

Conformed to His Image

Metamorphosis: God's Plan To Change Your Life!



The Goal: To Be Like Christ!

- Romans 8:29
 - God's Sovereign Plan for the believer is to be like Christ.
 - God has predestined this to be so
 - Christ suffered and is now exalted
 - Phil 2:5-11
 - This is the same plan for all believers
 - Phil 2:1-4, 12-18; Rom 8:17; 2 Tim 2:1-13



The Secret for Metamorphosis

- Paul's Secret: Spiritual Discipline
 - 1 Cor 9:24-27; 2 Tim 4:7
- Jesus' Secret: Spiritual Discipline
 - Matt 4:1-11; Mark 1:35; 6:46; Luke 2:40,52
- Daniel's Secret: Spiritual Discipline
 - Dan 1:8; 10:1-3, 12



4 Critical Spiritual Disciplines

- Biblical Study
 - 2 Tim 2:15
- Biblical Meditation
 - Psalm 1:2
- Biblical Prayer
 - Matt 6:9-13
- Biblical Fasting
 - Matt 6:16-18

Biblical Study: A Spiritual Discipline

- A command for all believers: 2 Tim 2:15
 - God expects it and will judge us based upon our knowledge of His Word and Will.
 - It involves work!
 - Work must be planned (What is my plan?)
 - Work is tiring (Am I willing to work?)
 - It requires skill!
 - Skills must be developed! (How much skill do I have...how will I obtain more skill?)
 - Skills must be maintained! (How will I stay sharp?)

Biblical Study: A Spiritual Discipline

- Have a plan for Biblical Study: count it a privilege and make it a priority!
- Daily Bible Reading
- On-going study in various books of the Bible
- Read books on Biblical interpretation:
 - *Basic Bible Interpretation* by Roy B. Zuck
 - *Bible Explorer's Guide* by John Phillips
- *How to understand, interpret, and apply the Bible* by Scott Crawford: an audio series on www.wordoftruthclass.org.

Biblical Meditation: A Spiritual Discipline

- Psalm 1:2 Biblical Meditation focuses upon God and His Word. (1 Tim 4:15-16; Psalm 119; Psalm 19:14)
- Biblical Meditation is a dynamic and continuous (daily) process that allows us to have deeper and stronger fellowship (communion) with God.
- Biblical Meditation will **change** our thoughts – it will transform us to be more like Christ. **We will become like the thing we constantly think about!**
- Proverbs 23:7 “For as a man thinketh in his heart, so is he.”

Biblical Meditation: A Spiritual Discipline

- Biblical Study and Meditation go hand in hand. Following are some suggestions for effective meditation.
 - Observe nature and worship the Creator
 - Read what others have said about God
 - Sing hymns and spiritual songs
 - Ask questions about the world and God
 - Write down observations (make a journal)
 - Make application
 - Move from meditation to prayer and supplication
 - Journal your attitudes, values, and personality

Biblical Prayer : A Spiritual Discipline

- Prayer is a mystery...How does it work?
- Prayer is essential...We need to pray!
 - “I’d rather be able to pray than to be a great preacher; Jesus Christ never taught His disciples how to preach, but only to pray.” D.L. Moody
- Prayer is work; it is our highest order of work!
- Prayer is the present work of our High Priest!
- Prayer is sharing in the present work of Christ!!!
- Prayer is:
 - Worship (praise, thanksgiving, adoration, service)
 - Communion (communication and fellowship)
 - Petition (requesting for our self)
 - Intercession (requesting for others)

Biblical Prayer : A Spiritual Discipline

- A plan for prayer:
 - Make your prayer **relationship** paramount; meet with God and worship Him every day
 - Make your prayer time imperative
 - Start your day with a short prayer
 - Develop a routine: time, place, scripture, etc.
 - Form a prayer list: keep it fresh
 - Find a “place” to pray: your own prayer closet
 - Pray when you don’t feel like praying

Biblical Fasting : A Spiritual Discipline

- What is fasting? Abstaining from food, either completely or partially, for a specified period.
 - Biblical fasts were generally 3 days, 1 week, 1 month, or 40 days.
- Why should we fast?
 - Physical health and rest
 - Mental health and rest
 - Spiritual renewal, clarity, and breakthrough
 - For physical and spiritual preparation

Biblical Fasting : A Spiritual Discipline

- Daniel's 1st example of fasting (Dan 1:5, 8-16)
 - For health (Daniel was over 90 when he died)
 - For clarity of mind
 - For accumulation of wisdom and knowledge
 - For spiritual commitment

Biblical Fasting : A Spiritual Discipline

- Daniel's 2nd and 3rd example of fasting (Dan 9:1-5; 10:1-21)
- Daniel **chastened** (10:12) himself by prayer & fasting and gained tremendous spiritual favor and insight!
 - The 70 weeks prophecy (9:22-27)
 - Shown what was “noted in the scripture of truth” (10:21)

Reaching the Goal: To be like Christ!

- Phil 2:5 “Let this mind be in you, which was also in Christ Jesus”
- Remember, we are in a battle for our soul; it requires extreme measures! (1 Cor 9:26-27)
- Have a personal battle plan that incorporates:
 - Bible Study
 - Meditation
 - Prayer
 - Fasting
- Be realistic but aggressive with your battle plan!

Reaching the Goal: To be like Christ!

- Evaluate performance daily
 - Did I stick with the plan?
 - How good of a job did I do?
 - What could I do better?
- Review and restate plan daily
 - Keep the plan top of mind: it is critical for success!
- Review the plan periodically (personal retreat)
 - Evaluate the plan at least quarterly...put it on your calendar...it is that important!
 - Get alone with God for a time of intense study, meditation, prayer, and fasting.
- Be accountable to a Christian brother (Heb 10:24) and available for a Christian brother (Gal 6:1-2)