



JOYCE MEYER
MINISTRIES®

The inner Life

Pressing In
to New Levels
in Christ



Create in me a clean heart, O God,
and renew a right, persevering,
and steadfast spirit within me.
—Psalm 51:10

Teaching Notes by Joyce Meyer

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THE INNER LIFE

Inner Purity = Outer Power

I. Establish Reality Of Inner Man

A. II Corinthians 4:16

1. Outer man decaying
2. Inner man being renewed

B. Habakkuk 3:17-19 – Making spiritual progress during hard times

C. Revelation 3:17 – People can think they are rich and be poor.

D. Revelation 2:9 – They can look poor and yet be rich.

E. I Peter 3:3-4 – We should be more concerned with the inner life than the outer.

F. King Jesus should rule His kingdom.

1. Luke 17:21 – The kingdom within

2. I Corinthians 3:16 – Home

3. Ephesians 3:17 – Home

II. Our Reputation With God

A. **Outer Life** is our reputation with people – **Inner Life** is our reputation with God.

1. Jesus made Himself of **NO** reputation (earthly reputation).
2. **John 17:4** – I have glorified You by completing the work You gave Me to do.
3. **Galatians 1:10** – People pleaser or God pleaser
4. **To thine own heart be true.**

B. What is your reputation with God?

III. What Is Going On Inside?

A. The **inner dimension** is a very busy place. The Holy Spirit is like a traffic light. **STOP – proceed with caution – GO.**

1. **Mark 7:14-23** (TLB) – Thoughts
Psalms 19:14 – Meditations, self-talk
2. Imaginations
3. Attitudes
4. Motives, Purposes
5. Fellowship with the Godhead
6. Intuition (knowing – revelation)
7. Conscience
8. Feeling
9. Desires (will)

B. **Matthew 7:15-20** – Wolves in sheep's clothing

Jeremiah 17:9 – Our own hearts deceive **us**.

1. **James: Chapter 1** – Trials assist. Know them by their fruit (ourselves).

INNER PURITY = OUTER POWER

C. Some of you feel worn out only because of what goes on inside of you.

1. Inner turmoil causes:
 - a. Sickness
 - b. Nerve problems
 - c. Unhappiness, discontentment
 - d. Aging
 - e. Hard-to-get-along-with attitude
 - f. Weakness (spiritual, mental, and physical)

D. Matthew 23:23-28 – White-washed tombs full of dead men’s bones

IV. Dedicate Your Inner Self.

- A. **Luke 11:39-41** – Dedicate
- B. **Psalms 45:13** – The King’s daughters are all glorious within.
- C. **Psalms 51:6, 10-11** – Create in me a clean heart. You desire **TRUTH** in the inner parts.
- D. **Matthew 5:8** – Blessed are the pure in heart. They shall see **clearly**.
- E. **John 1:47** – Nathanael – **NO GUILE**

1. **Pretenders**

TAKE THE CHALLENGE OF INNER PURITY

Are You Full Of God Or Full Of Yourself?

I. Self And Serving Self

A. Person

1. Body – Contact world
2. Spirit – Contact God
3. Soul – Contact **self**
 - a. Mind – I think
 - b. Will – I want
 - c. Emotions – I feel
4. Unregenerate people are totally self-serving.
5. “Good works” done by carnal people (unregenerate or Christian) are still self-serving – **they are done out of wrong motives.**
6. Soul must be purified of “**SELF.**”
7. I can only be as full of God as I am empty of myself.
 - a. Example: Glass of dirty water – Glass of clean water
 - b. **Emptying must come before filling.**

WE BLAME EVERYTHING ON THE DEVIL.

SELF IS OUR BIGGEST PROBLEM.

- B. **John 3:30** – *He must increase, but I must decrease . . .*
1. **The world needs to see Jesus – not us.**
- C. **Ephesians 3:19** – Filled [through all your being], become a **body wholly filled with God Himself.**
1. **Philippians 2:12** (KJV) – . . . *work out your own salvation with fear and trembling.*
 - a. Is your mind saved?
 - b. Is your mouth saved?
 - c. Is your attitude saved?
 - d. Is your will saved?
 - e. Are your emotions saved?
 - f. Is your wallet saved?
 2. To be **ever filled** with the Spirit requires being ever emptied of myself.

