

Day 2

What's more, don't let yourselves be squeezed into the shape dictated by the present age. Instead, be transformed by the renewing of your minds, so that you can work out what God's will is—what is good, acceptable, and complete.
—Romans 12:2

Brainy Tip: Regardless of what has happened to us, or what is happening to us, we can change our brains through our choices! Change takes time, but it is possible.

Building a life of Christian character is an unremitting task, but thankfully our powerful minds are certainly up for the challenge! Each day we can choose to think differently, although we must remember that Rome wasn't built in a day, as the saying goes. True, lasting change takes time and not a little effort. How many times have you tried to change and failed? One of the great things about Romans 12:2 is the word “renewing”—the action is continuous, daily.

Our brains can change, and as we learn to renew the way we think, we change our brains, building Christian character and learning to act and speak like the Messiah. It is really all about learning how to be truly human again, reflecting the image of our glorious Creator. It is not instant—not just one prayer we say and “voila!” we are perfect Christians. Each day, as we choose to follow the Messiah, we change the structure of our brains, a change that in turn impacts our thoughts, words, and actions.