



A New You!

Many stories and legends have been told about the change that takes place in the spring when the caterpillar becomes a beautiful butterfly.

This creative miracle is something that only our Creator can do. From the old times until today people have been searching for ways to change their personal lives.

It may be that a young boy wants to become a professional athlete. But when it comes to actually becoming what he wants to be, too often he sadly finds that it is only a dream. He doesn't have within himself what it takes.



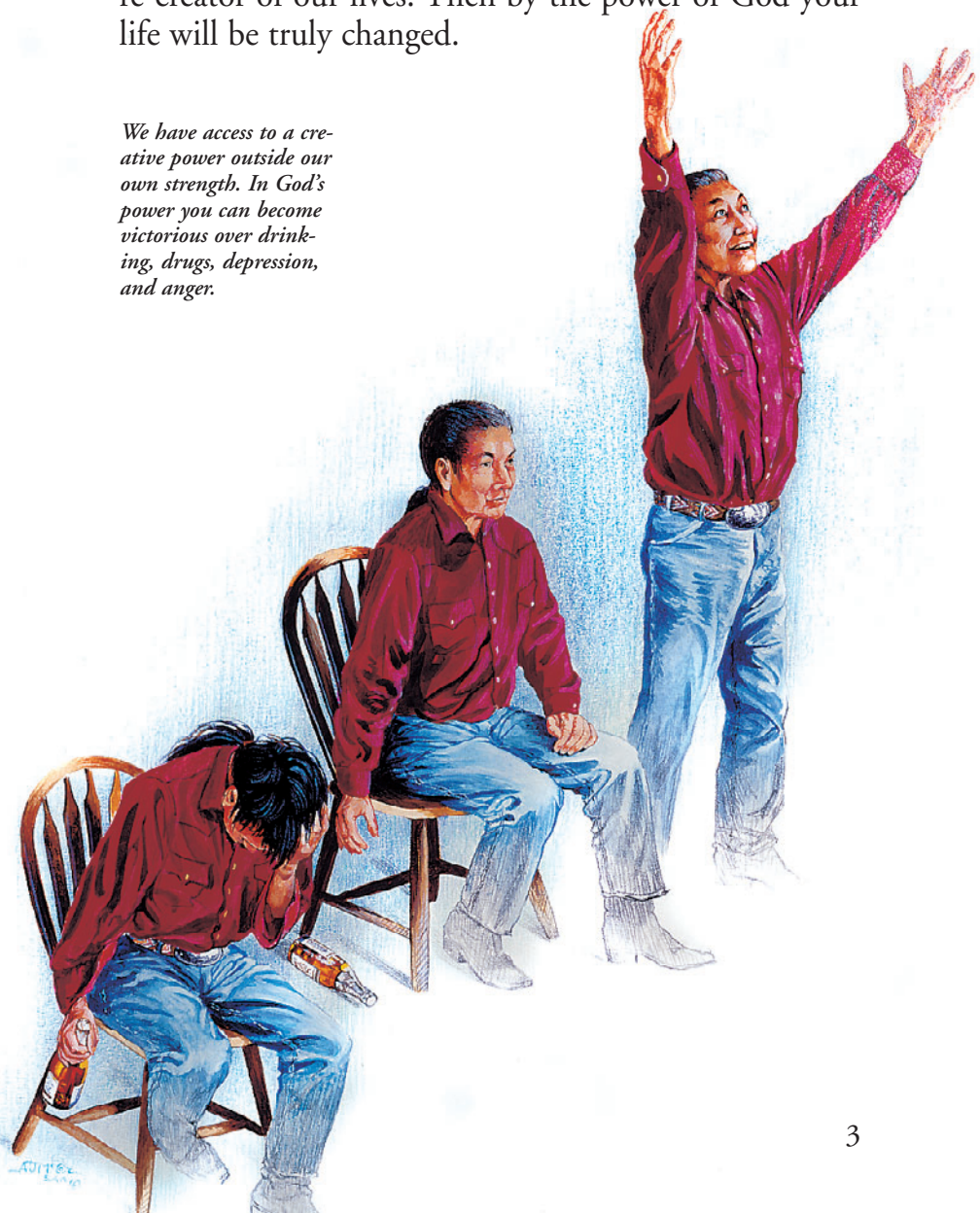
The good news of the gospel can transform our lives.

What you are about to read can absolutely transform your life just as it has transformed the lives of thousands of others. The great news of the gospel is that dreams can be changed into reality! We have access to a “creative” power outside our own strength that can change us into what we want and need to be. You can be different! You can become victorious over drinking, drugs, depression, and anger! You can become successful and fulfilled. As a result you can become an inspiration to other people and a model for them to follow.

The most important truth for us to understand is how to choose to cooperate with God so He can bring about this transformation in our lives.

First, we must recognize that only Jesus can make this change in us. Second, we must choose to accept Jesus not only as our deliverer from sin, but also as the re-creator of our lives. Then by the power of God your life will be truly changed.

We have access to a creative power outside our own strength. In God's power you can become victorious over drinking, drugs, depression, and anger.



