



Transformation

A change in heart and mind, pleasing to God

Paul wrote in Romans 12:2 that we are to be transformed by the renewing of our minds. We are *not* to remain stuck in the past or in the dysfunction of the flesh. We are to effect a change in heart and mind - to be changed more into the image of Christ; our Lord and Savior. We accomplish this by renewing our minds - focusing on the Lord, on the Word of God; not the things of the world or the flesh. Renewing our minds means we don't focus on the past, the wrongs we or others did. It *can* be helpful to review and learn from past mistakes, but to dwell on them and hold on to them is *not* going help us in our walk with the Lord.

Transformation; 'that change in heart and mind, pleasing to God' will bring about a positivity to our marriage and serve to strengthen it. When *we* grow more into the image Christ, how can it not improve our marriage? When we transform; making a change in appearance or character - improving *our self*, it can positively affect our spouse, children, and all those we come in contact with - perhaps dramatically! We cannot transform our spouse, our children or anyone else, but only ourselves - and that only by God's strength!

I think of the passage attributed to an unknown monk: "When I was a young man, I wanted to change the world. I found it was difficult to change the world, so I tried to change my nation. When I found I couldn't change the nation, I began to focus on my town. I couldn't change the town and as an older man, I tried to change my family. Now, as an old man, I realize the only thing I can change is myself, and suddenly I realize that if long ago I had changed myself, I could have made an impact on my family. My family and I could have made an impact on our town. Their impact could have changed the nation and I could indeed have changed the world."

Be transformed by the renewing of *your* mind. Make the decision to change your heart and mind to be more pleasing to the Lord your God. Don't focus on your spouse, focus on yourself and see what the Lord does in your marriage.

Helpful Resources: *Fortified Marriages Resource page: www.fortifiedmarriages.com*

Articles to check out:

Can One Person Transform a Relationship? by Jennifer Williams - heartmanity.com

Understanding Relationships: Change Yourself, Change Your Marriage by Gary Moore