

A 60-day plan of transformation into the image of Jesus Christ

Day #3: Review, Reflect, and Psalm 19

1. While many believers have their own daily plan of transformation, for those who do not I am providing this plan of 60 days of transformation of the mind, emotions, heart, body orientation, social orientation, and soul.
2. Day #3 is a day of review and reflection on what we have studied the first 2 days and will add 4 suggestions
3. Suggestion #1: Review day #1 (at <http://www.fbcweb.org/Doctrines/day-1.pdf>) and day #2 (at <http://www.fbcweb.org/Doctrines/day-2.pdf>), especially the Scriptures for they will be the means of transformation of the mind, the emotions, and the heart.
4. Suggestion #2: Plan on spending at least 30 minutes every morning in quiet time with the Lord as you reflect on God, your life, your concerns, your prayers, and the day He has for you. Review the day's lesson I have provided. This 30 minutes is going to be one of the most important times of your day. It will enable you to begin the day with setting your mind and emotions on the Lord for peace and strength, read Isaiah 26:3. You might need to tell your spouse that you need time alone with the Lord. If you normally find yourself rushed, get up 30 minutes early. If that is too early, go to bed earlier instead of watching TV or being on social media. Rest is very important to the spiritual life. **DO NOT RUSH THROUGH THIS TIME!** One of the biggest enemies to spiritual transformation is rushing through everything and everyone.
5. Suggestion #3: Start journaling—at the start of each day write down your thoughts, concerns, and prayers before the Lord. As you do this, ask God to help you trust and love Him more. Write down those areas that you have the most difficulty with in dealing with others. Ask Him to help make you into a better person. This is also a great time of confession of your sins before the Lord. Apart from confession, we live in self-deception and fragmentation of being double-minded. His grace is greater than all of your sins. In confession be totally honest with Him and ask Him for help. At the end of the day, write down what kind of day you had in light of your stated goals in the journal. Thank God for His many blessings.
6. Suggestion #4: When you have your morning time with the Lord, try to find a place where you can see God's creation, for example, a back porch where you can look at the trees, hear the birds, and reflect on God as Creator. Read Psalm 19, which not only teaches that God is seen in creation but illustrates the power of God's word to converting the soul, make wise the simple, rejoice the heart, and enlighten the eyes. Read this Psalm very slowly and repeatedly. Memorize at least one verse from this psalm. The effect of this is to get your mind and heart set in the right direction before you go out into the world, which is filled with all kinds of satanic traps for your mind, heart, and emotions. In sum, if God is before you mind when you start out the day, everything else will look differently. You will be able to see the true/good/beauty all around you.

7. As God fills your mind, heart, and emotions through these spiritual practices, you will find the gain of a new life that lacks nothing—like David in Psalm 23:1.

*Proclaiming the ways of the Lord,
Pastor Don*

Charting the 60-day transformation of the mind, heart, and emotions

Day 1 – A life that lacks nothing (Psalm 23).

Day 2 - Satan, the enemy-Part 1 (Eph 2:1-3; 1 Jn 3:8; John 8:31-44; 1 John 2:15-16),

Day 3 – Review, reflect, journaling, and Psalm 19.