



**SERIES: A Season of Hope**

**SPEAKER: NAT CRAWFORD**

**Wednesday, 12/09/20**

**Scripture: Romans 12:1-2, Ephesians 2:8-10**

**TITLE: Let Him Transform You**

It was my 29th birthday that I was so depressed I could not get off my couch. I was looking at my life and realized I wasn't where I wanted to be. I felt hopeless. I felt lost. I felt there was no way out.

Have you ever felt this way? From our research, destructive thoughts— that feeling of hopelessness, and no way out – is common. Our research also shows that the holiday season amplifies this. If you're struggling today with destructive thoughts or feeling hopeless, let me share with you a little bit of encouragement, but also some practical help, from the Apostle Paul:

And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. <sup>2</sup>Don't copy the behavior and customs of this world but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect. (Romans 12:1-2, NLT)

Now before I unpack this a little bit, I want to just say I understand that when you're struggling with controlling your thoughts and managing your emotions, you can't just declare it and make it happen. I learned that that day as I laid on my couch, unable to get up. It was a process. It involved giving myself a lot of mercy and asking for God's grace.

But one thing I did do is what the Apostle Paul said in Romans 12:2. I asked God to transform me into a new person. And one of the ways he did that was by bringing me back to the Bible. That helped me change the way I thought. Because when I feel hopeless, it's because I'm struggling with trusting God. If you are struggling with destructive thoughts, it's possibly because there is a disconnect between what you believe and what God says.

In my years as an executive coach, I began to truly understand the connection between our thinking, our beliefs, and our behavior. You see what you think about, what you focus on, drives what you believe. If we are constantly looking at ourselves and the external world around us, we would have no reason but to feel helpless. We want to believe that getting out of here as quickly as possible will be the best solution. But when I turn my eyes back to God, and let Him transform me by his Word, I began to see things as they really are.

You may not be where you want to be in life vocationally or relationally. But God says in Ephesians 2:10 (NLT), because of what God has provided through His Son Jesus Christ, you are now a masterpiece.

God saved you on purpose and for a purpose. You are not defined by your job or your relationship status. You are not defined by the money in your bank account, or the number of friends on Facebook. God says, "I love you, because I love you."

Today my challenge for you is to turn to Ephesians 2:8-10 and read it over and over again. And then say it yourself, "I am a masterpiece because of what Christ has done".

Think it, believe it, and then act upon it.