**Shaping Your Inner World**

***A Personal Retreat***

***For Replenishing***

***Life and Ministry!***

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**Hour 1: Time Alone with God**

Do what works best for you in personal worship, prayer, Bible reading and contemplation. Give attention to a conducive setting. Disengage from other agendas. Take time to reflect and pray about your inner world.

Reflection Questions: What’s your world right now?

* + I don’t have enough time…
  + I savor life minute by minute…
  + My world feels chaotic…
  + My world is becoming simplified…
  + This season of life has considerable anxiety
  + This season of life is deeply satisfying
  + Physically I feel exhausted
  + Physically I feel 100%
  + I would describe my time alone with God as sporadic and hurried
  + I would describe my time alone with God as consistent and deeply satisfying

**Hour 2: From Outer World to Inner World: What questions shape my thinking?**

**What’s an “Inner World?”**

* The place where you make your decisions, dream your dreams, process your emotions, fashion your values…converse with God.
* It’s conversations in the living room of your soul. These conversations are directed by the questions you ask yourself.
* These questions and conversations can originate from thoughts or feelings either founded on the truth or based on the lies of the enemy.
* A hurried life leads to an unexamined life. It takes intentionality to slow down and pay attention to what is happening in your inner world.
* Conversations in your inner world shape your outer world, also known as your public life. Shape these conversations and the outcome can be a more vitalized life…life to the full!

**How do you typically make decisions in your outer world or public world?**

Every day you choose what you will do. This is **Time Management**. Sometimes decisions are made with much thought and at others it can be impulsive or with no thought at all. Dig a little deeper and you will find that the choices for your Time Management are based on your values. This is **Priority Management**. What would it look like if you slowed down and asked questions in your inner world about what it is that you most value? Investigate these priorities and you will gain insight into how you manage time. But how do you form your priorities? Dig a bit deeper and you will find your priorities are often shaped by expectations you honor. This is **Expectation Management**. It is easy to be side-tracked by trying to meet expectations that are unrealistic or unhealthy. Listen closely to those conversations in your soul. What expectations are fashioning your values?

Practice slowing down and asking questions that will help you uncover the feelings, thoughts, habits that are shaping your inner world. Become more intentional in shaping your inner world so that your outer world, your public life is lived to the full!

**Time**

management

**Priority**

management

**Expectation**

management

**Lens: Love Well**

because you are

**Well-Loved**

**Spiritual Energy**

management

**Mental Energy**

management

**Physical Energy**

management

**Emotional Energy**

management

* **Questions of Time Management**
  + *What is it that I want to accomplish? Is it clear?*
  + *Am I using the best blocks of time for the tasks that best fit it?*
  + *Am I staying focused on one thing without distractions?*
  + *Do I allow enough time to complete tasks to expected outcomes or am I continually wanting more time?*
  + *Do I make a habit of trying to touch an item only once and bring it to completion…decide and done?*
  + *Procrastination is delaying what I dislike. Can I embrace the dislikes before the likes?*
* **Is this statement true? If not, drop it you’re your vocabulary!**
  + *I don’t have enough time!*
  + *I have too much to do.*
  + *I don’t have time for that request.*
  + *I’ll never get what I need to get done!*
  + *If I hurry faster I will do more.*
  + *The more I accomplish, the more significant I am!*
  + *This is impossible because everyone expects too much.*

**The truth is that all these phrases spoken in the conversations of our soul are not true. If then they are lies, what would be the truth behind each that might replace that thought in our conversation with our soul.**

* **Questions of Priority Management**
  + *Connecting with God is a permeating value. How do I best connect with God?*
  + *Family relationships are primary priorities. What does my family need from me?*
  + *Friends? Persons of peace?*
  + *My job is worth giving my best. What are three most important things I should do in my job this week?*
  + *Self-care. How’s my exercise, diet and rest? Each day how will I fill my emotional bucket? My mental stimulation?*
  + *What would I most like to accomplish this season? This year? Bucket List?*
  + *What is God calling me to change?*
* **Is this statement true? If not, drop it you’re your vocabulary!**
  + *I don’t have time for devotions.*
  + *I’m too busy to pray.*
  + *I need to dive right in immediately!*
  + *My family can wait and be more understanding than my job so we will get to them after this.*
  + *Work is more important than my time of replenishment.*