II. Life And Death, Light And Darkness

- A. Adam and Eve
1. **Genesis 3:1-6** – Adam and Eve sin.
FULL OF SELF = FULL OF DARKNESS
 2. **Isaiah 14:12-14** – **SATAN** – LUCIFER – LIGHT BRINGER exalted himself and NOW rules over the kingdom of darkness.

He lives in a realm of THICK darkness – darkness that can be felt.

B. Light and dark

1. **Genesis 1:3** – Let there be light (God’s will is light).
2. **Genesis 1:4** – God separated the light from the dark!
He **still** is. NO GRAY, PLEASE.
3. **Isaiah 5:20** – Woe to those who call dark light and light dark.
4. **Proverbs 15:30** – There is light in the eye of him whose heart rejoices.
5. Learn to sense if you are full of light or full of darkness.

SCRIPTURES ON LIGHT

Proverbs 4:18

But the path of the [uncompromisingly] just and righteous is like the light of dawn, that shines more and more (brighter and clearer) until [it reaches its full strength and glory in] the perfect day [to be prepared].

Isaiah 9:2

The people who walked in darkness have seen a great Light; those who dwelt in the land of intense darkness and the shadow of death, upon them has the Light shined.

Isaiah 58:8

Then shall your light break forth like the morning, and your healing (your restoration and the power of a new life) shall spring forth speedily; your righteousness (your rightness, your justice, and your right relationship with God) shall go before you [conducting you to peace and prosperity], and the glory of the Lord shall be your rear guard.

Isaiah 60:1

Arise [from the depression and prostration in which circumstances have kept you – rise to a new life]! Shine (be radiant with the glory of the Lord), for your light has come, and the glory of the Lord has risen upon you!

Matthew 5:14

You are the light of the world. A city set on a hill cannot be hidden.

Matthew 5:16

Let your light so shine before men that they may see your moral excellence and your praiseworthy, noble, and good deeds and recognize and honor and praise and glorify your Father Who is in heaven.

Luke 1:78

Because of and through the heart of tender mercy and loving-kindness of our God, a Light from on high will dawn upon us and visit [us] . . .

John 1:4

In Him was Life, and the Life was the Light of men.

John 1:7

This man came to witness, that he might testify of the Light, that all men might believe in it [adhere to it, trust it, and rely upon it] through him.

John 1:9

There it was – the true Light [was then] coming into the world [the genuine, perfect, steadfast Light] that illumines every person.

John 3:19

The [basis of the] judgment (indictment, the test by which men are judged, the ground for the sentence) lies in this: the Light has come into the world, and people have loved the darkness rather than and more than the Light, for their works (deeds) were evil.

John 3:21

But he who practices truth [who does what is right] comes out into the Light; so that his works may be plainly shown to be what they are – wrought with God [divinely prompted, done with God's help, in dependence upon Him].

Romans 13:12

The night is far gone and the day is almost here. Let us then drop (fling away) the works and deeds of darkness and put on the [full] armor of light.

II Corinthians 6:14

Do not be unequally yoked with unbelievers [do not make mismatched alliances with them or come under a different yoke with them, inconsistent with your faith]. For what partnership have right living and right standing with God with iniquity and lawlessness? Or how can light have fellowship with darkness?

I Peter 2:9

But you are a chosen race, a royal priesthood, a dedicated nation, [God's] own purchased, special people, that you may set forth the wonderful deeds and display the virtues and perfections of Him Who called you out of darkness into His marvelous light.

I John 1:5

And this is the message [the message of promise] which we have heard from Him and now are reporting to you: God is Light, and there is no darkness in Him at all [no, not in any way].

C. Life and death

1. **Genesis 2:7** – God breathed into Adam the spirit of **life**.

KEY: **I Corinthians 15:45-48** – **Earthly or heavenly minded**

2. **Genesis 2:9** – Tree of life in the garden

Do not eat from the tree of the knowledge of good and evil.

