

40 Days of Real Change

Week 4 – Cross

“My old self has been crucified with Christ. It is no longer I who live, but Christ lives in me. So I live in this earthly body by trusting in the Son of God, who loved me and gave himself for me.” Galatians 2:20

The Holy Spirit brings real change to my life as I...

1. Daily acknowledge the sinfulness of my own heart

“The human heart is the most deceitful of all things, and desperately wicked. Who really knows how bad it is?” Jeremiah 17:9

2. Daily recognise my new identity and potential in Christ by choosing to be defined by the Cross of Christ

“My old self has been crucified with Christ. It is no longer I who live, but Christ lives in me.” Gal 2:20

3. Daily live a cross centred life of repentance and faith

This is the key: If change is to happen we need to live cross-centred lives and that means living lives that are soaked through with repentance and faith.

Faith - keeps us laying hold of the grace and mercy of Christ and avoiding despair.

Repentance (switching from our way to God’s way) – keeps us facing our ongoing struggle with sin and avoiding pride.

Read 1 John 1:8-2:6

- “If we claim we have no sin, we are only fooling ourselves and not living in the truth.” v 8
- “But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.” v 9
- “But if anyone does sin, we have an advocate who pleads our case before the Father. He is Jesus Christ, the one who is truly righteous.” 1 John 2:1b
- Read 1 Jn 3:1-3 “And all who have this eager expectation will keep themselves pure, just as he is pure.” 1 John 3:3

Quote: “We grow by moment-by-moment repentance and faith in the detail of our lives, aware of Christ’s rule, delighting in his character, trusting in his cross, and turning in his strength to more lovely ways of living.” Real Change course book

This series of questions based on Phil 2:1-11 may help you to get your head where it needs to be. They highlight what Christ did when he left heaven to suffer, die, and be raised for us. Here is what it would sound like in this case:

1., you look beautiful to me right now, but when did you ever leave your place of prominence and glory to humble yourself for me?
2., when did you ever enter my world to suffer on my behalf?
3., when did you ever shed your blood so that I could be cleansed from my sin?
4., when were you ever raised from the dead on my behalf?
When did you ever promise to give me new life and power?
5., when did you ever promise to send the Holy Spirit to fill me with true comfort that would help me to please God even when my earthly comfort was threatened?
6., when did you ever promise to intercede for me to my Father in heaven, so that I could be strong in trial?
- 7....., when did you ever promise to come again and redeem me from the things that capture me and make me their slave?