

A 60-day plan of being transformed into the image of Jesus Christ

Day #1: Acquiring a new life that lacks nothing

The greatest miracle in life is that any believer—regardless of his intellect, theological or Biblical knowledge, emotional nature, finances, social condition, health status, weaknesses with regard to any temptation, past (e.g., living with the consequences of a bad childhood or poor choices in life), or any other factor—can acquire an abundant life in Jesus Christ. All that is required to acquire this overflowing life is willingness. This life without lack is available for everyone who has accepted Christ as his Savior, a Savior who provides far more than a ticket to Heaven when one dies.

This abundant life comes by way of transformation of the believer's (1) thoughts, (2) emotions, (3) will, (4) body orientation, (5) social orientation, and (6) soul. It comes by way of being a disciple of Jesus Christ, where one becomes like Jesus Christ. With this in mind, I have decided to provide a 60-day plan of transformation that will address all six of these inextricable parts of our human nature. This plan is testable and verifiable. All one has to do is try it.

Day #1.

1. Carve out 30 minutes of quiet time and space. If possible, do this before you head out into the world or have interactions with anyone. This is probably the only time of the day when you will have uninterrupted thoughts with God. This will provide the foundation for the rest of the day. By getting away from all of the distractions of this world, your soul (6) will be in a position to bring the other parts of your being together in the Lord. After just a few days, this will become the most favorite time of the day as you enjoy refreshing peace away from others and responsibilities.
2. Each day will include a meditative reading of the Bible. For this plan, I do not recommend electronic Bibles. I would rather for you to have a physical copy of the Bible, which will feed you with God's eternal words of life. There are important reasons for this that I will explain later.
3. Day #1 begins with the transformation of all six parts of your being (thoughts, emotions, will, body orientation, social orientation, and soul). It starts with the thoughts. Thoughts consists of four things: ideas, images, information, and reasoning patterns. The acquisition of new ideas, images, information, and reasoning patterns will result in gaining new emotions, new will/desires, new body orientation (relaxing and delightful body response), social orientation (how you view other human beings), and new health into the soul (peace and joy).
4. Now to God's transformative words of abundant life. Read slowly, meditatively, and repeatedly Psalm 23. Read it for about ten minutes with your soul open to God as the Holy Spirit impresses the powerful life-transforming images, ideas, information, and reasoning patterns in your soul. In this reading, read verse 1 and verse 4 focusing on "The Lord is my shepherd; I shall not want. . . . I will fear no evil; for You are with me."

5. Note the powerful image in ‘God as your Shepherd.’ God is not some cosmic killjoy who is out to get you because you have sinned. He is your Shepherd. He has been shepherding you all of your life. He is committed to taking care of you. “Lord is my Shepherd” was never designed to be relegated to tombstones. It is to be a reality written on our lives. God’s shepherding of your life “began” in eternity past—read Eph 1:2-4 several times. There never has been nor ever will be a problem or need for which He has not already provided for you as your Shepherd. He has protected you every instant of your life and will continue until you are promoted to be with Him. There is literally nothing you can do to cause God to stop loving and providing for you. Nothing can separate you from the love of God—read Romans 8:38-39 several times.
6. Note the powerful ideas, information, and reason pattern in “I shall not lack.” This is sufficiency in God. You do not need to look for sufficiency anywhere else, not people, not your temporal conditions, not the approval of others, and not society’s standards. Your sufficiency is in God alone. Read slowly 2 Cor 9:8. Why is it that you shall not lack? Because God is your shepherd (new reasoning patter). You can live in the sufficiency of the Great Shepherd, who came to Earth and gave His life for you. Read slowly and repeatedly John 10:11-16. The same God who is the Shepherd in Psalm 23 stands in human form in John 10:11-16 and sacrificed Himself through His human nature for you and all of your sins. There are no sins you have committed that He has not died and paid the price for. You are sufficient in Him because of Him. No one is more powerful than God and He intercedes for you continuously. Read Romans 8:28-34 slowly and repeatedly allowing those ideas and reasoning patterns displace human ideas of condemnation and guilt.
7. Acquire the God-given ideas and reasoning pattern in “I fear no evil, for You are with me.” Because God is with you, there is no reason to fear anything. God offers you a life of no fear, no fluster, no anxiety, no angst. This includes all categories of fear. No fear of evil from others. No fear of evil from God due to sin and evil. Without God being with us, we have plenty to fear. The reason so many live in fear is because they do not live in the presence of God. Imagine a life free from fear—no fear in life, no fear of hunger, no fear of disease, no fear of rejection from others, no fear of death. Read Hebrews 2:14-15 slowly and meditatively. Read John 11:26. You can live without fear even in the midst of a world dominated by fear and anxiety. Why? “BECAUSE YOU ARE WITH ME.” And a life without fear transforms every one of the six parts of our beings: thoughts, emotions, desires, body, social life, and soul.
8. One of the most powerful elements for transformation is the memorization of Scripture. When you memorize Scripture, you are able to take God’s eternal words of life and feed on them throughout the day so they can further permeate all 6 aspects of your being. When they are memorized, they are quickly available in the most important place, in your consciousness. So, memorize at least one verse above and reflect on it throughout the day and note how it transforms the life—how you become a new person. As you go through these 60 days of transformation, you will increasingly be transformed into a person whose life truly lacks nothing, a person who has been transformed into the image of Christ.

*A Discipling Disciple of Christ,
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