3. The Bible is full of Scripture about us being full of life.

III. Various Problems With Self (Bondages) – What Is Inner Healing?

A. **Selfish (Mark 8:34 and Luke 9:24)** – Usually combines all of it for us. Let's take a closer look.

B. **Selfish** (defined/Webster's) – **Concerned mainly for oneself without regard for others (apply to individual situations).**

1. Self-analysis
2. Self-centered – Expecting everything to revolve around us.
3. Self-confidence – Pride (**Philippians 3:3**).
4. Self-conscious – Excessively or uncomfortably aware of one's appearance or manner.
5. Self-critical – Severely judging one's own faults.
6. Self-defense – Physical protection. Protecting your **reputation**.
 - a. **Reputation** – **Jesus** made Himself of no reputation (**Philippians 2:7**).
 - b. He refused to defend Himself.
7. Self-denial – Can be selfish if it causes us to be self-righteous.

8. Self-righteous – Doing right and good to feel right about oneself – always causes judgment.

9. Self-determination – Good in balance.

Psalm 127:1 – Unless the Lord builds the house

10. **Luke 14:7-8** – Take the last title and allow the master to move you up.

a. Self-appointed

b. Self-directed

c. Self-asserting

11. Self-indulgence (defined) – Excessive gratification of one's desires.

I Timothy 5:6 – Renders a person dead while they still live

12. Self-justifying – **Excuses** for faults; shows up when being corrected.

13. Self-love – Big problem that causes most of the others.

14. Self-pity – IDOLATRY: pitiful or powerful.

15. Self-sufficient – Independent, providing for self without help.

16. Self-trust – Must appreciate the nature of the flesh. Cannot be trusted. “Piece-of-cake” attitude will get you in trouble.

17. Self-will – Obstinate; gratifying one's own self.

18. Self-abasement – Degradation due to feeling inferior.

a. Self-abuse

b. Self-destruction

- c. Self-critical
- d. Self-hatred

INNER PURITY = OUTER POWER

- C. Explain how different personalities are selfish in different ways.
1. **Choleric** – Control – wants everything and everyone to serve him so he reaches his goal.
 2. **Melancholy** – So sensitive about their feelings that they want everything around them or involving them to be perfect for them.

For example: Surroundings, food, temperature, or people they deal with
 3. **Sanguine** – They do what they “feel” like and others often suffer because of it.

For example: Excessive talking, not doing responsibilities, or not being dependable
 4. **Phlegmatic** – They have much to offer the world; but for them it is just too much trouble, so the world gets cheated of their gifts and talents.

ARE YOU FULL OF YOURSELF OR GOD?

Keeping Yourself In The Spirit So You Can Enjoy God

I. Keeping Yourself In The Spirit So You Can Enjoy God

A. **John 10:10** – Have and enjoy life – He is life.

1. **Must enjoy God to be normal.**

Joy is NORMAL.

2. Are you afraid of God?

3. Living legalistically, following **outward** rules and regulations

4. Works, works, works

B. **Colossians 1:12-13** – We have a “**PORTION**” as saints.

1. For example: What do I get out of this?

2. **Numbers 18:20** – *I am your portion . . .*

Psalm 16:5; 73:26; 119:57; 142:5

3. **Isaiah 61:7** – Rejoice in your portion. **Therefore** receive double what you forfeited.

LEARN TO ENJOY YOUR PORTION!

C. He is waiting for us to **contact** Him!

1. **Ephesians 3:16** – **Be strengthened in the inner man (we need a robust, strong inner man).**

2. Contact Him by your spirit.

3. He is the Life-giving Spirit.
4. God's Spirit **mingled** with your spirit is your present condition.
5. **John 4:24** – *God is a Spirit . . . those who worship Him must worship Him in spirit and in truth (reality).*

D. How do we contact God?

1. Pay attention to Him – turn to your spirit.
 - a. Are you paying attention to the world, yourself, or God?

Demonstration: Have three people sitting on platform holding signs – **Body**, **Soul**, and **Spirit**. The one I pay attention to lights up, awakens, and is pleased.

