

# Transformed living

## The Right Way to a Balanced Life

As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. <sup>2</sup>Be completely humble and gentle; be patient, bearing with one another in love. <sup>3</sup>Make every effort to keep the unity of the Spirit through the bond of peace. <sup>4</sup>There is one body and one Spirit—just as you were called to one hope when you were called— <sup>5</sup>one Lord, one faith, one baptism; <sup>6</sup>one God and Father of all, who is over all and through all and in all. – Ephesians 4:1-6

I do not understand what I do. For what I want to do I do not do, but what I hate I do. – Romans 7:15

We know that the law is spiritual; but I am unspiritual, sold as a slave to sin. – Romans 7:14

I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. – Romans 7:18

What a wretched man I am! Who will rescue me from this body of death? <sup>25</sup>Thanks be to God—through Jesus Christ our Lord! So then, I myself in my mind am a slave to God's law, but in the sinful nature a slave to the law of sin. – Romans 7:24-25

Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come! – II Corinthians 5:17

## What does it mean to be “IN CHRIST”?

1. “In Christ” you are united with Him.
2. “In Christ” you are redeemed.  
you were bought at a price. Therefore honor God with your body. – I Corinthians 6:20
3. “In Christ” you received the benefits of Jesus' victory over death.
4. “In Christ” all things become new.

And we, who with unveiled faces all reflect<sup>l</sup> the Lord's glory, are being transformed into his likeness with ever-increasing glory, which comes from the Lord, who is the Spirit. – II Corinthians 3:18

## How to live a balanced life “IN CHRIST”?

Live your life WORTHY of the calling you received.

- ⇒ The original word for WORTHY refers to an ancient method for measuring weight.
- ⇒ The word WORTHY means to add weight to the other side so that it is equal.

**QUESTION:** What is the biblical meaning?

**ANSWER:** Let your behavior counter balance your \_\_\_\_\_.

## Four attitudes that will create the climate where life change can occur.

### Attitude 1: Humility

Definition: To have an accurate view of yourself.

For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the measure of faith God has given you. – Romans 12:3

### Attitude 2: Gentleness

Definition: To be considerate.

### Attitude 3: Patience

Definition: To be steadfast long suffering.

### Attitude 4: Bearing

Definition: To put up with.

# ARE YOU WORTHY? IS YOUR BEHAVIOR REFLECTING WHAT YOU BELIEVE??