

# Transformed from the Inside

**Step 6 - *We were entirely ready to have God remove all these defects of character.***

How many times have we wished that we could be someone else? Perhaps part of the reason we act out our addictions is because we can't stand ourselves. Self-hatred is often associated with addictive/compulsive personalities. If we don't like who we are, it's reassuring to know that we can change dramatically.

***In the Bible, the apostle Paul wrote, "Dear brothers and sisters, I plead with you to give your bodies to God. Let them be a living and holy sacrifice - the kind He will accept. When you think of what He has done for you, is this too much to ask? 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. Then you will know what God wants you to do, and you will know how good and pleasing and perfect His will really is" (Romans 12:1-2).***

Paul tells us to avoid being like the world around us. If we copy the behaviour and customs of this world, we will head straight toward selfish ways and destructive dependencies. Our part is to turn our will and our life over to the care of God and allow Him to remove our defects of character. God wants to transform us or change us from the inside out, much the way an ugly caterpillar is changed into a beautiful butterfly. As we are changed on the inside, we will begin to evidence those changes in our external attitudes and actions.

We all have great potential for change but we cannot do it under our own power. We have all

tried to change our outward behaviour and found that it doesn't last. As we yield ourselves to God, we can depend on Him to renew our mind and heart. He will begin to remove our defects of character, transforming us inwardly so that it affects both our character and our behaviour.

Allowing God to remove all our defects of character can be frightening. No matter how bad life gets we tend to feel at home with what's familiar. We may stay trapped in destructive life patterns because we fear change. But if we wait for all the fear to go away before we take courageous steps, we'll never make significant progress. Courage isn't the absence of fear. Courage is finding the strength to take the next step. Take heart in the fact that you are not taking any of these steps alone. God is taking them with you and He only wants what is best for you.

***"Be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go" (Joshua 1:9).***

## **Questions for reflection and Discussion**

1. What parts of my life am I afraid to change?
2. How do I prepare for God to remove all my defects of character?
3. What part do I play in this process of having my character defects removed?
4. How do I envision life without my character defects?