

40 Days of Real Change Week 2 – Heat James 1:1-18

Myth 1: Real change takes place through determination and self-control.

Truth: Lasting change only takes place when the Holy Spirit changes our heart.

“Don’t copy the behaviour and customs of this world, but let God transform you into a new person by changing the way you think.” Romans 12:2

“What you say flows from what is in your heart.” Luke 6:45

Myth 2: A godly Christian will not experience major problems and difficulties.

Truth: We need heat to grow us to maturity.

“Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. ³ For you know that when your faith is tested, your endurance has a chance to grow. ⁴ So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing.” James 1:2-4

Myth 3: Troubles (heat) only present themselves as problems or difficulties.

Truth: In times of prosperity and comfort we all too easily forget God and drift into trouble.

“Believers who are poor have something to boast about, for God has honoured them. ¹⁰ And those who are rich should boast that God has humbled them. They will fade away like a little flower in the field. ¹¹ The hot sun rises and the grass withers; the little flower droops and falls, and its beauty fades away. In the same way, the rich will fade away with all of their achievements. ¹² God blesses those who patiently endure testing and temptation. Afterward they will receive the crown of life that God has promised to those who love him.” James 1:9-12

“Temptation comes from our own desires, which entice us and drag us away. ¹⁵ These desires give birth to sinful actions. And when sin is allowed to grow, it gives birth to death.” James 1:14-15

Myth 4: Wilderness experiences are wasted years.

Truth: Wilderness experiences give us opportunities to prepare our hearts for godly living.

See Numbers 11:4-23 & Deuteronomy 8:2-14

“Remember how the Lord your God led you through the wilderness for these forty years, humbling you and testing you to prove your character (to know what was in your hearts), and to find out whether or not you would obey his commands.” Deut 8:2

“These things happened to them as examples for us. They were written down to warn us...” 1 Cor 10:11