- b. Being ignored leaves dejection, depression, oppression, sadness, etc.

YOU FEEL THIS!

2. Exercise yourself unto godliness.

I Timothy 4:7-8 – *But refuse and avoid irreverent legends (profane and impure and godless fictions, mere grandmothers' tales) and silly myths, and express your disapproval of them. Train yourself toward godliness (piety), [keeping yourself spiritually fit].*

For physical training is of some value (useful for a little), but godliness (spiritual training) is useful and of value in everything and in every way, for it holds promise for the present life and also for the life which is to come.

3. **Matthew 26:41** and **Ephesians 6:18** – Watch and pray.
4. **Jude: 20** – Build up your faith, praying in the Holy Spirit.

- a. Example: Symptoms of old sickness returning brings fear. The Lord said pray in the Holy Spirit to build up your faith.
- b. Your spirit when strong will sustain you even in sickness.

Proverbs 18:14 – The strong spirit of a man sustains him when he is sick.

- 5. **Proverbs 15:13; 17:22** – Broken and weak spirit

You are normal when your spirit is strong.

- 6. Speak to yourself in psalms and hymns and spiritual songs.

Ephesians 5:17-20 – A spiritual exercise that keeps you filled with the Spirit

- 7. **Deuteronomy 30:14** – Keep the Word in your mouth, mind, and heart.

- a. **Joshua 1:8** – Meditate for victory.

- b. **John 15:7** – If you abide **in Me** and My Word abides in you, you can ask what you will, and I **will** do it.

- c. **Are you fellowshiping with God or your problem?**

- 8. **II Kings 3:8-15** – Elisha asked for music.

CHRIST IS “THE WORD.”

ANYTIME WE DEAL WITH THE WORD, CHRIST IS PRESENT.

II. The Inner Anointing

- A. **I John 2:20, 27** – The anointing abides.

- 1. **You are normal when you sense life!**

- B. When we are out of the Spirit, we are usually in **our mind**, feelings, or our own stubborn will.
 - 1. Figuring
 - 2. Reasoning
 - 3. Considering
 - 4. “Being complicated”
- C. We experience SIMPLICITY when we are in the Spirit.

III. Living In The Spirit Versus Improving Our Behavior

- A. **Galatians 5:16** (KJV) – *Walk in the Spirit, and ye shall not fulfill the lusts of the flesh.*
 - 1. **Romans 8:1-2** – The law of the Spirit of life is greater than the law of sin and death.
 - 2. **Romans: Chapter 7** – A man seeking to do good in the soul
 - 3. **Romans: Chapter 8** – A man seeking to do good in the Spirit
Concentrate on keeping yourself in the Spirit, not out of the flesh.
- B. Walking in the Spirit and condemnation!
 - 1. No condemnation to those “in Christ.”
 - 2. Get your eyes on Him, not on you – what He has done, not what you have done.

Don’t think so much on your faults!
- C. Keep your mind on Christ, not on your sin or temptation.

1. **Romans 8:5** – Those who are according to the flesh set their minds on the flesh.
 2. **Romans 13:14** – Make no provision for the flesh.
(Stop thinking about its evil cravings.)
- D. Get committed to Christian work (as the Lord leads).
1. Force yourself to have your mind on something else.

What Is Your Reputation With God?

I. **Glory – Psalm 45:13**

- A. Glory (defined/Vine's) – Honor resulting from a good opinion. Brightness (seen in spirit realm); good report, fame, renown, or **REPUTATION**.

The manifestation of all the excellencies of God.

- B. To glorify God and have a good reputation in heaven, we must not only do excellent things but also do them for excellent reasons (with excellent motives).

