

I. The Interior Part of Our Lives

- A. Focus on change, personal growth

- B. Growth starts with a sober awareness of who we are

II. How to Approach Our Struggles

- A. Eradicate them (as in envy) or listen to and manage them:
 - 1. With the help of the Holy Spirit and God's Word
 - 2. Psalms 139:14 —“I am fearfully and wonderfully made”

- B. Ask these questions:
 - 1. Is God trying to say something to me?
 - 2. Is there a warning I need to heed?
 - 3. Is there a change I need to make in my life?

III. Struggles are Normal

IV. Moving From “Automatic Pilot” to “On-Purpose” Living

- A. Slow down and evaluate why we do what we do