

BE TRANSFORMED



Katherine Hilditch

LifeinJesus.net

'Be Transformed'
by
Katherine Hilditch

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Spirit, Soul and Body

The Bible makes it clear that you are made up of a spirit, a soul and a body and that these are distinct parts. In 1 Thessalonians 5:23, it says – *‘May your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ.’*

The amazing truth is that on the cross Jesus became sin so you could become righteous, that is pure and right with God. It says in 2 Corinthians 5:21 – *‘him (Jesus) who knew no sin he (God) made to be sin on our behalf; so that in him we might become the righteousness of God.’* But where can you be righteous? Your body can’t become righteous. You probably know your soul can’t - that’s your mind, will and emotions. It’s your spirit that can be righteous.

The Bible says in 1 Corinthians 6:17 that when you’re born-again you become one spirit with God. And it also says in 2 Corinthians 5:17 – *‘if anyone is in Christ, he is a new creation. The old things have passed away. Behold, all things have become new.’*

When you are born-again, you don’t receive a new perfect body, and your soul, although greatly enlightened by God’s truth, is not made new and perfect. But you are given a brand-new spirit. You don’t have to ask Him to give you a new spirit – it’s done. It’s in your spirit that you are a new creation. Isn’t that good news! But you do have to believe it and decide to live in its truth.

(To understand more about your spirit read the booklet, ‘Spirit, Soul and Body’.)

How to be Born-Again

When you acknowledge Jesus as God and decide to follow Him, you make Him your Lord. When you believe in and accept His sacrifice on the Cross for yourself personally, you make Him your Saviour. You are then born-again and have a brand-new perfect spirit. God becomes your Father and you His child, and you can start to enjoy your personal love relationship with Him.

Romans 10:9 says - *'if you will confess with your mouth that Jesus is Lord, and believe in your heart that God raised him from the dead, you will be saved.'* Tell God you are sorry for the wrong things you do, say and think. Believe that Jesus is Lord, that He died for you and that He is now alive. Accept Him as your Lord and Saviour. Say it with your voice and believe it in your heart.

If you've done that sincerely, you are now born-again. Jesus has come to live in you and your spirit has been made brand-new – believe it and thank Him. Everything you've ever done wrong or ever will do wrong is forgiven, and you will be with God for eternity.

As a child of God, you now have a whole new family of brothers and sisters. Tell a trusted Christian that you are now born-again so they can help you in your new life in Jesus. And you have the Bible to help you understand and experience more of God's love for you and all Jesus has done and won for you. It will help you to live your life in the best possible way – His way.

Transformation

Galatians 2:20 says – *'I have been crucified with Christ, and it is no longer I that live, but Christ lives in me. That life which I now live in the flesh, I live by faith in the Son of God, who loved me,*

and gave himself up for me.' This verse leads on from what God has done for you to your response. It tells you that when you are born-again, your old spirit is dead and Christ now lives in you. But you continue to live in your body through your soul and it's important to live believing in what God has done and won for you through Jesus.

The soul is where you live your life through your thoughts, your emotions and your decision-making process. The complete transformation of your soul will be fulfilled when you go to heaven. In 1 Peter 1:9 the Bible calls it – *'receiving the result of your faith, the salvation of your souls.'*

But God wants you to start the transformation of your soul here on earth. Romans 12:2 says – *'Don't be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what is the good, well-pleasing, and perfect will of God.'* It is clear that this is your responsibility. You are told to do it. As a born-again, Christian, God is of course always at work in you changing you from glory to glory, but He won't do it without your co-operation and willingness.

God doesn't tell you to transform yourself in order to earn His love or your salvation. Those are yours wholly and only by God's grace. He tells you to do it for your benefit because He loves you. It's through this transformation that you will enter deeper into the victory Jesus has won for you, and start to understand God's way of looking at things, and also discern better what the devil is up to. And when something benefits you positively, it can benefit those around you.

It is a challenge and no-one will transform their soul completely in this life, but you can be on the journey towards it and it will make a wonderful difference in your life.

Renewing Your Mind

What you think determines your actions and emotions, so the key to transformation has to be to change how you think. You need to bring your thinking into line with your perfect righteous new spirit. And as you do it, your decision-making processes and your emotions will start to be renewed as well. Renewing your mind brings whole soul renewal – brilliant! Remember, you can only renew your mind if you are born again. If you're not, you do not have a righteous spirit.

Decision and Determination

These are essential if you want to renew your mind and be transformed. Contrary to what many people think, you are not at the mercy of your thoughts. God has given you the ability to renew your mind. It's not easy but it is possible. You have to train yourself to think God's way. And the only way to do that is through the Bible – His Word. You have to make a conscious decision to believe the Bible even when the evidence around you appears opposite, and even when it is contrary to what the world says. Romans 8:5 says – *'those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit.'* This is very challenging. For instance, when the recession hit in 2008, the media was full of dire forecasts saying that everyone would be affected. Did you automatically believe that that would include you or did you go to God's Word to see what He says?

Colossians 3:2 says – *'Set your mind on the things that are above, not on the things that are on the earth.'* We have to decide not to automatically look at things the way the world looks at them and to look at them the way God looks at them. Thinking what

the world thinks, the way the media speaks, the attitudes and belief patterns many books and TV programmes portray, will not transform you for the better. They may transform you for the worse! You have to come to the point where you decide to start thinking God's way. It takes effort to train yourself, but the rewards are so worth it.

