

## Can I Really Change?

### Reflections on Biblical Transformation

#### The Transformation of our Emotions

1. The transforming power of Gospel Truth

2. Truth comes first

Jn. 17:17; 1 Thess. 2:13

*My feelings are not God. God is God. My feelings do not define truth. God's word defines truth. My feelings are echoes and responses to what my mind perceives. And sometimes—many times—my feelings are out of sync with the truth. When that happens—and it happens every day in some measure—I try not to bend the truth to justify my imperfect feelings, but rather, I plead with God: Purify my perceptions of his truth and transform my feelings so that they are in sync with the truth.*

*I hope you are learning with me how to avail yourself of the power of the Holy Spirit to put to death feelings that are out of sync with the truth, and how to lay hold on God for the transformation of your feelings so that they match the truth of God's word. John Piper*

3. Right thinking is critical in transforming of the emotions

Rom. 12:2; Phil. 4:8; Col. 3:1-2

*Truth comes to the mind and to the understanding enlightened by the Holy Spirit. Then having seen the truth the Christian loves it. It moves his heart. If you see the truth about yourself as a slave of sin you will hate yourself. Then as you see the glorious truth about the love of Christ you will want it, you will desire it. So the heart is engaged. Truly to see the truth means that you are moved by it and that you love it. You cannot help it. If you see truth clearly, you must feel it. Then that in turn leads to this, that your greatest desire will be to practice it and love it.*

4. Right beholding is transformational

a) Psa. 115; 135

b) 2 Cor. 3:18

5. Right community is transformational (How many ways is body life transformational!!!)

\*Change does not happen outside of community.

### **A Strategy to Gospel-Centered Transformation (Takes work, it is a fight)**

1. Isolate the sin (identify and do not make excuses)
  
2. Begin to search the Scriptures for a biblical analysis of the sin
  
3. Begin to meditate and soak in the truth about that sin
  
4. Begin to pray that God would align your affections to the truth  
Pray with confidence! *Bonar, 33*
  
5. Memorize Scripture that relates to that sin
  
6. Be connected with members in the body regarding that sin  
Heb. 3:12-14; Prov. 27:6
  
7. Put the sin into greater and greater biblical perspective – read about it, study about it
  
8. Be ready to fight the fight of faith with Scripture.  
Wield the sword of the Spirit in this fight (Eph. 6:17)

Application

Conclusion