- C. The glory cloud – *Shekinah*

1. **I Kings 7:51 - 8:11** – Glory filled the house because they had built the house for **HIS** glory.
 - a. **Romans 6:18** – Righteousness: in thought, purpose, and action
 - b. **I Corinthians 3:12-18** – Right motives are vital.
 - c. **Jeremiah 17:9** – Heart is deceitful above all else.
 - d. **Galatians 6:3-4** – Examine your work and avoid comparison.
 - e. **Obadiah 1:3** – *The pride of your heart has deceived you, you dweller in the refuges of the rock [Petra, Edom's capital], whose habitation is high, who says in his heart, Who can bring me down to the ground?*
 - f. **Psalm 51:6** – *Behold, You desire truth in the inner being; make me therefore to know wisdom in my inmost heart.*

D. **John 17:1-5** – I have glorified You by completing the work You gave Me to do.

1. He glorifies us as we glorify Him.

II. Do ALL For The Glory Of God.

A. **I Corinthians 10:31** – Whether you eat or drink, do **ALL** for the glory of God.

B. **Matthew 6:1-6** – Do good works in secret (for His pleasure and glory) **then** He will reward you in the open.

1. **Keep God's secrets, and He will tell you His!**
2. **Remember:** We are His portion; we are alive for His pleasure (**John 5:30**).

C. To live for **HIS** glory requires a decision to not live by your feelings.

1. **Complaining** as an example (**Philippians 2:14-15**)
2. **Choose** what will keep you **shining brightly** and glorify God (our presence should blind the enemy).
3. **Take the challenge of inner purity.**

III. Do ANYTHING For The Glory Of God.

A. Brother Lawrence was happy if he could pick up a straw off the ground for the glory of God (from his book, *The Practice of the Presence of God*).

B. **Extreme obedience**

1. **Philippians 2:8** – Jesus carried His obedience (obedience is inner purity) to an extreme of death on a cross.

- C. Excellence/Mediocrity
 - 1. To be excellent, we will need to do things (for conscience sake) that to the flesh are extreme.
 - 2. Extra-mile principle – **Be willing to go the extra mile.**
Matthew 5:40-45 – Do it to SHOW you are God’s child.

IV. The Conscience

- A. **Acts 24:16** – Paul did things right (excellent) to avoid a guilty, burdened conscience.
- B. **I Timothy 1:5, 19; 3:9** – Affects faith
 - 1. **II Timothy 1:3** – Affects worship
Paul was willing to do what he needed to do in order to keep his inner life pure.
- C. **Matthew 5:8** (KJV) – *Blessed are the pure in heart: for they shall see God.*
- D. **Titus 1:15** – *To the pure [in heart and conscience] all things are pure . . .*

V. Clarity – To See Clearly

- A. **Revelation** (defined/Vine’s) – An uncovering, Christ drawing away the veil, mystery uncovered. **God communicating knowledge to the soul.**
 - 1. **Proverbs 3:32** – His secret counsel is with the righteous.
- B. **Daniel 2:28** – *But there is a God in heaven Who reveals secrets . . .*
 - 1. See **Daniel 2:20-22, 28-30**
 - 2. **Daniel 5:12-14** – Daniel had clarity because He also walked in **excellence.**

ADDENDUM

Jeremiah 9:25 – *Behold, the days are coming, says the Lord, when I will punish all who though circumcised [outwardly, in the flesh] are still uncircumcised [in corresponding inward purity].*

Inner Silence

I. A Cool Spirit

- A. **Proverbs 17:27** – He who has a cool spirit also has knowledge.
 - 1. **Psalm 46:10** – Be still and know
- B. **Matthew 5:8** (KJV) – *Blessed are the **pure** in heart: for they shall see God.*
 - 1. To hear God, you must maintain a proper atmosphere.
- C. Calm, cool, and collected
 - 1. **I Thessalonians 5:4-6** – Turmoil is darkness.
 - 2. **II Timothy 1:7** – A sound mind is a calm, well-balanced mind.
Your mind has a great affect on your spirit.
 - 3. **John 14:27** – Stop allowing yourselves to be upset.
 - 4. **II Timothy 4:5** – Be calm, cool, and steady.
- D. A clear conscience is a must to maintain inner silence.

II. The Importance Of A Cool Spirit

- A. **To be trusted**
 - 1. By God, others, and myself
 - 2. Emotional decisions bring failure.
 - 3. **Ecclesiastes 5:2** (Living Bible) –
A hasty spirit always causes trouble.

