

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

Day #5: The life-giving, life-enhancing, life-transforming Word of God

1. On the night before day #5, plan on getting up at least 30 minutes early (1 hour is better) for quiet time with the Lord. The only noise should be coffee brewing or the sound of birds. If you can, go on your back porch and note the beauty of creation from the sky above to the trees and the various birds. Reflect on the Creator. Whether you can be in an environment of nature or not, make sure it is quiet—that means no TV, radio, or checking social media. This is your uninterrupted time with the Lord. As you are transformed, this will become your most favorite time of day. It will provide you with personal time with the Lord that is not distracted with other responsibilities and others who want your attention or allegiance. There are 2 things that are absolutely required for transformation: (1) daily quiet time with the Lord and (2) daily nourishment on the Word of God. Day #5 focuses on the Word of God. As far as quiet time, if you find that you run out of time because of work, turn off the radio on the way to work and pray to the Lord about your sins, concerns, needs, and His goodness.
2. Review the summary of days 1-4 at the bottom of this article.
3. Day #5: The importance of the life-giving, life-enhancing, and life-transforming Word of God. While we will study several spiritual disciplines used by Old Testament saints, the Lord Jesus Christ, and the Apostle Paul for spiritual strength and transformation—some of which are more important than the others—without daily growth in the Word of God, there is no transformation or spiritual victory. Without daily study and meditation on the Word of God, your mind and emotions will be controlled by the images, ideas, and passions of Satan's world. Your view of Christianity will be culturized. There are no exceptions. If someone asked me to design of plan of spiritual discipleship that omitted the spiritual discipline of daily study of the Word of God, I would refuse. It cannot be done. Omit this part and there is no transformation. Again, daily meditative study of the Word, along with private time, are essential.
4. Satan's control of your life. Satan's controls much of your thought life through ideas, images, information/deception, reasoning patterns, and emotions. You pick these up in the world, and apart from displacing these ideas, you will remain a victim of his godless propaganda.
 - a. The primary focus of Satan's efforts against you is to defeat God's blessed purposes for your life. He does this through ideas and images. When we absorb Satan's ideas and images, he does not need to do anything else. We see this clearly with Adam and Eve. The basic idea and image behind all temptation is that God is not trustworthy and desires to deprive us of what is good by commanding us to do things in the Word of God that will rob us in some way. In

other words, life without God is better. This image of God leads us to push Him out of our thoughts. The single most important thing in our mind is our idea of God and the associated images.

- b. Satan also attacks your emotions. And he has help due to philosophies of David Hume and others who exalt emotions over truth and justice. Satan is behind the philosophy of doing what feels right instead of what is right according to the natures of things. The slogan “if it feels good do it” captures the idea. This hedonistic philosophy is responsible for millions of wrecked lives and families. By getting us to indulge in a feeling-based ethics, millions acquire physical addictions to food, alcohol, drugs, illicit sex, and hatred. In sum, Satan can control our lives through our emotions when we make them more important than they really are. Emotions should never be used as the basis of what is true or right. For example, if he can get you to improperly elevate your emotions, he can get you to think that you are a loser because at the time you feel depressed. Or get you to hate someone by getting you to nurse your bad feelings for him. He captivates millions (on the Right and Left) by promoting destructive emotions of anger, hate, jealousy, suspicion, and fear. Looks like he is doing a great job in America.
 - c. Just because someone is a conservative Christian who knows his Bible does not mean that Satan cannot get into his mind and emotions and control his life. Consider Peter in Matthew 16:23, whom Jesus called “Satan” because he was thinking in human terms, not in God’s terms.
5. Given that Satan controls your life through images/ideas/thoughts and emotions, you are going to have to displace those ungodly images/ideas/thoughts and emotions with godly images/ideas/thoughts before you can escape Satan’s captivity. Again, there are no exceptions. It does not matter how smart, talented, or sincere you are. Apart from the Word of God, you will always be a captive of Satan, which will preclude any transformation into Christlikeness.
6. Let us note the life-giving, life-enhancing, and life transforming power of the Word of God in Joshua 1:8.
 - a. Note when you are to meditate on the Word of God. This day and night meditation requires memorization of Scripture, which is one of the most powerful things you can do for transformation of your life. Apart from meditating on Scripture, there can be no transformation because you will be defenseless against the thoughts and images of Satan. Apart from meditation of Scripture, you will define your life and your world according to the world, not God.

