1 John 4:4

You are of God, little children, and have overcome them, because He who is in you is greater than he who is in the world.

He who is in you is greater than he who is in the world.

But how do you know who is in you?

What if you saw a tube, which looked like a tube of toothpaste, but there was no label or markings on it what so ever. How would you know what was inside of the tube? Right, you would squeeze the tube and see what comes out. Sure, it could be something good like toothpaste, but then it could also be something not good to brush your teeth with, like Gorilla Snot, which is actually a brand of thick, yellow, glue that looks like gorilla snort (ladies, ask you husband, boyfriend, or dad about this if you don't know what it is).

The same thing is true for us. To find the true nature of what's inside of us happens when we are squeezed or pressured, because the way you respond is what shows what's inside your heart.

Jesus said:

Mark 7:20-23 And He said, ''What comes out of a man, that defiles a man. For from within, out of the heart of men, proceed evil thoughts, adulteries, fornications, murders, thefts, covetousness, wickedness, deceit, lewdness, an evil eye, blasphemy, pride, foolishness. All these evil things come from within and defile a man.''

Or think of King Rehoboam, who reigned as king after his father, King Solomon died. Rehoboam was being squeezed by the people because they wanted the heavy burden of being over worked that his father, King Solomon had put on them, taken away from them. So King Rehoboam consulted with the older leaders that served under his father, King Solomon and they gave him wise council. But then he asked his young buddies, which gave him bad council, and he followed the bad council and lost almost all of his subjects.

1 Kings 12:16 Now when all Israel saw that the king did not listen to them, the people answered the king, saying: "What share have we in David? We have no inheritance in the son of Jesse. To your tents, O Israel! Now, see to your own house, O David!" So Israel departed to their tents.

So King Rehoboam was being squeezed, and even though his dad was the wisest man to walk the earth (next to Jesus), what was inside him was not the same heart that his dad, King Solomon had, because King Solomon's heart for the people was:

✤ 1 Kings 3:9 Therefore give to Your servant an understanding heart to judge Your people, that I may discern between good and evil. For who is able to judge this great people of Yours?"

But King Rehoboam's heart towards the people was:

✤ 1 Kings 12:13-14 Then the king answered the people roughly, and rejected the advice which the elders had given him; and he spoke to them according to the advice of the young men, saying, "My father made your yoke heavy, but I will add to your yoke; my father chastised you with whips, but I will chastise you with scourges!"

So to know what's really inside your heart, see how you handle the situation when that thing or person squeezes you.

 Chronicles 28:9 As for you, my son Solomon, know the God of your father, and serve Him with a loyal heart and with a willing mind; for the LORD searches all hearts and understands all the intent of the thoughts. If you seek Him, He will be found by you; but if you forsake Him, He will cast you off forever.