

What's New With You?

When I met a friend whom I had not seen for some time I asked him, *"What's new in your life?"*

He laughed and replied, *"Big changes. Not changes I asked for in my life, but changes that need to be made in my life that will involve new challenges."*

As he enlarged on these changes there was a smile on his face that expressed the positive approach he had to these new challenges in his life.

My friend could have grumbled, griped and complained.

Instead he showed he was up to the challenge of change.

People are distinctly different in their attitude to change.

Some thrive on it.

Others are profoundly upset by change.

Many resist change at first, then gradually embrace it.

We all have to ask, *"How positive is my attitude towards change?"*

Do I anticipate it?

Do I welcome change, looking always for the benefits and new opportunities that come with changes in my life?

Do I initiate change?

For example, when did I last look at a bad habit and come up with a solution that would eradicate it from my life?

Do I set solid deadlines for needed changes in my life?

Remember, it is easier to measure change in the society around us than to chart changes in our own lives.

We need to continually set goals that not only guide us, but also help us to see how far we have progressed in the needed changes.

Ask ourselves what positive changes we have made in the last year in our skills, family, work, habits or attitudes?

Hebrews 13:8 [NIV] *"Jesus Christ is the same yesterday and today and for ever."*

God Himself does **not** change, for He is already perfect, but He is in the changing business.

Genesis 1:26-27 [NIV] *"Then God said let us make humans in our image and our likeness ... so God created humans in His own image..."*

From birth all humans are created in the *"image"* [a shadow but not the real thing] of God with the ability to think and make choices.

But we are **not** at birth made in the “*likeness*” [one and the same, a son, referring to character] of God, for character is something that is caught **not** created.

2 Corinthians 5:17 [NIV] *“Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!”*

God is in the process of changing human beings into His own perfect character.

1 John 4:7-8 [NIV] *“Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love.”*

God is love and this is central to His character.

A love that is constant irrespective of how one responds to that love.

Revelation 21:5 [NIV] *“... behold I am making everything new...”*

God is definitely on the side of change, and the changes He seeks in us is always for the better.

Satan is also in favour of change but the change in us that he seeks is towards immorality.

Satan desires malicious, harmful, cancer-like growth that brings destruction in its wake.

We are either growing more perfect in God’s likeness or decaying physically, emotionally and spiritually.

To make the positive changes is **not** easy for any human beings, we need help.

Ephesians 3:16-19 [NIV] *“I pray that out of his glorious riches **he may strengthen you with power through his Spirit in your inner being**, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, **may have power**, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge, that you may be filled to the measure of all the fulness of God.”*

We all need this support from God to make the needed changes in our life.

John 14:26 [NIV] *“But the Counsellor, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.”*

The changes that the Holy Spirit will bring to our notice may not only be learning new things and attitudes but also unlearning old wrong habits.

All this need for change will look very daunting at first, but with God’s help it will be possible.

Matthew 19:26 [NIV] *“Jesus looked at them and said, “With man this is impossible, but with God all things are possible.”*

Firmly believe that any needed change is possible.

How do we proceed in these changes into the “*likeness*” of our Creator God?

Make specific goals

Give each goal a starting and completion date. Vague open-ended goals are worthless.

Start to change right now

To procrastinate is fatal, the change just will **not** happen.

Accept what cannot be changed

Physical disabilities due to past circumstances or environmental circumstances.

Avoid negative thinking

Don't talk ourselves into failure, don't be discouraged by others' negative responses and don't dwell on temporary setbacks.

Set specific short-term goals

Don't try to change everything in your life all at the same time.

Evaluate our progress

Periodic review will keep us inspired and motivated.

Thank God daily

For His support in the change He wants to make in our lives for our eventual benefit.

Hebrews 2:1-3 [NIV] *“We must pay more careful attention, therefore, to what we have heard, **so that we do not drift away.** For if the message spoken by angels was binding, and every violation and disobedience received its just punishment, **how shall we escape if we ignore such a great salvation?** This salvation, which was first announced by the Lord, was confirmed to us by those who heard him.”*

Don't neglect or ignore this commission from God to change.