

Journaling to a more Authentic You

Thought Questions:

Who is authentic in your life?

How do we become intentionally authentic in this idealistic world of fake?

How do we become Real?

John 13:35 tells us that people will know us by the fruit of our lives.

What does your fruit look like?

Is it authentic?

Tools from the Word of God:

Ephesians 5: 8-9 goes on to say, " .. you are light in the Lord; walk as children of the Light. For the fruit will be every form of kindly goodness, uprightness of heart, and trueness of life."

1 Corinthians 10:31 - Whether therefore you eat, or drink, or whatsoever you do, do all to the glory of God

2 Corinthians 13:5 – Examine and test and evaluate your own selves to see whether you are holding to your faith and showing the proper fruits of it.

Philippians 1: 9-11 says, "And this I pray, that your love may abound yet more and more in knowledge and in all judgment. That you may approve things that are excellent, that you may be sincere and without offense till the day of Christ. Being filled with the fruits of righteousness, which are by Jesus Christ unto the glory and praise of God."

Thoughts to consider:

To be genuinely authentic we need to match the inner covering of the heart to the outer flesh covering of the soul.

When we spend time in the presence of God our normal is audaciously bold.

We can have a perspective rich in mercy, flowing in love, abounding in grace, and multiplied in power.



What steps can you take to start being a more authentic purpose filled you?