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Healthy Relationships Series **Transformation: A New Plateau**

Healthy Relationships Series one-liners:

- **Truth** – Walk in the light.
- **Judgement** – Judge yourself before judging others.
- **Consequences** - We reap what we sow.
- **Reconciliation** – Be a Peacemaker (Outer Forgiveness)
- **Healing** – Pursue Inner Forgiveness
- **Transformation** - Embrace new plateaus.

Romans 12:1-2

¹Therefore, I urge you, brothers, in view of God’s mercy, to offer your bodies as living sacrifices, holy and pleasing to God, which is your spiritual worship. ²Do not conform any longer to the pattern of this world, but be **transformed** by the renewing of your mind. Then you will be able to test and approve what God’s will is, his good, pleasing, and perfect will.

metamorphoo – change, transfigure, transform.

- **Jesus’** Transfiguration (Mat 17:2; Mar 9:2)
- **Believers** (2 Corinthians 3:18) – transformed to ever increasing glory.

Transformation Defined: Christlike Perspective and Behavior.

The Battle between our Two “Selves”

Two “Selves” (“Old Self” / “New Self.”) – “*Therefore, if anyone is in Christ, he is a new creation. The old has gone, the new has come.*” - 2 Corinthians 5:17

Inner Conflict – “*For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want.*” - Galatians 5:17

But **the Spirit fights for you.**

Thoughts - "...put off your old self, which belongs to your former manner of life and is corrupt through deceitful **desires**, and to be renewed in the spirit of your **minds**, and to put on the new self, created after the likeness of God in true righteousness and holiness." - Ephesians 4:22-24

Behavior - "You, however, are **controlled** not by the sinful nature but by the Spirit, if the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, he does not belong to Christ." - Romans 8:9

Suffering

- **Job, Job 42:1-2**
- **Jesus, Hebrews 2:10** (also 5:7-9), 12:3

Stage 1. We Reject Suffering

Stage 2. We Value *Past* Suffering

Stage 3. We Embrace All Suffering.

Anyway: The Paradoxical Commandments

By Kent Keith

People are illogical, unreasonable, and self-centered.

Love them anyway.

If you do good, people will accuse you of selfish ulterior motives.

Do good anyway.

If you are successful, you will win false friends and true enemies.

Succeed anyway.

The good you do today will be forgotten tomorrow.

Do good anyway.

Honesty and frankness make you vulnerable.

Be honest anyway.

The biggest men and women with the biggest ideas can be shot down by the smallest men and women with the smallest minds.

Think big anyway.

People favor underdogs but follow only top dogs.

Fight for a few underdogs anyway.

What you spend your years building may be destroyed overnight.

Build anyway.

People really need help but may attack you if you do help them.

Help people anyway.

Give the world the best you have and you'll get kicked in the teeth.

Give the world the best you have anyway.

➔ *Trust in the Lord, and do good.* - Psalm 37:3

Healthy Relationships Series
Transformation: A New Plateau

Opening

Transition

Handouts – take notes

Summary one-liners:

- **Truth** – Walk in the light.
- **Judgement** – Judge yourself before judging others.
- **Consequences** - We reap what we sow.
- **Reconciliation** – Be a Peacemaker (Outer Forgiveness)
- **Healing** – Pursue Inner Forgiveness
- **Transformation** - Embrace new plateaus.

Throughout this Series on **Healthy Relationships** there have been numerous Transformation points that help us see things the way God sees them:

- **Truth** and Light – I recall when my eyes were opened to 1 John 1:5...

“If we walk in the light as he is in the light, we have fellowship with one another, and the blood of Jesus purifies us from all sin.”

I recall my reaction to this verse I had known for a long time, but not known at the same time. God opened my eyes.

I now see fellowship as the light of God shining, and two or more people walking into His light in love, acceptance, forgiveness in the deepest part of our souls.

- Dr. Howard Hendricks told a story about a man who came into his office, complaining about the people in his life. He was angry about this person, angry about that person.

Dr. Hendricks said to him. “You know what your problem is? You’re an angry man.”

You know what? He got angry at me. He stormed out of the office.

About 15 minutes later he came back, sat down, and said, “Okay, I’m an angry man. Now what?”

The man was living in the Judgement and Consequences of his anger. But now he admitted it. Imagine his relief in going from denial to admission! Transformation!

- **Reconciliation** - Every time you summon the courage to go be reconciled with someone it is a small Transformation.

A couple of years ago there was a conflict going on with someone and me. One of our leaders helped us do Peacemaking. Both I and the other party were able to express things we felt as offenses, both of us listened patiently and openly and did our best to empathize. The strain in our relationship was replaced by peace. Transformation.

You cannot transform yourself.

But ... you can Offer Your Life to God, and Not Offer Your Life to the World. As you do, God takes that receptive hear of yours and combines it with those opportune moments to bring you to new plateaus in your walk.

Body

Romans 12:1-2

¹Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God, which is your spiritual worship. ²Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is, his good, pleasing, and perfect will.

Paul says here, knowing about God's mercy, even as we are disobedient... God's mercy on Israel, and God's mercy on the gentiles. Because God is rich in mercy in the midst of your disobedience ...

metamorphoo – change, transfigure, transform.

