



How Do We Change?

Follow me, and I will make you become fishers of men. Mark 1:17 ESV

- Jesus invites us to come as we are and follow him, but we should never mistake that as an invitation to stay the way we are. He is clear when he invites us to follow him, that his intention is to change us... at a soul-deep level.
- *Oh, my dear children! I feel as if I'm going through labor pains for you again, and they will continue until Christ is fully developed in your lives. Galatians 4:19 NLT*
- Often, when Christ-followers think about change, we default to two things:
 - Willpower
 - Information

Scripture teaches that both God and us have a part to play in our transformation.

- *Dear friends, you always followed my instructions when I was with you. And now that I am away, it is even more important. Work hard to show the results of your salvation, obeying God with deep reverence and fear. For God is working in you, giving you the desire and the power to do what pleases him. Philippians 2:12-13 NLT*
- We may pursue transformation, but we cannot orchestrate it on our own, manipulate it or control it. But this does not mean that it is passive, random or haphazard.

How do we open ourselves up to God?

- **Spiritual practices**
Habits like Bible reading, prayer, solitude and service train and tune our hearts to live with a posture of openness and awareness of God.
- **Experiences**
Events and activities that we may or may not choose that God uses in our lives. God wastes nothing in our lives... he uses everything to form and shape us.
- **Relationships**
Transformation is a team sport. This is why the phrase "one another" appears so often in the New Testament.