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[Home](#) > [Fit 4 Ever: Reputation or Reality?](#)

Fit 4 Ever: Reputation or Reality?

Last year, Americans spent nearly \$12 billion on cosmetic procedures to change their outward appearances. And all of that during one of the worst economic downturns our nation has ever seen.

It absolutely amazes me what we are willing to do in order to look outwardly younger, skinnier or even happier. But the reality is that, if the inside is ugly and our hearts are troubled, nothing we do to cover it up will change our inner reality.

While most of us may not resort to surgery to improve our appearances, we have all "put on a happy face" or said all the right things even when we were miserable on the inside. But please hear me on this: Lasting change always happens from the inside out.

Bible Reference:

James 2



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