

CHRIST
IN US

THE HOPE OF GLORY

LIVING IN HIS PRESENCE
MANUAL

SCOTT MORMON

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DEDICATION:

For the weary.

For the worn.

For those who've done all they know to do—and still feel empty.

For the man who shows up day after day, carrying invisible burdens no one sees.

For the woman who pours out her life for others but forgets how to sit at Jesus' feet.

For the servant who's lost joy in the serving.

For the leader whose own soul has grown thin from leading.

For the one who walked away—not from faith, but from the exhaustion of striving.

This is for you.

For every heart that longs not for more to *do*, but for more of *Him*.

For those ready to lay down performance and pick up presence.

For those hungry for rest—not just for the body, but for the soul.

For those brave enough to return—not to religion, but to relationship.

May you hear His voice again: **“Come to Me... and I will give you rest.”**

May you rise—not by effort, but by surrender.

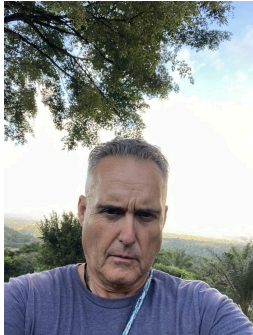
May you be drawn in, and made new.

This little book was written for you.

Let's begin the journey—one quiet morning at a time w/Him.

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ABOUT THE AUTHOR



Once trapped in addiction, prison, and deep hopelessness, everything changed when Scott encountered the living Jesus in 1988. That encounter didn't just rescue him—it began a lifelong journey of redemption, purpose, and love for reaching others who feel too far gone.

Just two years after his radical salvation, Scott began mentoring and discipling others. Early on, he found himself face-to-face with the deep realities of spiritual bondage and deliverance—walking alongside the addicted, the incarcerated, the demonized, and the deeply broken. Having once lived in darkness himself, Scott knew firsthand how real the battle is—and how much greater the name of Jesus is.

That journey eventually led to founding *Breaking Free Inc.*—a ministry devoted to reaching the addicted, the incarcerated, the homeless, and the forgotten. From residential recovery programs to church planting, from raising up spiritual sons and daughters to international missions in prisons, refugee camps, and orphanages, Scott has served in many fields. But always with the same simple heart: to love people back to life in Jesus.

In 2006, he launched the *Servant Leadership Training (SLT) School*, committed to raising up leaders who serve with humility, courage, and compassion. His doctoral studies in theology and leadership further equipped him to help shape servant leaders across cultures.

But if you ask him what matters most—it's not the degrees, titles, or programs. It's this: the Presence of Jesus. Apart from Him, none of it matters. In Him, all things are made new.

Today, as a grateful father to four biological children, six adopted daughters, one spiritual son from Costa Rica, and proud grandfather of thirteen—Scott's greatest joy is not only seeing lives transformed, but witnessing God's faithfulness across generations.

This book—*Christ in Us, the Hope of Glory: Living in His Presence*—is not written from a mountaintop, but from the field. It's for the weary, the striving, the doers, the broken—those longing not for more to “do,” but for more of Him. It's for anyone hungry to return—not to religion, but to rest. Not to strive, but to surrender. Not to a formula, but to a living fellowship with Jesus.

Scott's passion remains simple: to love people back to life, lift high the name of Jesus, and keep serving in the fields and forgotten places where hope is needed most.

“May I never boast except in the cross of our Lord Jesus Christ...” — **Galatians 6:14**

“So if the Son sets you free, you will be free indeed.” — **John 8:36**

Preface: From Stillness to Glory - Walking Daily with Christ Within

Each morning is a new opportunity to draw near to the heart of God. In the stillness of quiet time, as we turn our gaze toward Him, something miraculous begins to happen—not by striving, but by surrendering in His presence.

Christ in us—the hope of glory—calls us upward and inward, gently drawing us closer to Himself. Just as vapor rises from the ocean toward the sun, so our souls, in yielding, are drawn heavenward. The vapor does not purify itself; it simply ascends. And as it rises, it is refined. Impurities are left behind in the lower atmosphere, and what remains becomes clearer, lighter, more like the sun/Son it seeks.