- **Caterpillar becoming a butterfly**
- **Jesus' Transfiguration** (Mat 17:2; Mar 9:2)
- **Believers** (2 Corinthians 3:18) – transformed from glory to glory.

Transformation Defined: Christlike Perspective and Behavior.

1. When you see things more as God sees things.
2. 'Spiritually, you are not the person you were before.

Two Steps: 1) Offer Your Life to God, 2) Choose the New Self.

Offer Your life to God ↔ Don't Offer Your Life to the World

1. Offer Your life to God – Worship is offering your life to God (hopefully). Firm commitment to turn from worldly patterns when you see them influencing you.

Song - Lord I Offer My Life to You

2. Don't Offer Your Life to the World

“World” is the intangible life of sinful desires and patterns – deceitful scheming, Greed, Pride, Impure Thoughts, Revenge - **Selfishness**.

*“**Do not conform** any longer to the pattern of this world, but be **transformed** by the **renewing of your mind**.”*

Transformation is the ***indirect*** result of these two things that we do:

Offering your life to God (renewed mind), and **Not offering** your life to the World.

The Battle between our Two “Selves”

The Bible speaks of the **“Old Self” and the “New Self.”**

Jesus Christ gives those who trust in Him a new nature, new creation.

2 Cor 5:17 – “Therefore, if anyone is in Christ, he is a **new creation**. The **old** has gone, the **new** has come.”

These Natures are in **conflict with each other**.

Galatians 5:17 – “For the sinful nature **desires** what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in **conflict** with each other, so that you do not do what you want.”

- What does that mean? What does the “you” refer to?
 - So that the Old You does not do what the New You wants. (could work)
 - So that the New You does not do what the Old You wants. (better)

- So that you do not do what the Old You wants.

Note that the Old You is still there. (Galatians 2:20, 5:24; Colossians 3:5; Romans 6:1-14; 7:14-25)

Looks GOOD, doesn't it! In the flesh, it's impossible.
But **the Spirit fights for you**. This is a good conflict!!!

Transformation begins when the New Self in Christ influences our **thoughts**:
Ephesians 4:22-24 - "...put off your old self, which belongs to your former manner of life and is corrupt through deceitful **desires**, and to be renewed in the spirit of your **minds**, and to put on the new self, created after the likeness of God in true righteousness and holiness."

Transformation continues when our New Self the control of our **behavior**
Romans 8:9 - "You, however, are **controlled** not by the sinful nature but by the Spirit, if the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, he does not belong to Christ."

Transformation enables us to see things differently - as God sees things.

Observe that Transformation is an *indirect* process.
You cannot just set out to transform yourself, and voila! You're transformed.
Instead, you *do the things* that lead to transformation.

The Big Picture is

- ➔ Once you understand that what God is basically doing is
 - Offering Yourself to God, however you call it – mortifying the Old Self, putting it to death, crucifying it, taking it off, and
 - Offering Yourself to God, however you call it – following the Holy Spirit, feeding it, putting on the New Self in Christ.

Once you understand this, it becomes clear that this whole inner process of stripping away will cause a kind of suffering – because your Old Self won't like it!

How do we offer our lives to God? Numerous ways: Word, Prayer, Fellowship...
These deposits in your life prepare you for Transformation.

But the one thing I'd like to emphasize is the area that the Bible emphasizes...

Suffering – Transformation takes us from rejecting suffering to **embracing** it.

I offer **Two Pictures** of transformation through Suffering:

- **Job, Job 42:1-2**
 - Job now sees that he didn't see. Spoke of things from a purely human view. Now He sees things from God's view, and ... he sees God.
“My ears have heard of you but now my eyes have seen you. Therefore, I despise myself (Old Self) and repent in dust and ashes.”
- **Jesus, Hebrews 2:10 (also 5:7-9), 12:3-4**

Heb 2:10 - “In bringing many sons to glory, it was fitting that God, for whom and through whom everything exists, should make the author of their salvation **perfect** through suffering.”

Heb 12:3-4 – “³Let us fix our eyes on Jesus, who, for the joy set before him, endured the cross, scorning its shame, and sat down at the right hand of throne of God. ⁴Consider him who endured such opposition from sinful men so that you will not become weary and lose heart.”

Not easy!

Stage 1. We Reject Suffering

- I do all I can to avoid it and get out of it.
- it's about my comfort, my drives, my goals, which are idols.

Stage 2. We Value *Past* Suffering

- Appreciate the **benefits** of suffering, but ... you still hate suffering.

Stage 3. We Embrace Suffering.

- See a **divine** and **beautiful** process of stripping off the Old Self.
- See suffering as essential to Transformation.
- Obedience to God is what matters, come what may.
- Suffering as God's grace, and fellowship with God.

Heb 12:3 – fix our eyes on Jesus - joy set before Him.

When we get to this 3rd step, we think differently. Through suffering, we see ...

On that day our Lord calls us home our Transformation will be complete:

Summary of the Relational Health Series

Those who are Transformed offer their lives to God, and

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Closing Song: Lord I Offer My Life to You