**The truth is that all these phrases spoken in the conversations of our soul are not true. If then they are lies, what would be the truth behind each that might replace that thought in our conversation with our soul.**

* **Questions of Expectation Management**
  + *What do I hear people “out there” expecting of me? “What will they think?”*
  + *What are the expectations from my workplace?* 
    - *Peers?*
    - *My supervisor?*
    - *Those I support?*
    - *Those I serve?*
  + *What are my expectations for myself?*
  + *What does God expect of me?*
* **Is this statement true? If not, drop it you’re your vocabulary!**
  + *I can make everyone happy with me.*
  + *It’s best my supervisor doesn’t know what I expect of him/her.*
  + *I can never meet that person’s expectations!*
  + *I ought to be angry at myself because I made a mistake.*
  + *God doesn’t expect much.*
  + *It doesn’t matter that much to God when I goof up!*

**The truth is that all these phrases spoken in the conversations of our soul are not true. If then they are lies, what would be the truth behind each that might replace that thought in our conversation with our soul.**

**Hour 3: A Simple Lens for Shaping Your Inner World**

* **God’s Expectation: What is it?** Contemplate how well-loved we are! God loves us for who we are and not for what we do. He gave us Jesus! **His greatest expectation is that we would be filled with his love and shaped in the likeness of Christ.** **His next expectation would be for us to respond with this Christ-like love to God and this world.** This is foundational to our inner life. This is a central truth of scripture:

*I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power together with all the saints, to grasp how wide and long and high and deep is the love Christ, and to know this love surpasses knowledge—that you may be filled to the measure of all the fullness of God.” Eph. 3: 17-19*

* What does it mean to be “well-loved?” God says to us:
* I am committed to your best interest
* no matter what it costs me
* because you’re worth it
* even if you don’t deserve it.

**We are Well-Loved so that we might Love-Well.**

This becomes a lens through which we see the world.

Our lens sees others with an perspective of “positive sentiment override,” rather than “negative sentiment override!”

What does it look like to love God with all your being? To be committed to His best interests with all our being!

*“Love the Lord your God with all your* ***heart*** *and with all your* ***soul*** *and with all your* ***mind*** *and with all your* ***strength.****” Mark 12:30*

**Intentional management of each source of energy.**

* **Spiritual** – loving God with your soul;
* **Mental** – loving God with your mind;
* **Emotional** – loving God with your feelings;
* **Physical** – loving God with your body.

**Key is to FULLY ENGAGE each energy source and then REPLENISH**

Increase your capacity by exerting an energy source and then replenish it.

* **Spiritual energy capacity** – measured by force and direction
* **Mental energy capacity** – measured by focus and clarity
* **Emotional energy capacity** – measured by quality from negative to positive
* **Physical energy capacity** – measured by quantity from low to high

What’s a key indicator that this is happening? You will repeatedly throughout the day find yourself saying, “Love well.” And you will be reminded that you have been “Well-loved.”

**Hour 4: Love God with All Your Strength.**

*“Therefore, I urge you, brothers, in view of God’s mercy, to offer your bodies as living sacrifices, holy and pleasing to God—which is your spiritual worship.” Romans 12:1*

**Take Away Truth:** **The choices you make in how you take care of your body become the foundation for all other energy sources and therefore vital to loving well.**

**Inventory: Tell myself the truth…first step to change!**

Consistent Fairly regular Occasional Seldom Never

**5 4 3 2 1**

1. \_\_\_\_\_I go to bed early and wake up early.
2. \_\_\_\_\_Go to sleep and wake up consistently at the same times
3. \_\_\_\_\_Eat five to six small meals daily
4. \_\_\_\_\_Eat breakfast every day
5. \_\_\_\_\_Eat 3 servings of fruits or vegetables a day
6. \_\_\_\_\_Minimize simple sugars
7. \_\_\_\_\_Drink 48 to 64 ounces of water daily
8. \_\_\_\_\_Take breaks every ninety minutes during work
9. \_\_\_\_\_Get some physical activity daily
10. \_\_\_\_\_Do at least 2 cardiovascular interval workouts and two strength training workouts a week.

**Goal: Increase your physical energy! Increase your capacity to better love God with your whole being!**

**Obstacles:**

**Shape your inner world:**

1. What is the truth?

1. Why change is important?
   1. How does it connect to your deepest values?

1. How will I act differently? *(one behavior)*
   1. Identify crucial moments
   2. Create vital behaviors
2. Who will walk with me?
3. When are behaviors repeated?