This is the quiet work of God in us. We cannot manufacture holiness. We cannot change ourselves into transformation. But we can surrender. We can choose to sit before Him, to wait, to listen, to abide. It is in this place—day after day, morning by morning—that Christ forms His life in us.

There is, however, a key difference between vapor and soul. While vapor can only be passive, you and I have the privilege of responding willingly to His drawing. In the stillness of quiet time, we offer Him our hearts afresh. We open His Word. We pray. We journal. We listen. And in doing so, we cooperate with His Spirit, allowing Him to purify, renew, and transform us from the inside out.

This book is written for those who long to be drawn in and made new. It is for those who hunger for the daily reality of “Christ in you, the hope of glory.” It is my prayer that as you walk through these pages, you will be inspired to embrace the gift of a quiet time with Him the Son—not as a duty, but as a doorway to life. As you do, may you find yourself rising—like vapor to the sun/Son—into ever-deepening fellowship with the One who loves you beyond measure.

—Scott, a servant saved by His grace

INTRODUCTION:

Christ in Us—the Hope of Glory: Living in His Presence

It took me many years—nearly a full decade—to finally grasp this truth: no amount of doing, serving, striving, or even ministry success can ever replace simply being in His presence.

And even now, after all these years, it's something that still must be kept in check—daily. The drift toward performance is subtle. The temptation to replace intimacy with activity is always there. No matter how long we've walked with the Lord, this is a truth we must return to again and again: to abide first, to be with Him first, before all else.

Especially in the quiet of the morning, before the world awakens and the noise of the day begins, I had to learn—slowly and painfully—how to set aside performance and “spiritual busyness” and instead draw near to Him. To surrender. To listen. To just be with Jesus. To let Christ in us—the hope of glory—become not just a truth I believed, but a reality I lived from.

People often ask me: “What’s the most important thing you teach the young men and women in your recovery centers? Or your own spiritual sons and daughters? Out of all the leadership training, the recovery tools, the life skills... what matters most?”

And my answer is always the same: this.

If I can teach them how to have a daily quiet time—how to sit with Jesus, how to hear His voice, how to remain in Him—then they will have everything they need. Because if they can learn to abide in Him, they can stand through anything.

But if they miss this—even if they attend church, quote Scriptures or learn leadership principles—everything else will eventually be compromised to some extent under the weight of life. Because it was never meant to be carried in human strength alone. It's in His presence that we're changed. It's in His presence that we're sustained. It's in His presence that we learn how to truly live.

That is why this book exists. Not to give you one more religious duty. Not to teach you a new formula. But to lead you into something deeper—a lifestyle of meeting with God, daily, personally, in the secret place.

Because this is where it all begins.

Chapter One:

Entering the Kingdom Within

I. Foundational Truth: The Kingdom of God Is Within

Scriptural Basis: *“The kingdom of God is within you.”* — Luke 17:21

Explanation: Jesus radically redefined the search for God’s Kingdom. The Pharisees sought signs and external displays of power, but Jesus pointed to a deeper, hidden reality: the Kingdom is not something to be seen with physical eyes or found in holy places or rituals. It is already **within** the hearts of those who believe.

Key Point: Don’t chase spiritual fulfillment in external achievements or distant places. The Kingdom of God is spiritual, internal, and personal. It begins with **God’s presence taking root within you.**

Spiritual Direction: When your soul longs for God, don’t look outward first—**turn inward.** In the stillness of your heart, beneath all distractions, the King of Kings is already waiting.

II. You Are the Temple of the Holy Spirit

Scriptural Basis: *“Do you not know that your body is a temple of the Holy Spirit, who is in you...?”* — 1 Corinthians 6:19

Explanation: We often search for sacred spaces—churches, mountaintops, retreats—thinking they bring us closer to God. But Scripture is clear: **you** are the temple. You carry God’s sacred presence within you.

