

MOVEMENT 7 — FIRE SHUT UP IN MY BONES

“When the Fire Moves Inside”

Foundation Scriptures

“Then I said, I will not make mention of him, nor speak any more in his name. But his word was in mine heart as a burning fire shut up in my bones...” — Jeremiah 20:9

“And they said one to another, Did not our heart burn within us, while he talked with us by the way...?” — Luke 24:32

“And there appeared unto them cloven tongues like as of fire, and it sat upon each of them.” — Acts 2:3

INTRODUCTION

Eventually, the Fire Must Become Internal

At first, many men live off external fire.

They depend on:

- emotional moments,
- powerful services,
- inspiring preaching,
- group momentum,
- visible excitement.

But eventually the fire must move deeper. A man cannot survive spiritually on hype alone.

At some point:

- conviction becomes internal,
- peace becomes internal,
- discipline becomes internal,
- prayer becomes personal,
- worship becomes authentic,
- obedience becomes identity.

This becomes one of the greatest transitions in spiritual formation: The fire stops being around the man and starts burning within the man. That changes everything. Because external fire may inspire a man temporarily...but internal fire sustains him permanently.

THE THEOLOGY OF INTERNAL FIRE

God Never Intended His Presence to Remain External

Throughout Scripture, there is progressive movement:

- from external law,
- to internal transformation,
- from outward ritual,
- to inward formation.

Under the Old Covenant:

- fire burned on altars,
- fire burned on lampstands,
- fire burned in temples.

But under the New Covenant, the fire moves inside the believer. This is deeply theological. God no longer merely dwells among His people. He dwells within them.

Paul writes: “Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?” — 1 Corinthians 3:16

The Flame must understand that Christianity is not just about managing external behavior. It represents an internal transformation. God is not only trying to modify actions; he is reshaping the inner person.

THE SEMIOTICS OF FIRE WITHIN

Fire as Internal Presence

Semiotically, internal fire represents:

- inward conviction,
- divine life,
- spiritual vitality,
- holy desire,
- internal illumination,
- sustained presence.

When Jeremiah said, “His word was in my heart like a burning fire shut up in my bones,” he was describing more than just an emotion; he was expressing an internal compulsion. The fire had become a fundamental part of his being. The prophet couldn't escape it because the Word had transformed from mere information into his very identity, which is critical.

Many people are familiar with religious language on the surface, but few allow themselves to be internally governed by the truth.

Internal fire changes:

- thought patterns,
- reactions,
- desires,
- speech,
- atmosphere,
- identity itself.

THE DIFFERENCE BETWEEN EMOTION AND FIRE

Emotion fades. Holy fire remains. That distinction is essential.

Emotion can be produced by:

- crowds,
- music,
- excitement,
- adrenaline,
- atmosphere.

But holy fire remains when:

- nobody is watching,
- emotions cool down,
- isolation comes,
- suffering comes,
- temptation comes,
- disappointment comes.

External excitement can create temporary movement. Internal fire creates endurance. This is why many men start strong spiritually but fade quickly.

They experienced inspiration... but never developed an internal fire.

THE ONTOLOGY OF INTERNAL TRANSFORMATION

What Governs the Inner Man

Ontologically, this sermon explores the factors that govern a person internally. Every individual is influenced by something within:

- fear,
- lust,
- anger,
- pride,
- insecurity,
- ego,
- bitterness,
- gangs,
- Christ.

When the Spirit of God becomes the guiding force within a person, it ignites an internal transformation. This change reshapes one's identity at a profound level. Rather than simply practicing spirituality outwardly, a person experiences genuine internal transformation.

As a result:

- peace becomes natural,
- discipline becomes natural,
- worship becomes natural,
- conviction becomes natural,
- self-control becomes natural.

The Flame stops “trying to act spiritual.” He becomes spiritually formed.

Jeremiah and the Fire of the Word

Jeremiah faced rejection, persecution, isolation, and emotional exhaustion. At one point, he declared, “I will not mention Him...” However, he later said, “His word was in my heart like a burning fire shut up in my bones.”

This internalization of the Word is crucial. External religion relies on convenience, while an internal fire can endure suffering. Jeremiah could not walk away because that fire had ignited within him.

Ultimately, this is the kind of person the Flame must create: someone who is not merely motivated by external factors but is sustained internally.

THE ROAD TO EMMAUS

Hearts Burning Within

After the resurrection, Jesus walked with two disciples on the road to Emmaus. As He opened the Scriptures, they later said: “Did not our hearts burn within us...?” Notice: Their hearts burned before their eyes fully understood. Fire often precedes clarity. This is important spiritually.

Sometimes men sense:

- conviction,
 - hunger,
 - awakening,
 - spiritual stirring,
- before they fully understand what God is doing.

Internal fire often begins quietly.

A hunger.

A stirring.

A dissatisfaction with darkness.

A longing for truth.

A desire for peace.

That is holy fire beginning to burn internally.

PENTECOST

The Church Was Born in Fire

Acts 2 becomes one of the greatest revelations of internal fire in Scripture. “And there appeared unto them cloven tongues like as of fire...” This is profoundly semiotic.

