



SERIES: JANUARY – BECOMING SPIRITUALLY FIT

SPEAKER: NAT CRAWFORD

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Scripture: Romans 12:1-2; 2 Corinthians 4:16-18

TITLE: The Secret to Life Transformation

My boys and I enjoy playing Fortnite in the evenings to unwind and have some fun. Fortnite is an online game where individuals and teams hope to be the last one standing. Well, when the recent season came out, my boys saw that my character started out at level 25. They said, “Dad, did you buy levels? That’s cheating. It’s better to just grind it out.” Well, it wasn’t cheating. It was just a benefit of having some discretionary income.

But my boys were right about “rapid growth.” It doesn’t happen like that in real life. Growth and transformation in video games can happen instantly but our transformation isn’t so easy. So, how can we begin level up and transform in our lives? Let’s go back to the Bible for the answer.

Romans 12:1-2 (CSB) says,

“Therefore, brothers and sisters, in view of the mercies of God, I urge you to present your bodies as a living sacrifice, holy and pleasing to God; this is your true worship. Do not be conformed to this age, but be transformed by the renewing of your mind, so that you may discern what is the good, pleasing, and perfect will of God.”

Here Paul challenges Christians to present their lives as pleasing to God. This is marked by holy living. Now, this is important because Paul constantly contrasts our lives before and after being saved. Paul would say we were enemies of God but Christ makes us His children. He would call us slaves of sin who become slaves of Christ.

This is “positionally” true. In other words, our salvation is instant. And our transformation is a process. The key tool to life transformation is renewing our minds. What does that mean? It means we engage in God’s Word so it fills our heads and hearts. When we know God and His character, it helps us live good and pleasing lives according to His will.

Paul would write in 2 Corinthians 4:16-18,

“Therefore we do not give up. Even though our outer person is being destroyed, our inner person is being renewed day by day. For our momentary light affliction is producing for us an absolutely incomparable eternal weight of glory. So we do not focus on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.”

Daily by engaging in God’s Word and therefore submitting our lives to God’s best, we transform. We mature. This maturing process comes through the facing and persevering through trials. But that preparation happens through our daily renewal.

So here's my challenge for you today: Prioritize. Transformation doesn't just happen. Yes, in video games, you can pay your way to the top. But in the Christian life, it is a daily process of renewal through Bible engagement.

So prioritize your day to ensure God gets the best and the first of your attention.