- b. Note the purpose of meditation: that you might do all that is written in it. As you meditate on the Word, you seek to put it into practice throughout each day. For example, how to help the poor or love your enemies.
 - c. Note God's promise: "Then you will make your way prosperous, and then will have good success." This is God's promise to you. If you daily study, reflect, and actualize the Word of God, you will have a successful life in God beyond your wildest imagination. You will have a blessed thought life and emotional life. You will be able to control your body. And you will find success in a relationship with God that will transcend everything else in life. You will find yourself loving God with all of your heart, soul, mind, and strength according to God's eternal plan for your life. You will love God, life, and people.
 - d. Commit Joshua 1:8 to memory.
7. Let us note the life-giving, life-enhancing, and life transforming power of the Word of God in Psalm 1.
- a. Psalm 1 sets the tone for all the psalms. One can be a blessed man in the Lord because of His Word or a wicked man who lives according to the word of the world. Both Jesus and the Apostle Paul spent a great deal of time in the psalms, which effectively transformed their lives.
 - b. 1:1. The "ungodly" There is a contrast between the godly man and the ungodly man throughout the psalms. While the ungodly man may or may not do very wicked things, the root problem/evil is that the ungodly man does not have God in his thoughts or affections. He does his own thing. He is his own god. In other words, the ungodly problem is simply that he lives a secular life that excludes God. Ungodly = no god in his identity or plans.
 - c. 1:1. Note that the godly does not live in the counsel of the ungodly nor is he rationally or emotionally connected to sinner or scornful. The counsel of the ungodly would include criminality as well as the secular networks. If God is not part of the evaluation, then by definition it is ungodly/secular. Remember, Satan controls many of the ideas and emotions of the secular media (Right and Left). Both the secular Left and Right think their view of man and economics is better than God's universal natural laws.
 - d. 1:1. Note that the godly man is first characterized in terms of what he does not do. He does not make plans based on human understanding. He is blessed because he does not follow the ways of the ungodly. And you will not find him scorning anyone.

- e. 1:2. Note that the godly delights in the Word of God. He loves it, is thrilled by it, he can't keep his mind off of it. He thinks it is beautiful, strong, wise, and an incredible gift of God's mercy and grace. He therefore dwells upon it day and night, turning it over and over in his mind and speaking it to himself. He does not do this to please God, but because the Word of God pleases him. In modern day's circumstances, he would rather spend time studying the Word of God than watching cable news all day. Do you love the Word of God? Do you delight in the Word? If not, it is because Satan, in one way or another, has instilled into you that "the Bible really is not that great—you don't need it. It does not contain pearls of wisdom. It is irrelevant." As you get up early and study it daily, memorize it and reflect on it, you will find yourself loving these words far more than the "wisdom" of your age. This is what transformation is all about. Again, there is no transformation apart from daily study and reflecting on what Scripture says about God, you, your problems, and the rest of the world.
- f. 1:3. The result is a flourishing life. The image used here is that of a tree planted by water canals. No matter what the weather or the surface condition of the ground, its roots go down into the water sources and bring up life. As a result, it bears fruit when it is supposed to, and its foliage is always bright with life. It prospers in what it does—so it is with those who are daily nourished by the Word of God.
- g. 1:4-5. Unfortunately, the ungodly reject God's Word. The very Word of God designed to give them abundant life regardless of the harsh conditions is neglected and rejected. The images of the ungodly are dead and rootless plants. A puff of wind carries them away. Because they are not rooted in God, they blown away.
- h. 1:6. The two ways of life are determined by one's relation to the Lord. And one's good relation to the Lord is determined by reflecting and meditating on His Word as a way of life. The ungodly perish—they may prosper for a season, but in the end the wicked way of life is good for nothing (as chaff) and comes to nothing.
- i. Psalm 1 shows us a picture of Christ, the perfect blessed man, and it calls us to be increasingly like Christ.
- j. Work on memorizing Psalm 1.

The 60-day transformation of the mind, heart, and emotions into Christlikeness

Day 1 – A life that lacks nothing (Psalm 23). Psalm 23 describes David’s fully satisfied life in God. This psalm was fulfilled perfectly by Jesus Christ. This is also God’s plan for your life. The truths of this passage were meant to be descriptions of our lives now. It was never designed to be relegated to headstones. It is a great idea to read this passage the first thing every morning.

Day 2 - Satan, the enemy (Eph 2:1-3; 1 Jn 3:8; John 8:31-44; 1 John 2:15-16). Satan is your enemy and controls you through thoughts, ideas, images, and emotions. On day #5, I will cover your only defense against him: the life-giving Word of God.

Day 3 – Review, reflect, journaling and Psalm 19. I recommend journaling both when you get up and when you go to bed. Begin by writing down your concerns and plan for the day. At the end of the day, record the results of the day. Some days you will succeed and others you will fail. Thank God for the victories and that His grace is greater than your days of failure.

Day 4 – A look at the six areas of transformation: the untransformed vs. the transformed. There are 6 aspects to every person and the key is to anchor each part in God: mind, emotions, heart, body, social interactions, and soul.

Day 5 – The life-giving and life-enhancing Word of God: Joshua 1:8; Psalm 1.

A fellow disciple of Christ,

Pastor Don