

50 Days of Transformation

Week 2: My Spiritual Life

Anchor Verse

Romans 12:1-2 (NLT) *1 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. 2 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.*

Key Learning: The way we think determines the way we feel, and the way we feel determines the way we act. Transformation starts with our thoughts.

We begin with the spiritual, because it is the foundation the other six areas rest on.

Central Question

How do we get close to God?

How do we stay close?

And if that closeness has faded, how do we get back?

Isaiah 53:6 (NIV) *6 We all, like sheep, have gone astray, each of us has turned to our own way; and the Lord has laid on him the iniquity of us all.*

The Story — The Prodigal Son

Luke 15:11-24 (NLT) *11 To illustrate the point further, Jesus told them this story: "A man had two sons. 12 The younger son told his father, 'I want my share of our estate now before you die.' So his father agreed to divide his wealth between his sons. 13 A few days later this younger son packed all his belongings and moved to a distant land, and there he wasted all his money in wild living. 14 About the time his money ran out, a great famine swept over the land, and he began to starve. 15 He persuaded a local farmer to hire him, and the man sent him into his fields to feed the pigs. 16 The young man became so hungry that even the pods he was feeding the pigs looked good to him. But no one gave him anything. 17 When he finally came to his senses, he said to himself, 'At home even the hired servants have food enough to spare, and here I am dying of hunger! 18 I will go home to my father and say, "Father, I have sinned against both heaven and you, 19 and I am no longer worthy of being called your son. Please take me on as a hired servant."' 20 So he returned home to his father. And while he was still a long way off, his father saw him coming. Filled with love and compassion, he ran to his son, embraced him, and kissed him. 21 His son said to him, 'Father, I have sinned against both heaven and you, and I am no longer worthy of being called your son.' 22 But his father said to the servants, 'Quick! Bring the finest robe in the house and put it on him. Get a ring for his finger and sandals for his feet. 23 And kill the calf we have been fattening. We must celebrate with a feast, 24 for this son of mine was dead and has now returned to life. He was lost, but now he is found.' So the party began.*

This is the story of every person who has wandered from God to go their own way, and what God does the moment we turn around.

Four Steps Back to God

Step 1 — Get Fed Up

Nothing changes until we get genuinely dissatisfied with where we are spiritually. That dissatisfaction is not failure — it is God knocking.

Jeremiah 29:13 (NLT) *13 If you look for me wholeheartedly, you will find me.*

Step 2 — Own Up (Turn Around)

The son didn't make excuses — he said simply, "I have sinned against God and against man." Unconfessed sin creates spiritual distance.

Isaiah 59:2 (NIV) *2 But your iniquities have separated you from your God; your sins have hidden his face from you, so that he will not hear.*

When we turn around God makes everything new again.

Psalms 51:1-4 (NLT) *1 Have mercy on me, O God, because of your unfailing love. Because of your great compassion, blot out the stain of my sins. 2 Wash me clean from my guilt. Purify me from my sin. 3 For I recognize my rebellion; it haunts me day and night. 4 Against you, and you alone, have I sinned; I have done what is evil in your sight. You will be proved right in what you say, and your judgment against me is just.*

Practice: a regular spiritual health checkup.

Psalms 139:23-24 (NLT) *23 Search me, O God, and know my heart; test me and know my anxious thoughts. 24 Point out anything in me that offends you, and lead me along the path of everlasting life.*

Step 3 — Offer Up

He left saying "Give me." He came home saying "Make me." That shift is the definition of spiritual transformation.

2 Corinthians 3:18 (NIV) *18 And we, who with unveiled faces all reflect the Lord's glory, are being transformed into his likeness with ever-increasing glory, which comes from the Lord, who is the Spirit.*

Transformed = metamorphoō — the same word for a caterpillar becoming a butterfly.
Progressive, not instant.

The father ran to meet him, restored his family connection (robe, ring, sandals), and celebrated before hearing a word of confession.

Step 4 — Lift Up Our Praise

The father's response was not condemnation but celebration. Our response to grace should be gratitude, not guilt.

Psalms 68:4 (NLT) *4 Sing praises to God and to his name! Sing loud praises to him who rides the clouds. His name is the Lord— rejoice in his presence!*

Group singing lowers blood pressure, releases endorphins, improves mood, and relieves loneliness — and it postures the heart for transformation.

Communion is a form of thanksgiving

1 Corinthians 11:23-24 (NIV) *23 For I pass on to you what I received from the Lord himself. On the night when he was betrayed, the Lord Jesus took some bread 24 and gave thanks to God for it. Then he broke it in pieces and said, "This is my body, which is given for you. Do this in remembrance of me."*

Two New Habits for Spiritual transformation

Habit 1 — Regular Spiritual Checkup

At minimum every month, examine five areas:

- Worship — genuine adoration and surrender
- Fellowship — honest community with other believers
- Discipleship — growing in knowledge and obedience to God's word
- Ministry — using gifts and time in service to others
- Evangelism — sharing faith and pointing others to Christ
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2 Corinthians 13:5 (MSG) *5 Test yourselves to make sure you are solid in the faith. Don't drift along taking everything for granted. Give yourselves regular checkups.*

Habit 2 — Sing, All the Songs

Don't spectate. Sing even the unfamiliar songs. It's an act of spiritual defiance against despair, distance, and drift.

Closing — From "Give Me" to "Make Me"

Colossians 2:6-7 (NIV) *6 So then, just as you received Christ Jesus as Lord, continue to live your lives in him, 7 rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.*

Get fed up — allow holy discontent to do its work.

Own up — be honest about sin, drift, and idols.

Offer up — surrender yourself; move from give me to make me.

Lift up — respond to grace with genuine, consistent, communal praise.

This week's give me / make me goal: what is one area where you can shift from asking God for something to asking God to make you into someone?