In the Old Testament:

- fire rested on buildings,
- altars,
- mountains,
- tabernacles.

At Pentecost, fire rested upon people. The symbolism is massive. The believer himself becomes the dwelling place of God.

The fire moved:

- from temples into men,
- from structures into vessels,
- from buildings into bodies.

That means the Flame is not merely carrying religious ideas. He becomes a carrier of divine presence.

THE DIFFERENCE BETWEEN PUBLIC RELIGION AND INTERNAL FIRE

Many men know how to perform religion publicly.

They know:

- religious language,
- emotional responses,
- outward appearances,
- external behavior modification.

But internal fire transforms private life.

Real fire affects:

- what a man does alone,
- how he thinks,
- how he reacts under pressure,
- how he treats weaker people,
- how he handles offense,
- how he responds to temptation.

Public religion changes appearance. Internal fire changes ontology.

QUICK BEDS AND INTERNAL FIRE

Quick Beds are environments where external Christianity is quickly tested.

Pressure exposes:

- fake spirituality,
- emotional instability,
- hidden anger,
- unresolved wounds,

- selfishness,
- fear,
- compromise.

Only internal fire survives sustained pressure.

The Flame must learn:

- private prayer,
- internal discipline,
- emotional regulation,
- inward stability,
- personal conviction.

Because external fire weakens under isolation, internal fire burns even in darkness.

THE FIRE AND SPIRITUAL CONSISTENCY

Consistency becomes one of the greatest signs of internal fire. Anyone can burn briefly. Few men remain steady.

The Flame must become:

- stable,
- dependable,
- disciplined,
- spiritually rooted,
- emotionally grounded.

Why? Because fire inside creates endurance outside.

THE HOLY SPIRIT AS INTERNAL OIL

Earlier, we established oil as symbolic of the Holy Spirit.

Now we see something deeper: the Spirit does not merely fuel external ministry. The Spirit transforms the inner man.

This means:

- peace is Spirit-produced,
- self-control is Spirit-produced,
- conviction is Spirit-produced,
- endurance is Spirit-produced.

The Flame cannot maintain internal fire through willpower alone. The fire is sustained through a continual relationship with the Holy Spirit.

THE ENEMIES OF INTERNAL FIRE

The enemy attacks internal fire through:

- bitterness,
- compromise,
- secret sin,
- isolation,
- cynicism,
- offense,
- spiritual laziness,
- hopelessness.

Why? Because if internal fire weakens, external collapse eventually follows. A man usually falls internally before he falls visibly. That is why guarding the inner man matters so deeply.

THE FIRE BECOMES IDENTITY

Over time, the Flame undergoes ontological change. The fire no longer feels external. It becomes part of who he is.

He becomes:

- calmer under pressure,
- slower to anger,
- more discerning,
- spiritually aware,
- emotionally stable,
- less reactive,
- more compassionate,
- internally governed by peace.

Why? Because what a man continually carries eventually shapes him.

INTERNAL FIRE AND HOLY HUNGER

One sign of internal fire is hunger.

The Flame begins craving:

- truth,
- prayer,
- worship,
- peace,
- wisdom,
- spiritual growth,
- God's presence.

That hunger itself is evidence of fire. Dead things do not hunger. Fire creates an appetite for God.

THE FIRE CANNOT STAY SILENT

Jeremiah discovered something powerful: internal fire eventually expresses itself. Real fire affects speech. It affects the atmosphere. It affects conduct.

A truly burning man eventually:

- speaks differently,
- carries himself differently,
- reacts differently,
- influences environments differently.

Fire changes witness.

THE PARADOX OF INTERNAL FIRE

The paradox is this: The more surrendered a man becomes internally, the stronger he becomes externally. The world teaches strength through domination. The Kingdom produces strength through inward transformation.

The Flame becomes powerful not because he intimidates others—but because God internally governs him.

KEY PRINCIPLE

“External fire may inspire a man. Internal fire sustains him.”

FINAL CHARGE

The goal of the Flame is not temporary excitement. The goal is internal transformation.

God intends:

- truth to move into the heart,
- peace to move into the soul,
- conviction to move into the conscience,
- fire to move into the bones.

Because when holy fire becomes internal:

- darkness loses influence,
- compromise weakens,
- identity stabilizes,
- peace deepens,
- endurance grows,
- and the man himself becomes a carrier of divine presence.

The Flame must never forget: The strongest fire is not the fire around a man. It is the fire within him.

Review & Reflection Questions

1. What does it mean to have “fire shut up in your bones”?
2. Why is internal fire more important than outward appearance?
3. How does the Holy Spirit transform identity?
4. What is the difference between religion and inward transformation?
5. Why can emotional experiences alone not sustain a man?
6. How does internal fire help during pressure and hardship?
7. What habits help keep spiritual fire alive internally?
8. Why is consistency important for a Flame?
9. How can internal conviction guide behavior?
10. In what ways is God trying to transform you from the inside out?