Key Point: You are not empty or abandoned. You are **inhabited.** The Holy Spirit doesn’t visit occasionally; He **indwells permanently.**

Spiritual Direction: Honor your body and soul as His temple. Keep it holy—not just morally, but spiritually—by cultivating a life of worship, prayer, and surrender.

III. Christ in You, the Hope of Glory

Scriptural Basis: “Christ in you, the hope of glory.” — *Colossians 1:27*

Explanation: The mystery of the Gospel is not merely that Christ came to save us—but that He came to **live within us**. For generations, humanity looked to temples, altars, and sacred spaces to encounter God. But through Christ, God did something unprecedented: **He made His dwelling in us**.

This is not symbolic or poetic—it is spiritual reality. If you belong to Him, then His Spirit lives inside you. The same power that raised Jesus from the dead is alive in you today (Romans 8:11). The same love that moved Christ to the cross is poured into your heart through the Holy Spirit (Romans 5:5). And the same glory that radiated from Jesus on the Mount of Transfiguration is now being formed in you, day by day.

This is your **hope of glory**—not your own strength, righteousness, or religious effort, but **Christ in you**. His presence becomes your identity, your security, and your future. When you feel weak, unworthy, or uncertain, remember: **Christ in you** is enough. It’s not about what you can achieve—it’s about Who lives within you.

This is the hope that anchors your soul:

- That Jesus is not far off but present within.
- That His glory is not only in heaven but already alive in your spirit.
- That transformation is not distant but unfolding from the inside out.

Spiritual Direction: When you turn inward in faith and quiet your heart before Him, you are not imagining something spiritual—you are accessing Someone real. Jesus is not just beside you; He is **in you**, and He desires communion, conversation, and surrender. His indwelling is not the end of the Gospel—it’s **the doorway to ongoing transformation**.

Let this truth wash over you: You are not alone. You are not forsaken. You are not powerless.

You carry Christ within you. And because of that, glory is not a far-off promise—it is your present hope.

IV. Coming to the Lord

Action Step: Once you realize that **God dwells within you**, approach Him **intentionally and personally**. You don’t need to wait for a church service, a retreat, or even a quiet room. The Lord is **always near—within you**—and His throne room is as close as your next breath. Every quiet time becomes an entry into the throne room of grace. **Don’t rush it**. Enter slowly, with holy reverence and expectant love.

Posture of Heart:

- Come with **love**—not out of duty, guilt, or fear, but out of deep desire to be with the One who first loved you.
- Come with **gentleness**—not striving, pushing, or performing. You don't need to force anything. He is already present and waiting.
- Come with **worship**—acknowledging His holiness, His nearness, and the beauty of His presence.
- Come with **reverence and awe**—you are entering the Holy of Holies, not in a temple made with hands, but in the eternal sanctuary within, where the **King of kings meets His beloved**.

Spiritual Direction: Quiet time is not confined to a particular place. **The sanctuary is within you and goes with you.** Whether you are walking, working, resting, or even in the middle of a crowd, you can pause—close your eyes to the world around you—and enter that sacred inner place where God dwells.

In that moment of stillness:

- Let your heart bow before Him.
- Let His peace settle your spirit.
- Let Him minister to your soul, speak into your situation, and give you wisdom for the need at hand.

You don't go to Him—He is already in you.

You simply **turn inward**. You simply **listen**. You simply **come**.

V. Humble Acknowledgment

Confession: Recognize your deep need. Say:

- “Lord, without You, I am nothing.”
- “You are everything I need.”

- “I bring nothing of value but an open heart.”

Key Point: This isn’t self-hatred—it’s holy humility. It’s the awareness that **you are dependent** on His grace, not your own merit.

Spiritual Direction: Let humility be the doorway into intimacy. Pride builds walls, but humility breaks them down.

VI. Belief That Invites His Presence

Key Belief: **Faith** activates your awareness of His presence. Trust—not feeling—is the entryway.

Result: When you believe He is there, you experience the reality of His nearness. This faith unlocks the throne room within you.

Spiritual Direction: Speak this truth aloud: “I believe that You are with me, in me, and for me—right now.” Stay in that awareness until it becomes more real than your surroundings.

