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## Internal Changes

Anna Bennett

*Southern Adventist University*, [annabennett@southern.edu](mailto:annabennett@southern.edu)

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“I will sprinkle clean water on you, and you shall be clean from all your uncleannesses, and from all your idols I will cleanse you. And I will give you a new heart, and a new spirit I will put within you. And I will remove the heart of stone from your flesh and give you a heart of flesh. And I will put my Spirit within you, and cause you to walk in my statutes and be careful to obey my rules.” Ezekiel 36:25-27 ESV

### **Internal Change**

Two weeks ago we talked about a lot of the external changes taking place all around us as we start a new school year. Last week I encouraged us all to identify the current reality of our spiritual walk by asking the question, how are you and Jesus doing, really? This week, instead of sharing illustrations from my own experiences or digging into a scriptural passage together, I want to encourage you to spend a moment today opening God’s Word for yourself.

If you don’t know where to start, that’s fine.

If it has been a little while since you’ve opened your Bible, it’s ok.

If you’re worried you’ll invite God to speak but won’t hear anything in response, take courage friend.

Start by finding a still, quiet space with minimal distraction. The garden near Hickman is a great spot, or the walking track, or out towards Student Park or the Goliath Wall, the Prayer Garden near Florida Hospital Hall, or the Prayer Room inside the Chaplain’s Offices might all be a place where you can go to intentionally connect with God.

Once you get settled in, take a deep breath. Several times. Stop all your rushing and running around and just focus on being in this moment with God. Pray a prayer inviting His Presence into your heart and mind and asking for a hedge of spiritual protection.

Read Ezekiel 36:25-27 several times, three times minimum, in order to really allow the words to sink in. In the margins of your Bible or in a journal, what stood out to you from these verses? What questions do you have? How do these words apply to you in your current spiritual season? What do you believe God is trying to tell you through these verses?

Sit with these words for a moment before rushing off. Give God ample time to talk to you and impress your mind according to His Spirit. Reflect, journal, pray, sit with your eyes closed for a moment if you need to and just soak it all in.

With all the new and exciting, sometimes overwhelming changes taking place around us, we can easily neglect to take note of what God is doing or wants to do inside us. Don’t miss out on Him calling you to behold Him daily and become transformed by His power and His love.

As you strive to make the Main Thing the main thing this week, may you be keenly aware of the work that He’s doing inside of you.

Challenge & Upcoming Events:

- Share your experience with Ezekiel 36:25-27 with another friend, peer, colleague, or stranger as God prompts.
- Consider practicing spiritual disciplines such as confession, silence, solitude, or even fasting this week to maximize your time in God's Word as you ask for specific internal changes.
- Join us for **Vespers this Friday evening at 7:30pm** with Pastor Don Keele as our guest speaker.
- **The Experience Sabbath School** meets every Sabbath at 10:30am in the Fellowship Hall of the University Church for small group Bible study and conversation.
- Email [alysonc@southern.edu](mailto:alysonc@southern.edu) to get involved in Vespers!

Blessings,

-Anna Bennett