4. Moses: **Psalm 106:32-33** – They “provoked” Moses’ spirit.

DOES THE DEVIL EVER TRY TO PROVOKE YOU?

5. The Pharisees continually tried to **provoke** Jesus (**Luke 11:53-54; 12:1-3**).
 - a. Excellent references
 - b. **When emotion pulsates, the mind becomes deceived; and conscience is denied its normal standard of judgment.**
6. Provoke (defined/Webster’s) – Stir to action; cause anger, to excite, rouse, inflame, or instigate.

YOU CAN BE UNMANAGEABLE BY THE DEVIL.

B. Inner purity = Outer power

1. Example: Abraham and Lot (**Genesis 13:8**)
2. **Matthew 6:33** – Seek the kingdom, and things are added.
3. Ability to change outer circumstances is a front of inner purity and peace.
4. The kingdom is **righteousness, peace, and joy.**

This is normal.

**WE “OVERCOME” BY OUR REACTION TO PROBLEMS,
NOT BY THE ABSENCE OF PROBLEMS.**

III. The Inward Adorning

- A. **I Peter 3:3-4** – Peaceful, calm, not **anxious** or wrought up
 - 1. Use wrapped packages on platform as example – **BEAUTIFUL BUT EMPTY.**
- B. Anxious/Anxiety – Eagerly or earnestly desirous of a thing to the point of uneasiness or distress over a future uncertainty.
 - 1. Synonym: disquiet
- C. Lust – Wanting something so badly you cannot be happy without it.

IV. Patient Spirit

- A. **Ecclesiastes 7:8-9** – Better is the end of a thing than the beginning.
 - 1. **Few ever reach the end of goals due to impatience.**
 - 2. **A powerful man is one who has an ability to help but refuses to because he knows God says, “WAIT.”**
- B. An **inner** discipline, not an outer discipline
 - 1. Control over actions without a heart change will never keep us permanently out of trouble.
- C. Patience (defined/Vine’s/Greek) *Hypomone* – A grace of the soul that develops only under trial.

V. Graces Of The Soul Versus Gifts

- A. Gifts are given and can flow through impure, immature people.
- B. Graces of the soul is God’s very own character worked **IN** us (an inner thing).

C. **Psalm 103:7** – He made His ways known to Moses, and His acts to the children of Israel.

1. Moses also saw and was involved in His great miracles.
The Israelites **never** got stable.

VI. Prior To Dividing Of Soul And Spirit

A. The Christian is perturbed and disturbed by the **slightest** inconvenience.

B. After dividing of soul and spirit, he experiences a type of “UNTOUCHABLENESS.”

1. **Psalm 91:7** – *A thousand may fall at your side
... but it shall not come near you.*

You are inaccessible in “the secret place.”

VII. The Rule Of The Will

A. Even your spirit, as noble as it is, must submit to the rule of the will.

Deuteronomy 30:19 – I set before you life and death – **CHOOSE**.

B. **Psalm 131:2** – David calmed and quieted his soul. **HE did it**.

C. **John 14:27** – **Stop allowing** yourself to be disturbed.

QUIET

. . . “To aspire to be quiet” (***I Thes. 4:11***) is the responsibility of every believer. Today there is indeed too much talking among the believers. Sometimes, there are more unspoken words than those that are spoken. Confused thoughts and garrulous speakings are sufficient to cause our spirit to wander outside the control of our will. An “uncontrolled spirit” will often cause man to act according to the flesh. When the spirit of a believer is uncontrolled, it is very difficult for him to keep himself from sinning. An erring spirit often leads to wrong conduct.

Before the mouth will be quiet, the spirit must be quiet, because whatever is in the spirit will come out from the mouth. We should always be careful to keep our spirit quiet so that we can remain quiet when things become confusing. A quiet spirit is indispensable in order for us to walk according to the spirit. Otherwise, we will fall into sin. If our spirit is quiet, we can hear the voice of the Holy Spirit in our spirit. Then we can execute God’s will and understand what we cannot understand amid confusion. This quiet spirit is the ornament of a believer. It is what a believer should express outwardly.

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