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- 7054 Winnetka Ave., Winnetka, CA 91306
- Mail To: P.O. Box 2711, Winnetka, CA 91396
- 818-795-5566 (cell phone)
- W. Bruce Evans, Minister e-mail to wbe@wolfenet.com

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www.winnetkachurchofchrist.com

IS IT TIME FOR A CHANGE?

It is said that there are three “c’s” of life: choices, chances and changes. That may be a tad bit too simplistic, in as much as it doesn’t seem to incorporate perhaps one of the most difficult things to master in life. Self-control. How often have we been defeated by a bad habit, contrary attitude or a differential mind set? While we may make a promise to self and others to improve, yet time after time we don’t succeed. While we can talk about change, plan for change and even read “self-help” books to help facilitate the desired change, yet it is difficult if not “impossible” to overcome what vexes us. Why?

The answer may very well be found in 2Peter, chapter one and verse six, “*and in your knowledge, self-control, and in your self-control, perseverance, and in your perseverance, godliness*” It is ever so hard to master control of self, yet it is possible with the proper knowledge and application of said knowledge, incorporated with the determined will to realize the desired result. Take a moment and look back at the passage, notice the natural progression. Knowledge leads to self-control, self-control will demand perseverance, which is defined as being a “continued effort to do or achieve something despite difficulties, failure, or opposition : the action or condition or an instance of persevering” With self under control and continued effort in place, despite any hurdle, the goal of godliness can be realized.

In Paul’s letter to the brethren in Galatia, he laid out the fruit of the Spirit, which most are well acquainted; love, joy, peace, patience, kindness, gentleness and self-control (see Galatians 5: 22-23). Consider as well what is seen in Romans 12:1-2 as Paul uses language which clearly points to change. “*I urge you there-*

fore, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what the will of God is, that which is good and acceptable and perfect.”



Transformed as seen in Romans 12:2 carries with it the definition of, “to change in composition or structure; to change outward appearance or form; to change in character or condition; convert”. The key to any change or renewal is the proper mind set. There must exist within self an abhorrence of the current situation so much that the pain of staying the same is greater than the pain in changing.

Motivation.

“*For the mind set on the flesh is death, but the mind set on the Spirit is life and peace.*” (Romans 8:6) “*And that you be renewed in the spirit of your mind, and put on the new self, which on the likeness of God has been created in righteousness and holiness of truth.*” (Ephesians 4:23-24)

“*Examine yourselves...*” is what Paul challenges the brethren at Corinth. A challenge that flows even to us. The change process begins with honest reflection on your life. Look into the mirror of God’s word (James 1:21-27). Set definite goals (Philippians 3:12-14). Surround yourself with positivity (Philippians 4:4-8). Embrace change, take action on a daily basis, celebrate even the smallest of steps and be patient with self, lasting change takes time.

“*But in all these things we overwhelmingly conquer through Him who loved us.*” (Romans 8:37) Real change is possible, if you have God alongside. (wbe)