VII. Sensitivity: Do Not Quench the Holy Spirit

Key Caution: The Holy Spirit is present to guide, comfort, and empower—but we can quench His activity through unrepentant sin, neglect, disobedience, or distraction.

Scriptural Principle: We are urged: *“Do not quench the Spirit.”*

Practical Application: Stay sensitive. The Spirit often speaks in whispers, not shouts. If you harden your heart, rush through quiet time, or cling to sin, you can dull your ability to hear Him.

Spiritual Direction: Welcome Him freshly each day.

Say aloud: *“Holy Spirit, I honor Your presence. I will not resist You. Speak, and I will listen.”*

Let this openness protect your communion with Him and keep your heart soft toward His promptings.

Summary Statement

The Kingdom of God is not distant—it is within you. You are His temple; His Spirit dwells in you. Christ in you is your hope, your glory, and your daily strength. Come before Him in faith, with a

heart of love and humility. Quiet your soul—not striving outwardly, but turning inward to meet Him. In stillness, worship, and holy awareness, you will find the reality of His presence more near and real than anything around you.

Chapter Two:

Grace for Today- A Daily Rhythm of Quiet Time, Prayer, and Journaling:

“The secret place is not a location—it’s a lifestyle.”

At **Breaking Free**, one of the most vital foundations we lay—whether in our long-term recovery programs for young men and women, our family recovery programs, or our servant leadership training schools—is this:

Learning how to hear the voice of God and how to journal what He says.

It doesn’t matter if someone is just coming out of addiction, trying to restore their family, or stepping into ministry—we’ve found that without this daily connection, transformation stalls. But when people begin to meet God in the quiet place, everything changes:

- **Direction comes**
- **Conviction deepens**
- **Peace settles**
- **Purpose is clarified**
- **Overcoming happens**
- **Transformation takes place**

In a world dominated by urgency, pressure, and distraction, it’s easy to neglect the one thing that centers everything: **intimacy with God**. We schedule meetings, chase deadlines, and scroll endlessly—but what if the breakthrough we need isn’t in *doing more*, but in *pausing more*? In *listening more*?

Quiet time, prayer, and journaling aren’t just spiritual practices—they are lifelines.

This is how we:

- **Come home to the Father’s presence every single day**
- **Hear His whisper above the world’s chaos**
- **Restore our minds, refocus our purpose, and refill our spiritual tank for the road ahead**

A Vital Safeguard Before You Begin

Before we dive into the daily rhythm of quiet time, prayer, and journaling, it's important to clarify something foundational: **God will never speak in a way that contradicts His written Word.**

No impression, emotion, or whisper should ever override the authority of Scripture. The Bible is our final standard—our compass, our boundary, and our confirmation. The Holy Spirit will often personalize and apply the Word to our hearts, but He will never speak against or contradict it:

“All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness...” — 2 Timothy 3:16

➔ As you learn to hear God in the secret place, always measure what you hear against what God has already spoken in His Word. **The written Word is the lens through which we discern His whisper.**

Quiet Time – Centering Ourselves in God’s Presence

“Be still, and know that I am God.” — Psalm 46:10

Quiet time is more than a devotional checklist. It is:

- **The throne room**
- **The inner sanctuary where heaven meets your heart**
- **Your spiritual lifeline**

It's not about checking a box to feel spiritual; it's about meeting the One who restores your soul.

In quiet time:

- The noise of the world fades
- The voice of God becomes clear again
- You stop running from things and start running to Him
- Your identity is reestablished—not as an addict, struggler, or failure, but as a son or daughter of the King

- Your mind is renewed—washed with truth instead of lies
- Your spirit is recalibrated—shifting from fear to faith, from striving to surrender

It's here that:

- **Peace becomes your portion**
- **Direction becomes your anchor**

Whether you're starting recovery, rebuilding your life, or preparing for leadership—**quiet time is where it all begins.**

Purpose of Quiet Time:

- To **realign your heart** with Heaven's perspective
 - To exchange **anxiety for assurance** and **confusion for clarity**
 - To grow **intimacy**, not just gather information
 - To prepare for the day—not just with plans, but with **His presence**
 - To **learn to hear and discern** the voice of the Lord
-