How to Do It

Of course the devil can use compelling arguments, including spiritual sounding ones, to try and stop you. You need some knowledge and understanding of God's Word to defeat him. God has given you a mighty weapon to use against the devil – His Word. In Ephesians 6:17 it is described as – *'the sword of the Spirit, which is the word of God.'* Hebrews 4:12 says – *'the word of God is living and active, and sharper than any two-edged sword, piercing even to the dividing of soul and spirit, of both joints and marrow, and is able to discern the thoughts and intentions of the heart.'* The Bible will show you where your own thinking is different from the way God looks at things. It will show you the gap between the truth in your new righteous spirit and the human thoughts in your soul.

In 2 Corinthians 10:4-5 the Bible tells you how to use that weapon – *'the weapons of our warfare are not of the flesh, but mighty before God to the throwing down of strongholds, throwing down imaginations and every high thing that is exalted against the knowledge of God, and bringing every thought into captivity to the obedience of Christ.'* This is what you must do – take control of your thoughts and cast down all which are contrary to God's way.

Speak out loud. Say something like, “I’m not listening. I know who you are, devil, and you have no power over me because I belong to Jesus and I believe His Word.” Find the truth in the Bible and speak it out loud. As you speak it, it will settle in your mind and heart. And the devil will hear it and tremble. Turn your thoughts onto things of God and Jesus. Singing praise songs that focus on what God has done for you really helps. You need to praise Him with your soul: that is your mind – thinking of the wonderful promises of God and all He has done for you; with your will - making a decision not to just sing the words, but to praise Him and believe the truths of God; and with your emotions – allowing your love for God to be expressed in your heart.

When the media is talking about issues, or problems arise, you need to find out what God says about them. You have to decide to believe His Word. Learn the Bible verses, speak them out, build yourself up in them, and refuse to talk in a way which denies God’s truth. It gets easier the more you do it.

A Couple of Examples

To go back to the recession example, the media would have you believe that everyone was going to suffer personally, but God says in Philippians 4:19 – *‘My God will supply every need of yours according to his riches in glory in Christ Jesus.’* But you have to decide to believe it. This verse doesn’t give you a licence to stay in bed all day. You need to seek God’s wisdom in financial matters including how you earn your living, and put it into practice. But having done that, you have to make a decision to believe His promise and not to worry. The promises of God are only fulfilled as you believe them.

Another example is concerning your health. There are endless TV programmes and articles in papers and magazines about health. Many say that by a certain age, you're likely to suffer from a certain illness or condition. Or they say you are very likely to suffer from a hereditary condition. Of course there is medical evidence for this, but are you going to assume you will get that illness or are you going to see what God's Word says? 1 Peter 2:24 says – *'You were healed by his wounds.'* You have to decide which you are going to believe. It takes no effort to believe the medical prognosis. It takes effort and faith to believe God's Word. But it is only through believing in and standing on God's truth that you will renew your mind and be transformed and see the result.

What is the Benefit of Renewing Your Mind?

Romans 12:2 says – *'Don't be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what is the good, well-pleasing, and perfect will of God.'* A renewed mind will enable you to discern what God's will is. You'll start to understand the way God sees things. And this will result in your not being tossed around by life so much, as you'll better understand what's going on.

In the summer of 2013 I watched Andy Murray win Wimbledon. I so wanted him to win and every time he made an unforced error or got down on himself or Djokovic played a winner, I was on the edge of my seat. I used up emotional energy. The year before I had watched him win his Olympic gold medal, but I watched it on catch-up and already knew he'd won. It didn't matter how many mistakes he made or how well Federer played, I watched it calmly in the secure knowledge of Murray's victory.

That's what the Christian life should be like. If you are born-again you know the end result – victory is yours. Jesus has won it for you on the Cross and you can start to experience it now. You don't have to live on a roller-coaster of emotions. You can live increasingly in God's peace and joy even when things are difficult.

If you are struggling with your prayer life, take heart. As you renew your mind, your confidence in who you are in Christ will grow, and your relationship with God will deepen and become more natural and intimate.

Do You Want to be Transformed?

If so, then this is the answer. It's not something you are to ask God to do. It's taking the responsibility and doing what He's told you to do. That's not a burden – it's really good news. The fact that you aren't dependant on someone else or waiting for God to act, means you can get on with it and make it happen. It's all about believing God's Word. Proverbs 4:20-22 says – *'My son, attend to my words ... Keep them in the centre of your heart. For they are life to those who find them, and health to their whole body.'*

You don't have to be beaten down by life or live it on an emotional roller-coaster. Start to renew your mind today and you will start to experience the victory Jesus has won for you and find more peace and joy in your life. That has to be a good thing doesn't it!

Life in Jesus

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and all He has done and won for us
go to –

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There are so many books and courses
which try to help you change for the better.
But they all focus on you and what you've got to do.

The truth is that when you become a Christian,
God gives you a brand-new spirit
and helps you to start seeing things His way.

It's the only way you can truly transform yourself.



Katherine Hilditch has been teaching in local churches for many years. In 2013 she wrote her first booklet and since then has written many more. She created her website to make all the booklets freely available to everyone. They can be read online or printed out. Katherine's threefold purpose is to help people understand more about Jesus and all He has done and won for them, to encourage them to go deeper in their relationship with God and to provide material to help them share their faith with others. To read her story and find all the booklets go to –

Website: LifeinJesus.net

Email: contact@lifeinjesus.net