**Hour 5: Love God with All Your Heart**

***Intentionally manage your emotional energy for God’s best interest.***

*But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.*  *Galatians 5:22*

**Take Away Truth: Create experiences filled with enjoyment, challenge, adventure or opportunity. Likewise, learn to bring positive emotions into negative experiences.**

**Inventory: Tell myself the truth…first step to change!**

Consistent Fairly regular Occasional Seldom Never

**5 4 3 2 1**

1. \_\_\_\_\_I have a routine of at least three events every day that bring me joy.
2. \_\_\_\_\_I have cultivated habits of giving thanks to God so that thankful joy permeates my life.
3. \_\_\_\_\_I don’t ignore the emotions of anger, sadness or fear, but express and examine them appropriately.
4. \_\_\_\_\_I am able to identify and resist when I feel compelled to respond to expectations that aren’t in line with my priorities.
5. \_\_\_\_\_I enjoy the moment-at-hand resisting the inclination to worry about my “to-do” list.
6. \_\_\_\_\_I have someone other than my spouse (or closest family member) that I am comfortable to share those challenges with that get the best of me.
7. \_\_\_\_\_I plan events with my spouse that we both enjoy.
8. \_\_\_\_\_When an action of another bothers me significantly I go directly to the person to discuss it rather than talking about it to another.
9. \_\_\_\_\_When I have experienced draining emotions such as grief, depression, sadness or anger, I set aside time to examine my feelings and replenish my emotional reserve.
10. \_\_\_\_\_I have a close friend at work.

**Goal: Fill your emotional bucket!**

**Obstacles:**

**Shape your inner world:**

What is the truth?

Why change is important?

How does it connect to your deepest values?

How will I act differently? *(one behavior)*

Identify crucial moments

Create vital behaviors

Who will walk with me?

When are behaviors repeated?

**Hour 6: Love God with All Your Mind**

***Intentionally manage your mental energy for God’s best interest.***

*Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Philippians 4:8*

*“For who has known the mind of the Lord that he may instruct him?” But we have the mind of Christ.*

*1 Corinthians 2:16*

**Take Away Truth: We strive for a Christ-like way of thinking, especially faith and focus.**

**Inventory: Tell myself the truth…first step to change!**

Consistent Fairly regular Occasional Seldom Never

**5 4 3 2 1**

1. \_\_\_\_\_I face discouraging circumstances with realistic optimism. I consider how God will use this for positive outcome.
2. \_\_\_\_\_I resist temptation to rehearse in my mind how certain people have offended me.
3. \_\_\_\_\_I stay focused on the mental task at hand without allowing smaller distractions to capture my attention.
4. \_\_\_\_\_I take breaks at least every 1½ hours when engaging in focused mental work.
5. \_\_\_\_\_I write down my top priorities for the week and the day.
6. \_\_\_\_\_I schedule creative activities into my weekly calendar.
7. \_\_\_\_\_I exercise at least 3 days a week.
8. \_\_\_\_\_I read professionally with the expectation to learn new insights.
9. \_\_\_\_\_I read recreationally.
10. \_\_\_\_\_I take time to meditate on God’s goodness and my thankfulness.

**Goal: Discover how to sharpen your mental focus.**

**Obstacles:**

**Shape your inner world:**

What is the truth?

Why change is important?

How does it connect to your deepest values?

How will I act differently? *(one behavior)*

Identify crucial moments

Create vital behaviors

Who will walk with me?

When are behaviors repeated?

**Hour 7: Love God with All Your Soul**

***Intentionally manage your spiritual energy for God’s best interest.***

*You, however, are controlled not by the sinful nature but by the Spirit, if the Spirit of God lives in you. Romans 8:9*

**Take Away Truth: The soul is at the core of who we are and what we value. There is immense spiritual power in finding a clear sense of purpose.**

**Inventory: Tell myself the truth…first step to change!**

Consistent Fairly regular Occasional Seldom Never

**5 4 3 2 1**

1. \_\_\_\_\_I remind myself of God’s purpose and His unique calling over my life.
2. \_\_\_\_\_I take time daily for undistracted time with God in word and prayer.
3. \_\_\_\_\_I practice Sabbath rest, worship and celebration.
4. \_\_\_\_\_I have people in my life who speak God’s grace to me and show it.
5. \_\_\_\_\_I have routines of serving others that help me become less self-absorbed.
6. \_\_\_\_\_I enjoy music that lifts my spirit.
7. \_\_\_\_\_I have routines of meeting with a prayer partner or small group.
8. \_\_\_\_\_I practice activities like walks in nature or listening to recorded messages that inspire me.
9. \_\_\_\_\_\_I take seasonal retreats to examine my priorities and connect spiritually.
10. \_\_\_\_\_\_I make note of items needing confession, forgiveness and freedom.