How to Begin Quiet Time:

➤ Set a Sacred Appointment:

- Choose a consistent daily time
- **Mornings are ideal**—they set the tone for the day
- Treat this as a sacred appointment you keep as faithfully as any meeting or responsibility

➤ **Side Note:**

- Start with what you can
- Don't overwhelm yourself—**consistency matters more than length**
- Let desire grow instead of pressure build

➤ **Create an Atmosphere of Peace:**

- Prepare a quiet space
- Soft worship music, a lit candle, your Bible open, and your journal ready
- Let this space become your **daily sanctuary of stillness and encounter**

➤ **Prepare Your Heart:**

- Silence your phone
- Limit every possible distraction
- Quiet your worries—**God deserves your attention**
- Begin with a simple prayer: *“Lord, I’m here. I want to meet with You.”*
- Pause. Listen. Write down what you sense

➤ **Open the Word—Not Just a Devotional:**

- Read slowly—let Scripture soak into you
- Ask: *“What are You saying to me, Lord?”*
- Write what He shows you

➤ **Sit in Silence:**

- Let God whisper truth beyond your own thoughts
- **Be still long enough to recognize His presence and voice**

Why Journaling Is Essential

Journaling isn't just a habit—it's a **spiritual anchor**.

When you write down what the Lord is speaking:

- It **slows you down**
- It helps you truly **hear**
- It transfers revelation onto paper—so it can be remembered, prayed over, and acted upon

What God shows you in the secret place today may be what sustains you in the battle tomorrow.

Journaling – Capturing God's Whisper

"Write the vision... so that a herald may run with it." — Habakkuk 2:2

Journaling is the spiritual art of **remembrance**. When God speaks:

- **Write it down**
- When He convicts—**confess it**
- When He encourages—**treasure it**

Your journal becomes a testimony in motion—a **history of grace**.

Benefits of Journaling:

- Tracks your **growth, struggles, and victories**
- Reveals patterns of **breakthrough or warning**
- Preserves **answered prayers** and divine direction
- Becomes a **well of encouragement** in future battles

Tips for Journaling with Impact:

- Always **date your entries**
 - Be **brutally honest**—God doesn't want you masquerading
 - Include **Scriptures, emotions, decisions, dreams**
 - Don't edit the whispers—**write what you sense**, even if unsure
-

Prayer – Honest Dialogue with a Loving Father

"The LORD is near to all who call on Him... in truth." — Psalm 145:18

Prayer is not performance—it's **proximity**. It's not about fancy words—it's about a **surrendered heart**. In prayer, we don't just give God our list—we give Him our lives.

In prayer:

- **Burdens are lifted**
 - **Battles are won**
 - **Hearts are changed**
-

Elements of Intimate Prayer: *(This rhythm of prayer journaling is foundational across all Breaking Free programs. We teach this not as a formula—but as a pathway into intimacy and transformation.)*

➤ Praise:

- Begin with worship
- Exalt who He is—focus on His nature

➤ **Thanksgiving:** *“Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name.” — Psalm 100:4*

- Clothe yourself in gratitude
- Write down what you’re thankful for
- This shifts your atmosphere

➤ **Confession:**

- Be honest—bring your brokenness
- Use your DMI (Daily Moral Inventory) if doing one
- Ask:
 - *“Where did I fall short?”*
 - *“Why did I respond that way?”*
 - *“What do You want to change in me?”*
- **Write everything down**—God will respond if we will listen

➤ **Petition:**

- Bring your needs boldly: *“Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.” — Hebrews 4:16*
- Record and lift your requests

➤ **Intercession:**

- Stand in the gap for others
- Pray Scriptures over them
- **This is Kingdom work**

➤ **Listening:**

- Be still
- Write what you hear—this is where God instructs, comforts, and corrects

➤ **Thanksgiving (Close):**

- End as you began—with gratitude
- **Anchor your prayer in trust and praise**

"If my people, who are called by my name, will humble themselves and pray... then I will hear from heaven..." — 2 Chronicles 7:14

Final Encouragement: This Rhythm Will Rewire Your Life

Daily **quiet time, prayer, and journaling** is not legalism—it's **oxygen for your soul**. It's not a religious duty—it's your **lifeline to the Living God**.