Key Thought. The good news is that we can have this creative power working in our hearts by choosing to allow the Holy Spirit to work within us. God said, “I have set before you life and death, blessing and cursing; therefore choose life.” (Deuteronomy 30:19). *(All quotations from the Bible in these lessons are taken from the New King James Version (NKJV) unless otherwise noted.)*

BIBLE ANSWERS

1. What important fact does God tell us about ourselves that few people realize? Romans 3:23. “For _____ have sinned and fall short of the glory [character] of God.”

 **Once we take God into all our decisions, He strengthens us and blesses our actions.**

NOTE: We don't realize how naturally weak we are because of our inherited sinful tendencies and the developed human flaws handed down to us from past generations. As a result we have a natural desire to sin. The apostle Paul described our human problem of sin when he wrote, “For the good that I will to do, I do not do; but the evil I will not to do, that I practice” (Romans 7:19). We all face problems with sin, but we can choose whether or not to allow God to help us.

2. What must happen daily to our selfish ways in order for God to transform us? 1 Corinthians 15:31. “I affirm, by the boasting in you . . . I _____ daily.”

NOTE: It is necessary to choose to follow Jesus daily. When Paul said, “die daily,” he meant that every hour, every day, whenever there is a choice to be made, we should always humbly ask God to help us make the choice we know God wants us to make. **Once we take God into all our decisions, He will step in and bless our actions with strength and purpose.**



First, we must recognize only Jesus can make this change in us.

How will you know the right choices to make? When you ask God for help, He promises to transform your mind according to the perfect will of God (Romans 12:2). God enlightens your thinking to know what is right and what is wrong. He then gives you the desire and the power to do what is right. The best guidance is found in the Bible—read it prayerfully—daily.

3. What battle does God ask us to fight? 1 Timothy 6:12. “Fight the good _____, lay hold on eternal life.”





*Peace of mind
and new direction
happen when we
invite Jesus into
our lives. The
Bible says, "Seek,
and you will find"
(Matthew 7:7).*

NOTE: When the apostle Paul wrote this, he was in a prison in Rome, and he realized his days were numbered. Looking back over his work for God, he could state that he had “kept the faith” and that he had done what God wanted him to do. How did he do this? He made it a practice each day to dedicate himself to choose God’s way. For this reason, as a weak human, he could say he had “fought the good fight”(2 Timothy 4:7). Paul is an example for us to follow. We are to continually learn to choose to give ourselves to God and follow His directions and leading. This isn’t easy. That’s why the Bible calls this continual choosing “the fight of faith.”

4. What step can we take to receive this new heart and spirit and the power to do God’s will? Matthew 7:7-8. “_____, and it will be given to you; _____, and you will find; _____, and it will be opened to you. For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened.”

NOTE: We can receive a new heart and spirit by simply asking God for it and by surrendering to Him in faith. He wants us to understand that if anything is going to be changed in our spiritual life, He will have to do it with us and for us.

Here is an excellent quotation from the devotional book *Steps to Christ*: “You cannot change your heart, you cannot of yourself give to God its affections; but you can choose to serve Him. You can give Him your will [choose to submit your will to His]. He will then work in you to will and to do according to His good

pleasure. Thus your whole nature will be brought under the control of the Spirit . . . ; your affections will be centered upon Him, your thoughts will be in harmony with Him” (page 47).

5. How does the apostle Paul describe the result of this close relationship? 2 Corinthians 5:17.

“Therefore, if anyone is in Christ, he is a _____ creation; old things have passed away; behold, all things have become _____.”

God wants us to understand that if anything is going to be changed in our spiritual life, He will have to do it for us.

Thought and Discussion. When we choose to follow Jesus as our Deliverer from sin, He makes us a new person. If you choose on a daily basis to ask God to help you with every decision, big or small, you will become a different person. Bad habits and lifestyle will change. You will find peace and hope. More than just hope beyond the grave, God gives us a better life here on earth—today.

People who have Jesus in their heart realize how much value God places on them. The fact that Jesus would go through all He did to save us shows how important we are to Him. The cost of our salvation is the life of Christ. Having a self-image like this brings happiness and gives us a willingness to allow the Holy Spirit to lead in our lives.





Just like the brown ptarmigan changes color as winter approaches, if we ask, Jesus can give us a new heart, a new start, and transform our life.

6. When we choose God's control over our lives, what two "new" things will God give us? Ezekiel 36:26. "I will give you a _____ and put a _____ within you."

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NOTE: A "new" heart means more than an improved or a "changed" heart. For example, someone may have difficulty loving someone whose lifestyle may be different from theirs. But when we choose to allow God to change us, He will give us a new attitude toward others. (See John 4:7-9.) This transformation takes place by a power outside of our own strength.

7. The Bible tells us the story of a man named Moses. What Bible evidence do we have that Moses had this "new heart," this heart of faith? Hebrews 11:24-25. "By faith Moses, when he became of age, _____ to be called the son of Pharaoh's daughter, _____"

Jesus promises us a "new heart." He is the creator and re-creator of our lives.