**Goal: How to be motivated by your unique purpose from God**

**Obstacles:**

**Shape your inner world:**

What is the truth?

Why change is important?

How does it connect to your deepest values?

How will I act differently? *(one behavior)*

Identify crucial moments

Create vital behaviors

Who will walk with me?

When are behaviors repeated?

**Hour 8: Taking Action—Shaping Your Inner World**

*From Soul Care, John Ortberg*

**Cycle of Grace**

Acceptance…Sustenance…Significance…Achievement…

**Cycle of Works**

Achievement…Significance…Sustenance…Acceptance…

**Take Away Truth: Live a well-examined life and regularly ask the important questions.**

**“Am I living under grace and not works?”**

**“Am I fully engaged in loving God with all my physical, emotional, mental and spiritual strength?”**

**How energized and replenished are you?**

Consistent Fairly regular Occasional Seldom Never

**5 4 3 2 1**

\_\_\_\_\_Physical Energy

\_\_\_\_\_Emotional Energy

\_\_\_\_\_Mental Energy

\_\_\_\_\_Spiritual Energy

**What specific things are going well?**

**What specific thing are you going to change?**

**How can you create patterns and habits to live out these changes?**

**How does it tie into your core values or personal vision?**

*Learning how to change the range of what we think and do is limited by what we fail to notice.*

*And because we fail to notice*

*That we fail to notice*

*There is little we can do*

*To change*

*Until we notice*

*How failing to notice*

*Shapes our thoughts and deeds.*

*Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting. Psalm 139:23-24*

**A Simple Plan for Journaling**

The Journal is divided into three sections that you mark with dividers: Journal, Prayer, and Vision. They are explained below.

**Journal**

Allow one-half of your total book for this section. Don’t worry about writing every day but include the date when you do.

Option one: Yesterday…

Option two: One thing God is saying to me today…

Option three: I’m feeling… or Something on my mind is…

**Prayer**

Allow one third of your total book for this section. Then spread the following titles throughout that section:

Praise

Priorities

Provision

Pardon

Protection

See descriptors in your appendix. Write scripture in sections that apply to you on that day of prayer. Use them in the future to pray scripture. Keep regular intercession lists and requests for groups of people like family members or those far from God. Journal prayers in the appropriate section as you feel like it.

**Vision**

You have many options to include those big picture ideas you want to pray for from time to time:

Personal Vision Statement

Bucket List

Key Learnings

Personal Goals for a Season

Replenishment Activities: Physical, Emotional, Mental, and Spiritual

Habits I Want to Create

Luke 11:1-4

**Pathway to Powerful Prayer**

**Pray with Praise**

“Our Father, Who art in heaven. Hallowed by Thy name.”

*This section includes Luther’s Introduction and First Petition. Here we come to Him as His children. We praise God for who He is and the glory of His attributes. We praise Him as one God in three Persons and what He has done for us.*

*Thank God for calling us His children and giving access to His throne of grace. Luke 11:13*

*Praise God the Father for what He has done for us. Ephesians 1:3-6*

*Praise Jesus for his exalted position. Colossians 1:15-17*

*Praise the Spirit for the fruit He produces in our lives. Galatians 5:22-25*

Praise God for who we are in Christ

Mind of Christ… *1 Corinthians 2:16*

Belong to God… *1 Corinthians 6:19-20*

Access to the Father… *Ephesians 2:18*

Built up in Christ… *Colossians 2:6-7*

**Pray for Priorities**

“Thy kingdom Come, Thy will be done, on earth as it is in heaven.”