It's how you:

- Stay **rooted when everything around you shakes**
- Remain **tender in a hardened world**
- Stay **clear in a confused generation**
- Stay **full in a time of spiritual drought**

You were not created to live off **yesterday's manna**. You were never designed to navigate this life on your own wisdom, strength, or willpower. You were born to **abide**.

In this sacred rhythm—this daily returning to God—you will be:

- **Shaped in truth**
- **Pruned in love**
- **Empowered by grace**

Not just **inspired temporarily**, but **transformed eternally**.

God is waiting for you in the secret place. He's not checking your spiritual performance—He's waiting to pour out His presence.

***"Draw near to Me, and I will draw near to you."* — James 4:8**

This is not a one-time moment—it's an **invitation into a lifestyle**:

- Where His voice becomes your compass
- His Word becomes your sustenance
- His nearness becomes your daily reality

The more you return to this holy rhythm, the more you will:

- Carry the stillness of Heaven into the storms of the earth
- Walk in peace while the world panics
- Speak life when others speak fear
- Lead from overflow—not from burnout

And when the noise of life grows loud again—and it will—you'll know exactly where to return:
Silence. Scripture. Surrender.

This rhythm will:

- 🔥 **Steady you in the waiting**
- 🔥 **Anchor you in the trial**
- 🔥 **Prepare you for the calling ahead**

Let this be more than a season—let it become your way of life.

And when it does:

- **Your roots will go deep**
- **Your fruit will remain**
- **Your soul will flourish—regardless of the climate around you**

"Blessed is the one... whose delight is in the law of the LORD... That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—whatever they do prospers." — Psalm 1:1–3

Appendix:

Note of Importance: Why Add the DMI to Your Quiet Time?

For many walking through deep struggles—whether rooted in addiction, trauma, or long-standing strongholds—simply having a daily Quiet Time may not be enough to uncover the layers of distorted thinking and harmful patterns that keep them bound.

That’s why the **Daily Moral Inventory (DMI)** is included here in the appendix. While it’s not required for everyone, it is **highly recommended** for those dealing with extreme challenges in their thought life, emotions, or behaviors. The DMI works beautifully in tandem with Quiet Time—helping to bring clarity, accountability, and transformation.

This tool allows you to reflect more deeply on the past 24 hours—not in shame or self-condemnation, but through grace and truth—so that your heart, mind, and actions can come more fully into alignment with God’s will.

If you sense you need more structure to your personal reflection time—or if your struggles feel “stuck”—the DMI can be a powerful part of your healing and renewal. **Consider making it part of your daily practice.**

Daily Moral Inventory (DMI): A Path to Renewed Thinking and Lasting Freedom

Using the DMI (Daily Moral Inventory) During Quiet Time

For many of the young men and women in our Breaking Free programs—especially those struggling with denial around character defects—**this tool is not optional**; it is a vital part of the healing and growth process.

For anyone outside the program, using the Daily Moral Inventory (DMI) is optional but highly encouraged.

We provide this universal journaling sheet to everyone. It’s designed to help you reflect honestly, process, and invite God’s transforming work in your life.

Quiet time is the perfect opportunity to use the DMI. It’s a focused space to review the past 24 hours, not in condemnation, but in **grace-filled truth**.

Let the Holy Spirit gently guide you through your thoughts, actions, and attitudes. Invite His healing and transformation.

Note: The DMI has a whole separate handout and a daily checklist that goes with this guide.

How to Reflect with DMI:

- *Where did I reflect Christ?*
- *Where did I fall short?*
- *What needs to be surrendered or celebrated?*

Invite God into those moments. Healing happens when we stop hiding and start inviting.

