



TIME FOR A CHANGE: Know Your Soul

January 15, 2023 | Pastor Kirk Walters
Mount Paran North

²³ Search me, O God, and know my heart; test me and know my anxious thoughts.

²⁴ Point out anything in me that offends you, and lead me along the path of everlasting life.

Psalm 139:23-24 NLT

A Christ-centered life is about character change - being remade from the inside out.

"And you will know the truth, and the truth will set you free."

John 8:32 NLT

Your soul is the part of you that connects all the other parts of you - the sum of your deepest desires, beliefs, emotions, and thoughts.

³¹ "Simon, Simon, Satan has asked to sift each of you like wheat. ³² But I have pleaded in prayer for you, Simon, that your faith should not fail. So when you have repented and turned to me again, strengthen your brothers." ³³ Peter said, "Lord, I am ready to go to prison with you, and even to die with you." ³⁴ But Jesus said, "Peter, let me tell you something. Before the rooster crows tomorrow morning, you will deny three times that you even know me."

Luke 22:31-34 NLT

Knowing your soul is the ability to identify and name your emotions so you can stop unhealthy habits and cycles that happen by default.

¹⁸ "I tell you the truth, when you were young, you were able to do as you liked; you dressed yourself and went wherever you wanted to go. But when you are old, you will stretch out your hands, and others will dress you and take you where you don't want to go." ¹⁹ Jesus said this to let him know by what kind of death he would glorify God. Then Jesus told him, "Follow me."

²⁰ Peter turned around and saw behind them the disciple Jesus loved—the one who had leaned over to Jesus during supper and asked, “Lord, who will betray you?” ²¹ Peter asked Jesus, “What about him, Lord?”

²² Jesus replied, “If I want him to remain alive until I return, what is that to you? As for you, follow me.” John 21:18-22 NLT

¹ O LORD, you have examined my heart and know everything about me. ² You know when I sit down or stand up. You know my thoughts even when I’m far away. ³ You see me when I travel and when I rest at home. You know everything I do.

Psalm 139:1-3 NLT

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Psalm 139:23-24 NLT

Character change is when your default emotions and cycles look more like Jesus.

Do not conform yourselves to the standards of this world, but let God transform you inwardly by a complete change of your mind. Then you will be able to know the will of God—what is good and is pleasing to him and is perfect.

Romans 12:2 GNT