery. 33 "Again, you have heard that it was said to the people long ago, 'Do not break your oath, but fulfill to the Lord the vows you have made.' 34 But I tell you, do not swear an oath at all: either by heaven, for it is God's throne; 35 or by the earth, for it is his footstool; or by Jerusalem, for it is the city of the Great King. ... 38 "You have heard that it was

said, 'Eye for eye, and tooth for tooth.' 39 But I tell you, do not resist an evil person. If anyone slaps you on the right cheek, turn to them the other cheek also. 40 And if anyone wants to sue you and take your shirt, hand over your coat as well. 41 If anyone forces you to go one mile, go with them two miles. 42 Give to the one who asks you, and do not turn away from the one who wants to borrow from you. 43 "You have heard that it was said, 'Love your neighbor and hate your enemy.' 44 But I tell you, love your enemies and pray for those who persecute you,

### **1 Peter 1:15-16 NIV**

But just as he who called you is holy, so be holy in all you do; for it is written: "Be holy, because I am holy."

### **Romans 3:10-11 NIV**

As it is written: "There is no one righteous, not even one; there is no one who understands; there is no one who seeks God.

### **Ezekiel 11:19-20 KJV –**

And I will give them one heart, and I will put a new spirit within you; and I will take the stony heart out of their flesh, and will give them an heart of flesh: That they may walk in my statutes, and keep mine ordinances, and do them: and they shall be my people, and I will be their God.

### **John 3:1-21 NIV**

1 Now there was a Pharisee, a man named Nicodemus who was a member of the Jewish ruling council. 2 He came to Jesus at night and said, "Rabbi, we know that you are a teacher who has come from God. For no one could perform the signs you are doing if God were not with him." 3 Jesus replied, "Very truly I tell you, no one can see the kingdom of God unless they are born again." 4 "How can someone be born when they are old?" Nicodemus asked. "Surely they cannot enter a second time into their mother's womb to be born!" 5 Jesus answered, "Very truly I tell you, no one can enter the kingdom of God unless they are born of water and the Spirit. 6 Flesh gives birth to flesh, but the Spirit gives birth to spirit. 7 You should not be surprised at my saying, 'You must be born again.' 8 The wind blows wherever it pleases. You hear its sound, but you cannot tell where it comes from or where it is going. So it is with everyone

born of the Spirit." 9 "How can this be?" Nicodemus asked. 10 "You are Israel's teacher," said Jesus, "and do you not understand these things? 11 Very truly I tell you, we speak of what we know, and we testify to what we have seen, but still you people do not accept our testimony. 12 I have spoken to you of earthly things and you do not believe; how then will you believe if I speak of heavenly things? 13 No one has ever gone into heaven except the one who came from heaven--the Son of Man. 14 Just as Moses lifted up the snake in the wilderness, so the Son of Man must be lifted up, 15 that everyone who believes may have eternal life in him." 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. 17 For God did not send his Son into the world to condemn the world, but to save the world through him. 18 Whoever believes in him is not condemned, but whoever does not believe stands condemned already because they have not believed in the name of God's one and only Son. 19 This is the verdict: Light has come into the world, but people loved darkness instead of light because their deeds were evil. 20 Everyone who does evil hates the light, and will not come into the light for fear that their deeds will be exposed. 21 But whoever lives by the truth comes into the light, so that it may be seen plainly that what they have done has been done in the sight of God.

### **Ephesians 2:1-10 NIV**

1 As for you, you were dead in your transgressions and sins, 2 in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient. 3 All of us also lived among them at one time, gratifying the cravings of our flesh and following its desires and thoughts. Like the rest, we were by nature deserving of wrath. 4 But because of his great love for us, God, who is rich in mercy, 5 made us alive with Christ even when we were dead in transgressions--it is by grace you have been saved. 6 And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, 7 in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus. 8 For it is by grace you have been saved, through faith--and this is not from yourselves, it is the gift of God-- 9 not by works, so that no one can boast. 10 For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

**Ephesians 1:13-14 NIV**

And you also were included in Christ when you heard the message of truth, the gospel of your salvation. When you believed, you were marked in him with a seal, the promised Holy Spirit, who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession--to the praise of his glory.

**John 1:11-13 NIV**

11 He came to that which was his own, but his own did not receive him. 12 Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God-- 13 children born not of natural descent, nor of human decision or a husband's will, but born of God.

**2 Corinthians 5:17 ESV**

Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.

**Galatians 5:17-25 NIV**

17 For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. 18 But if you are led by the Spirit, you are not under the law. 19 The acts of the flesh are obvious: sexual immorality, impurity and debauchery; 20 idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions 21 and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God. 22 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law. 24 Those who belong to Christ Jesus have crucified the flesh with its passions and desires. 25 Since we live by the Spirit, let us keep in step with the Spirit.

**Ephesians 4:17-32 NIV**

17 So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking. 18 They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts. 19 Having lost all sensitivity, they have

given themselves over to sensuality so as to indulge in every kind of impurity, and they are full of greed. 20 That, however, is not the way of life you learned 21 when you heard about Christ and were taught in him in accordance with the truth that is in Jesus. 22 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; 23 to be made new in the attitude of your minds; 24 and to put on the new self, created to be like God in true righteousness and holiness. 25 Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. 26 "In your anger do not sin": Do not let the sun go down while you are still angry, 27 and do not give the devil a foothold. 28 Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need. 29 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. 30 And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. 31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. 32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

### **Romans 8:28-30 NLT**

28 And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them. 29 For God knew his people in advance, and he chose them to become like his Son, so that his Son would be the firstborn among many brothers and sisters. 30 And having chosen them, he called them to come to him. And having called them, he gave them right standing with himself. And having given them right standing, he gave them his glory.

## RELATED SCRIPTURES

### **Colossians 3:10**

and have put on the new self who is being renewed to a true knowledge according to the image of the One who created him—

### **1 Thessalonians 5:23 ESV**

Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ.

### **James 2:26 ESV**

For as the body apart from the spirit is dead, so also faith apart from works is dead.