"Search me, O God... test me and know my anxious thoughts." —Psalm 139:23–24

My Daily Moral Inventory

Cautions	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Affirmations		
Self-Pity																																		Serenity
Self-Righteousness/ Pride																																		Humility
Self-Condernation																																		Healthy Self Worth
Being a taker/ Greedy																																		Being a Giver/Tither
Lying/Half truths																																		Honesty
Impatience																																		Patience
Complaining																																		Thankfulness
Resentment/Unforgiving																																		Forgiveness
Denial																																		Transparent/Honesty
Worry/Fear																																		Trust
No Journal																																		Journal
Projection/Blaming																																		Accepting Responsibility
Procrastination																																		Doing things on time
Depressed																																		Manic
Negative Thinking																																		Positive Thinking
Vulgar, Immoral Thinking																																		Clean, Spiritual Thinking
False Guilt/ Shame																																		Accepting Forgiveness
Gluttony/ Eating Junk																																		Eating Healthy
Rebellion																																		Submission
Forgetting God																																		Communion With God
Anger																																		Self-Control
Running on my own																																		Waiting on God
Profanity/ Cursing																																		Pure Speech
Working to much																																		Good Rest
No time with Mel																																		Spending time with Mel
No Accountability/Lone Ranger																																		Accountability/Honesty
Mean/Aggression																																		Loving/Encouraging
Lazy/no																																		Serving/ hard work
No Exercise																																		Exercising

Breaking Cycles Through Daily Moral Inventory

Understanding the Battle Within

Life's greatest battles are not just external—they begin in the mind and heart. Many of us find ourselves trapped in unhealthy patterns of thinking, reacting, and behaving, often unaware of how these patterns are shaping our lives. Though others may see the effects of these patterns, we may rationalize, blame circumstances, or minimize the impact—rather than facing the root issues within ourselves.

The Root of the Problem: Our Thoughts, Attitudes, and Character Defects

Scripture tells us, *“As a man thinketh in his heart, so is he” (Proverbs 23:7)*. In other words, our thinking shapes our attitudes, and our attitudes shape our actions and ultimately our character.

Often the real struggle is not isolated behaviors but ingrained character defects—things like pride, fear, resentment, selfishness, dishonesty, or anger. Over time, these defects form the default ways we respond to life. They block growth, harm relationships, and distort how we view ourselves and others.

When left unexamined, these unhealthy patterns create internal strongholds that reinforce cycles of frustration, failure, and discouragement. These are not just bad habits but deeply rooted ways of thinking and living that keep us stuck—until they are addressed with God’s truth and power.

Why We Cannot Change by Self-Will Alone

Because these patterns are deeply spiritual and emotional, they cannot be changed by willpower or good intentions alone. The apostle Paul reminds us: *“The weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses... taking every thought captive to the obedience of Christ” (2 Corinthians 10:4–5).*

Real and lasting change comes only through the renewing work of the Holy Spirit. When we surrender our thoughts, attitudes, and character to Him daily, He transforms us from the inside out—breaking down old strongholds and building new patterns of godliness and health.

The Path to Lasting Transformation: Daily Surrender and Renewal

This is where the **Daily Moral Inventory (DMI)** becomes so valuable. By honestly examining our thoughts and attitudes each day, confessing where we fall short, and inviting the Holy Spirit to convict and renew us, we begin to uproot the unhealthy patterns that hold us back.

This process requires humility and daily surrender—not striving in our own strength, but leaning into God’s power. As the Spirit reveals hidden attitudes and behaviors, we repent and surrender them to Jesus, who forgives, cleanses, and restores. Over time, this daily renewal transforms our hearts and minds, shaping us into people of freedom, wholeness, and Christ-like character.

The Role of the Daily Moral Inventory

The **Daily Moral Inventory** acts as a spiritual mirror, helping us honestly examine the state of our heart and mind each day. It invites us to reflect:

- Did I walk in love or in resentment?
- Was I humble or prideful?
- Did I live in faith or fear?

By marking godly attitudes with a ✓ and ungodly attitudes with a ■, we give space for the Holy Spirit to reveal what needs healing, repentance, and change.