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rather to suffer affliction with the people of God than to enjoy the passing pleasures of sin.”

NOTE: Think of the tremendous choices Moses had to make. He had been raised in a king’s palace and would likely have become the next ruling Pharaoh of Egypt. The riches of the kingdom were his if he wanted them. Every earthly dream of his could have been fulfilled. But he was a man of faith and made a choice that changed his life. He chose “by faith” to stay with the people of God. Was his choice worthwhile?

Moses is remembered as a great leader of Israel. His leadership wasn’t easy, and there were many difficulties. But he remained true to God in the choices he made. Had he chosen to be a ruler of Egypt, rather than to serve God, today he have been only a mummy buried in one of the great pyramids. Scripture indicates that after his death, God resurrected Moses and took him to heaven. He is in heaven today because of his choices. Do you, like Moses, want Jesus to give you a better life than the world can possibly offer? If you do, the same rewards that came to Moses can also be yours by submitting your will to God’s plans for you.

If you daily continue to choose the Holy Spirit’s leading in what is right, though you are weak, He will help you make right decisions that are not natural for a human to make.

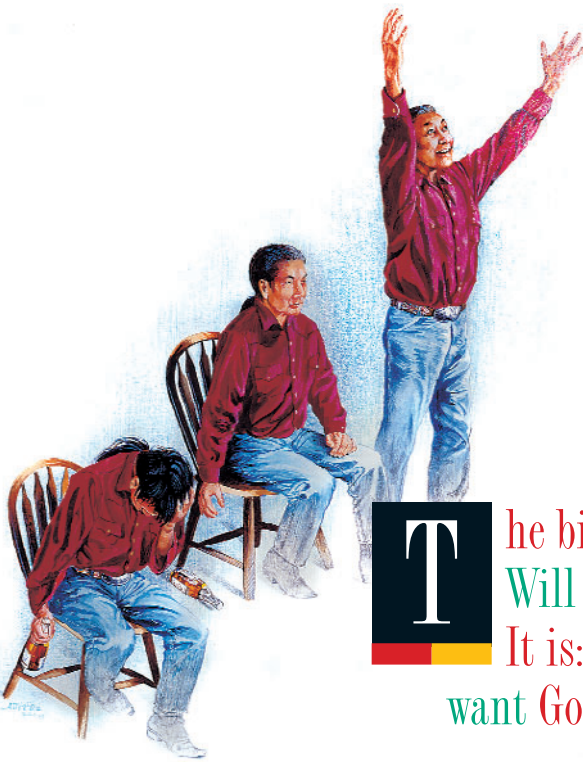
Another great gift that God gives to those who con-

Had Moses chosen to be a ruler of Egypt, today he might be only a mummy buried in one of the great pyramids.

tinually follow Him is a wonderful assurance in your heart that you are not only being cared for today but for all eternity. “Now He who establishes us with you in Christ and has anointed us is God, who also has sealed us and given us the Spirit in our hearts as a guarantee” (2 Corinthians 1:21–22). The Holy Spirit dwelling in us is—if we remain faithful—a guarantee. It is our assurance that we will receive heaven’s eternal rewards.

Closing Thought. Let’s go back to the caterpillar/butterfly story with which this lesson began. Remember how God changes the caterpillar into a beautiful insect? God can change people too. Listen. A good man went to a meeting in a mission on skid row. As he sat in the evening service, he heard testimonies by several men and women whom the Lord had delivered from alcoholism and drug abuse. These individuals had been on drugs for years, but when they opened their hearts to the Lord, He helped them. Some had tried everything to get over drinking, but nothing worked until they turned to the Lord for help.

As the man drove home that night, he wondered why he wasn’t seeing such changes happening in his life. He realized that the Lord wants us to reflect His character in all areas of our lives. He began thinking, “If the Lord could help that man with drug abuse or that woman with alcoholism, couldn’t He also help me with



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It is: Do I really
want God to help me?

my temper and with the way I treat my wife? Couldn't He also help me in the way I deal with other people?"

The big question isn't "Will God help me?" but "Do I really want God to help me?"

In every phase of life, even in the little things, big changes can take place. This is what it means to live the Christian life, to fight the good fight of faith. As born-again Christians we must keep our hearts open to God's instructions in order for Him to come into our hearts and work these miracles in us (John 14:23).

Next Lesson. God says, "If you love Me, keep My commandments" (John 14:15). It is impossible for us to do this on our own because we are too weak and naturally rebellious. But if we allow Jesus to come into our lives, God's commands will become a delight to follow. We'll learn more about this in the next lesson.



*“If anyone is in Christ, he is a new creation;
old things are passed away . . . all things have become new”
(2 Corinthians 5:17).*

Here is a suggested prayer:

“Dear God, I want Your presence in my life. Thank You for Your free gift of salvation in Jesus and a new beginning. I invite Jesus into my heart to be my Savior. You have the power to change lives, thank You for forgiving my sins and coming into my life. In Jesus’ name, Amen.”



Native New Day

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