*This section includes both the Second and Third Petition. Here we pray for His spiritual priorities: Knowing and doing His will. Being made anew in the likeness of Christ. Intercession for the spiritual needs of others. Growth of His kingdom.*

*May your kingdom be advanced by your Holy Spirit being in full control. 1 Corinthians 2:12*

*May your kingdom be advanced in our marriages or in our single life:*

*Love as Christ loved… Ephesians 5:25-28*

*May your kingdom be advanced in our relationships with children or parents:*

*Honor one another… Ephesians 6:1-4*

*May your kingdom be advanced in our friendships:*

*Live a life of love… Ephesians 5:2*

*May your kingdom be advanced in our lives as we understand and do Your will… 1 John 5:14-15*

*May your kingdom be advanced in our city through our witness… Acts 1:8*

*May your kingdom be advanced through our influence in our workplace… 1 Thessalonians 4:11-12*

*May Your kingdom be advanced in our local congregation, or Synod or global church… Ephesians 6:19*

**Pray for Provision**

“Give us this day our daily bread.”

*Fourth Petition. This section includes prayers for physical blessing: Provision. Health. Trust in Him to provide. Intercession for the physical needs of others.*

*We ask for faith to trust You for all our financial needs… Philippians 4:19*

*We ask for help if we have overspent and are in too much debt… Philippians 4:12-13*

*We ask for those who live under the threat of worry… Matthew 6:33-34*

*We ask for financial provision of our church… 2 Corinthians 9:6-8*

*We ask for financial provision of missions we support… Colossians 4:3*

*We ask for those who have lost jobs… Matthew 7:7*

*We ask for healing for those we know who are sick… James 5:14-15*

*We ask for wise investment of our time… Psalm 90:12*

**Pray for Pardon**

“Forgive us our sins as we forgive the sins of others.”

*Fifth Petition. This section includes prayers for forgiveness and reconciliation: Confession of our sin. Surrendering bitterness and retaliation we might hold against those who sin against us. Spiritual power to receive His grace and give His grace. Broken relationships reconciled.*

*We pray Your forgiveness of corporate sin… 2 Chronicles 7:14*

*Bitterness of unforgiveness… Matthew 5:43-44*

*Thoughts of envy or jealousy… Galatians 5:26*

*Quickness to judge others harshly… Matthew 7:1*

*Fantasies of lust… Matthew 5:28-29*

*Rage of unholy anger… 1 Corinthians 13:5*

*Pursuit of materialism… 1 Timothy 6:10*

*Attitudes of “getting even”… Matthew 5:38-39*

*Lack of compassion for the needy… James 1:27*

*Indifference toward those who need to hear the Gospel… Ephesians 5:15*

*Help us identify areas in our lives that we are “stuck” in sinful patterns and need to confess. We confess those sins to you now… John 8:36*

*Help us identify people whom we are holding a grudge against and are bitter toward. Help us release the debt we are holding against that person. We name some of the people now… Ephesians 4:32*

*Help us live in freedom of forgiveness, no longer under condemnation or burdened by guilt for which You have forgiven. Help us forgive ourselves… Romans 5:1*

*Help us share the grace of God by sharing with others the message of reconciliation and forgiveness in Christ. We mention them now… 2 Corinthians 5:18-20*

**Pray for Protection**

“Lead us not into temptation, but deliver us from evil.”

*Sixth Petition. This section includes prayers for spiritual protection. Identifying the areas we have surrendered to the enemy. Asking for discernment to know the lies of the enemy that we are believing. Claiming the victory of Jesus over the enemy. Asking for power to be victorious in the testing we are going through.*

*Protect us men from the lies of the enemy that hinder our growth… John 8:44*

*“You can do it on your own…” Philippians 4:13*

*“Being right is the most important thing…” Matthew 7:1-2*

*“My identity is my work…” Matthew 6:33*

*“I must impress others…” Galatians 6:4*

*“My private world is none of God’s concern…” Matthew 6:18*

*Help us to put on the full armor of God by applying these to our lives… Ephesians 6:10-17*

*the belt of truth*

*breastplate of righteousness*

*sandals of the gospel of peace*

*shield of faith*

*helmet of salvation*

*sword of the Spirit (Word of God)*

*Help us live in the truth of the victory that we have in Christ…*

*Redeemed… I Peter 1:18-19*

*Righteous… Romans 4:5*

*Brought near to God… Ephesians 2:13*

*Given new life… Romans 6:4*

*In Christ… John 14:20*