This daily practice prevents “stinking attitudes” from gaining ground in our hearts—those negative thoughts and emotional responses that easily spiral into discouragement, stress, or destructive behavior.

Guarding Your Mind: Closing the Door on Unhealthy Patterns

Negative, unexamined attitudes become “open doors” for further emotional and spiritual struggles. When we fail to surrender these thoughts, they gain power over us. But when we surrender them to God, they lose their grip.

God’s Word renews our minds and prepares our hearts to bear lasting fruit. Daily surrender allows God to replace old thinking with new life and truth.

Renewing Your Mind Through Daily Quiet Time

Every morning, we are called to present ourselves to God: *“Do not be conformed to this world, but be transformed by the renewing of your mind...” (Romans 12:1–2).*

Quiet time is not a ritual—it is an act of relationship, inviting God’s presence and power to renew us. Without this daily connection, we quickly drift back into old patterns. But as we seek Him, He transforms our thoughts, emotions, and responses from the inside out.

“Be still and know that I am God” (Psalm 46:10) reminds us of the importance of focused stillness in His presence—giving Him our full attention. Where once the worries and struggles of life held our focus, now God calls us to place our focus on Him, allowing His Spirit to do the work of transformation.

Taking Responsibility: Capturing Every Thought

Ultimately, the greatest battles we face are within. We are not helpless victims—God has given us the power to choose what we think, believe, and act upon. By practicing daily repentance, examining our thoughts, and surrendering them to God, we allow Him to:

- Remove character defects,
- Close the doors to unhealthy patterns,
- Shape us into new creations filled with His truth, peace, and love.

Growth is a lifelong journey—like learning in school, it requires focus and daily discipline. Memorizing Scripture is one of the most powerful tools for renewing your mind, anchoring your heart in God’s truth.

Practical Steps for Using Your Daily Moral Inventory

1. Set aside quiet time each morning to be still before God.
2. Reflect honestly on your attitudes and actions from the previous day.
3. Mark your attitudes on the DMI:
 - ✓ for godly attitudes
 - ■ for ungodly attitudes
4. Confess and repent of any ungodly attitudes revealed by the Holy Spirit.
5. Journal your reflections:
 - Ask God: *“Do You forgive me?”*
 - Listen and write what you sense.
 - Ask: *“Why did I fall into this area yesterday?”*
 - Listen and write His response.
 - Ask: *“What do I need to do to change this?”*
 - Write down any guidance He gives.
6. Ask God to renew your mind and strengthen your heart for the day ahead.
7. Memorize Scripture to anchor your thinking in truth.
8. Share your progress and struggles with trusted friends or mentors for accountability.

Conclusion: Freedom Through Renewed Minds

Whatever life issues you are facing—whether addiction, fear, anxiety, anger, broken relationships, or just the daily pressures of life—the battle begins in the mind. The Daily Moral

Inventory, combined with quiet time and surrender to the Holy Spirit, is a powerful daily practice that can bring lasting transformation.

As you consistently reflect, confess, and surrender your heart to God, you will see old patterns broken, new attitudes formed, and greater freedom in your life. This is the pathway to growth—breaking old strongholds, cultivating godly character, and living in the freedom Christ has already purchased for you.

Need Help? Just Reach Out

If you ever find yourself struggling, in need of guidance, or simply needing someone to talk to, please don't hesitate to reach out. You're not alone.

I'd be honored to listen, pray with you, or help you take the next step toward healing and freedom.

You can call me directly at (972) 890-5290 or (214) 501-6000

email- scottmormon@gmail.com. Web-site- www.bfinc.org

No pressure. No judgment. Just grace.

we're here.

One Final Note

I've spent countless hours writing and praying through this. I've reviewed it over and over again, and I'm at peace with it. You may notice grammatical flaws or imperfect sentence structures. Please forgive me for that. I realize now this process was less about producing a perfect manuscript and more about reflecting on my own journey—seeing the many mistakes I've made over the years, yet also recognizing the God who rescued me through it all.

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you a future and a hope.”

— Jeremiah 29:11

God bless you, **Scott**

Follow up to practicing His presence.  **Quiet Time book two**

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