



## **For Best Results, Inside Out**

By Crystal Knapp

- Think about a time in your life when you experienced a big or small change.
- What were the major parts of the change that took place?
- Did something within you spark an outward change?

### Bonus Questions

- Is there an area of your life that needs to change? Something you would like to be different? If so, what are they?
- What are some immediate actions you can take to help you to start a positive change?

### Reach UP to God

Oh God, I need to change. I want to change to be more like Jesus. Please do the work inside of me and help me to cooperate with you. Thank you.