

We love change—that is, as long as it’s quick and easy! E-mail, Facebook, Twitter, to name just a few, are some of the tools we use to give us an instant refresh! The Bible, however, tells us that God desires to make changes in you that are lasting. In fact, one of God’s many names is Jehovah-M’Kiddish, which means “I am the God who sanctifies you.” This week, Pastor Andy continued with Part 2 of the series “Living the Life You’ve Always Wanted” with the sermon entitled “Making Lasting Changes.”

God uses the same process to change His people today that He used throughout the Bible! God will do this in your life as you move forward. When a mother eagle begins to teach her young to fly, she starts by throwing the straw from the nest. Imagine the motivation you’d feel to move forward as your safety net slowly unraveled around you! God does something similar as He shows you the need for change by creating an uncomfortable feeling within you.

From there, God may change the discomfort to intense pain. This is the crisis mode that forces you to look at the problem. Proverbs 20:30 says, “Sometimes it takes a painful experience to make us change our ways” (Good News). This is what can lead you to make a decision that a change is needed, even though it’s tempting to flee. People often flee through drugs, affairs, depression, or even sleeplessness. God wants you to face the problem in spite of knowing that it may get worse before it gets better. For example, the first few days of dieting or exercising are often the hardest.

Once you face the problem, you may gain insight into things that you don’t want to deal with! Pastor Andy likened it to picking up that piece of wood in the back yard that’s been there a while and seeing all those critters living underneath. The tendency is to throw the wood back down and leave it alone! God may show you things that are hard to accept at first, but the key is not to become defensive but rather to embrace the insight. The Bible mentions this when it says, “the truth will set you free” John 8:32 (Living Bible).

Action will follow next. Do not become frustrated in this step, because God is patient. He wants you to establish a commitment to continue in the change process. One of the best agents of change that God uses is a spouse. Like fine-grained finishing sandpaper, a spouse can be the tool that’s needed to help create change. What about the spouse who is like heavy-grained, coarse sand paper? That is God at work also, because He knows exactly what you need to help bring about change!

The process of change requires cooperation. God wants you to accept His comfort, just as Jonah eventually did when he said, “When I had lost all hope, I turned my thoughts once more to the Lord” Jonah 2:7 (Living Bible). He also expects you to ask for courage, as stated in Isaiah 43:2 “When you walk through the fire of oppression, you will not be burned up...” Next, God wants you to apply His word, not just through reading, but by asking God to speak. Lastly, God wants you continue in His plan so you can “reap a harvest of blessing if we (you) don’t get discouraged and give up” Galatians 6:9 (Living Bible).

The good news is that YOU matter! Your life is not an accident. God is in control. Pastor Andy pointed out that within our church family, there are many support services. You can become a church member, pray with a prayer partner, or join a small group. God wants to make a lasting change in your life. Are you willing to let God change you?