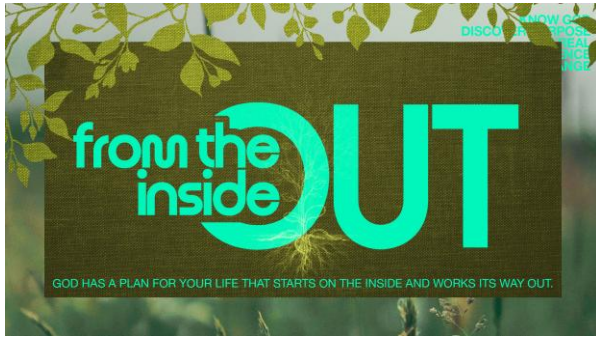




STUDY GUIDE: August 9, 2026
Message Series: Inside Out
Message Title: Proximity to God
Teaching Pastor: Angie Frame

Warm-Up / Icebreaker (10 min.)

If you could instantly change one non-physical thing about yourself—your patience, confidence, organization, listening skills, self-control, etc.—what would you choose and why?

Pray:

Heavenly Father, thank You that You are not finished with us. Thank You for the promise that through Your Spirit, You can transform us from the inside out. Open our hearts today to recognize the areas where You want to bring change. Give us humility to be honest with ourselves, courage to surrender what we cannot change, and wisdom to take the next step You are inviting us to take. Help us position ourselves near You and posture our hearts toward You so that Your Spirit can do the transforming work only You can do. In Jesus' name, Amen.

Get Started: (30 min.)

Read **Luke 6:43–45**.

- Jesus says that a tree is recognized by its fruit and that what comes out of us reveals what is happening within us. Why do you think lasting change has to begin with the heart rather than simply changing our behavior?
- Think about an area of your life where you have tried repeatedly to change but struggled to make lasting progress. What might that struggle reveal about what is happening beneath the surface?

“Jesus can substantially change us in substantial ways, and that kind of transformation happens FROM THE INSIDE OUT.” -Pastor Angie Frame

Read **Galatians 5:19–23**.

- Paul contrasts the “acts of the flesh” with the “fruit of the Spirit.” Which fruit of the Spirit do you most want God to develop in you right now? Why?

“You may not be able to change your thinking about that person who has hurt you, but the Spirit can.” - Pastor Angie Frame

- Why is it important to recognize that transformation is ultimately something God does in us rather than something we accomplish through willpower alone?

Reflect and Commit: (30 min.)

Read **James 4:8–10**.

- The message describes two ways we respond to God: **position** and **posture**. What does it look like practically to position yourself closer to God? What does it look like to posture yourself with humility?

“We cannot expect to be far from God and transformed by him at the same time.” -Pastor Angie Frame

- Which of the two is more challenging for you right now—getting closer to God or approaching Him with a humble and receptive heart? What is one practical step you could take this week?

Read **John 14:16–17**.

- Jesus promised that the Holy Spirit would be with us and in us. How does knowing that you don't have to transform yourself on your own change the way you approach personal growth?

The Five Purposes

The message introduces five purposes that help us **position and posture ourselves in proximity to God**:

- ☐ **Know God** — Position yourself near God and grow in a personal relationship with Him.
 - ☐ **Discover Purpose** — Discover how God uniquely created you and how He wants to use your gifts and experiences.
 - ☐ **Get Real** — Practice authentic relationships where you can honestly share who you are and where you are with Jesus.
 - ☐ **Make a Difference** — Serve through the local church, recognizing that every person has a meaningful role to play.
 - ☐ **Be the Change** — Step beyond yourself to bring God's love and transformation into your community and the world.
- Looking at these five purposes, which one feels strongest in your life right now? Which one needs the most attention, and why?

Closing Reflection:

Read **Galatians 5:22–23** one more time.

- If God wants to transform you from the inside out, what is one small step you can take this week to position yourself closer to Him and make room for the Holy Spirit to work?

Gather Prayer Requests: (5–10 min.)

Pray:

Father, thank You that You don't simply want to change our behavior—you want to transform our hearts. Thank You for giving us Your Holy Spirit to do the work within us that we cannot accomplish on our own. Help us to position ourselves close to You and to posture our hearts with humility. Show us where we need to surrender, where we need to grow, and where we need to take our next step. Help us pursue all five purposes: to know You, discover our purpose, get real, make a difference, and be the change in the world around us. Transform us from the inside out so that the fruit of our lives reflects Your Spirit. In Jesus' name, Amen.