

FREEDOM DEVOTIONAL

LEVELS OF CHANGE

AUTHOR

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MEMORY VERSE

But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord.
2 Corinthians 3:18 (NKJV)

DAY 1

As we enter this week, we continue exploring the transformation we are called to as followers of Christ. When we look at Scripture, we see the glory of God fully revealed in the life of Jesus, and we are called to become like Him. For many of us, this journey has been one of striving and effort. However, true transformation comes not from trying harder, but from accepting God's truth about who we are in Christ.

PAUSE

Let's begin by pausing to center ourselves in God's presence. Take a moment to breathe deeply, allowing God's truth to move through your mind, will, and emotions. As you slowly inhale, refocus on God's goodness and faithfulness. As you exhale, release any anxieties, worries, or fears that may have already entered your day. As you still your mind, let's meditate on today's memory verse:

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2 Corinthians 3:18

REFLECT

From the beginning of creation, Scripture tells us that we were made in God's image. We were created to reflect His very likeness. But after the fall in the Garden of Eden, separation entered between humanity and God. We were born into sin, and our image became that of sinners by nature. Yet, in Christ, we are made new. As we are baptized into His life, our identity is transformed.

Let's look again at 2 Corinthians 3:18.

"But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord."

God has removed the veil of separation between Himself and us. Now, we are invited to gaze into His mirror. As followers of Christ, we are being transformed into His image, day by day, from glory to glory, and from victory to victory.

ASK

In ancient times, mirrors were made of polished metal, and the reflections were often unclear or blurry. Similarly, when we look at our lives, we may see glimpses of God's image, but it might feel imperfect or out of focus. Let's invite God to bring clarity about His image within us. Ask and listen. Write down what He reveals to you.

- *God, in what ways have I become like You?*
- *God, what do You desire to see transformed in my life to reflect Your image more clearly?*
- *God, where have I resisted Your desire to transform me?*
- *Holy Spirit, how can I trust You more as I walk through this journey of transformation?*

YIELD

Our life's journey is to work out our salvation with reverence and awe, as Paul shares in Philippians 2:13,

"For it is God who works in you both to will and to do for His good pleasure."

We are invited to walk in wonder and humility, knowing that it is the Lord who works in us. Through the Holy Spirit, God creates the desire, the strength, and the endurance that lead to transformation in our lives.

Take a moment to write down, along with your memory verse, an area of your life where you sense God wants to bring transformation today. As you go through the rest of this week, continue inviting God to speak into this area, and yield yourself to the Holy Spirit's guidance.

God, I thank You for removing the veil of separation between us. I praise You for the blessing of being remade and transformed into Your image. Help me to release control to You, so that I may experience the peace and joy of walking according to Your will. I commit myself to trust in You and the power of Your Spirit. In Jesus' name, Amen.

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DAY 2

Today, we continue exploring the transformation we are called to as followers of Christ. When we study Scripture, we see the glory of God in the life of Jesus and recognize that we are called to become like Him. Often, we approach this journey through striving and effort. But true transformation happens when we accept God's truth about who we are in Christ, not through our own strength.

PAUSE

Let's begin by pausing to center ourselves in God's presence. Take a moment to breathe deeply, allowing God's truth to move through your mind, will, and emotions. As you slowly inhale, focus on God's goodness and faithfulness. As you exhale, release any anxieties, worries, or fears that may have already entered your day. As you still your mind, let's meditate on today's memory verse:

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REFLECT

When we seek change in our lives, the first area we tend to focus on is our environment. We may believe that our circumstances create the undesirable traits we see in ourselves. At the same time, we often attribute our good qualities to our hard work, discipline, or wisdom. This mindset can trap us, leading us to feel like victims of our circumstances, as though life just happens to us and we can't control who we are.

However, the apostle Paul offers a different perspective. In Philippians 4:11-13, Paul writes,

"Not that I speak in regard to need, for I have learned in whatever state I am, to be content: I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need. I can do all things through Christ who strengthens me."

Paul wrote these words while imprisoned in Rome, after a long and difficult journey. Despite his circumstances, he had learned to be content in all situations, whether in abundance or in need. His environment did not define him; instead, it was the power of Christ that sustained and strengthened him through everything.

ASK

Paul didn't depend on his external circumstances to support his faith—he understood that these things were temporary. Let us invite God to reveal the areas where we have made excuses by focusing on our external circumstances. Take time to listen and journal what you hear.

- *God, where have I blamed my environment or circumstances for my actions and choices in life?*
- *God, which circumstances seem to trip me up repeatedly, causing me to lose focus on following You?*
- *God, what situations or environments most often lead to discontentment in me?*

YIELD

God promises to provide for every good thing His children need. He assures us that He will sustain us and see us through every circumstance and environment, according to His will and plan for our lives.

Write down today, along with your memory verse, any circumstances or environments where you have allowed yourself to be distracted or feel like a victim.

As we seek change and transformation, we are called to find contentment regardless of our circumstances. This requires deep trust in God's provision. True and lasting transformation comes when we surrender the desire for perfect conditions and rely instead on God's power to remake us into His image.

Father God, I often find myself feeling discontent. I grumble over the smallest inconveniences and allow them to keep me from fully pursuing You. Help me to find my contentment in You, and free me from letting my environment have power over me. Jesus, may my eyes be fixed on You as the true source of life. I surrender my circumstances to You and ask for Your strength to carry me through. In Jesus' name, Amen.

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DAY 3

As we continue our journey of transformation as followers of Christ, we are called to look deeply into the life of Jesus and reflect His glory in our own. While many of us strive to change through our own efforts, true transformation comes when we accept and embrace God's truth about who we are.

PAUSE

Let's take a moment to center ourselves in God's presence. Pause, breathe deeply, and meditate on God's truth, allowing it to settle in your mind, will, and emotions. As you slowly inhale, focus on the goodness and faithfulness of God. As you exhale, release the anxieties, worries, and fears that have crept into your day. Now, as your mind settles, pray over today's memory verse:

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REFLECT

As we seek true and lasting change, we often start by looking at our external behaviors. We move from focusing on the environment around us to the actions we perform. While this brings us closer to the core issues, it still keeps us focused on the external rather than the root of the problem.

When we examine our behaviors, we might feel convicted by the Holy Spirit or burdened by shame and guilt. We think, “If I could just change this behavior, I would become more like Christ.” Yet, Jesus reminds us that our behavior is only a reflection of what is already in our hearts.

In Luke 6:43-45, Jesus says,

"For a good tree does not bear bad fruit, nor does a bad tree bear good fruit. For every tree is known by its own fruit. For men do not gather figs from thorns, nor do they gather grapes from a bramble bush. A good man out of the good treasure of his heart brings forth good; and an evil man out of the evil treasure of his heart brings forth evil. For out of the abundance of the heart his mouth speaks."

Jesus explains that our behavior, the fruit we bear, is determined by what is within us. It is not our behavior that changes our nature, but our inner nature that shapes our behavior.

ASK

Many of us fall into the trap of trying to change by managing our behavior, which often leads to frustration, shame, and eventually bitterness. Let's seek God's guidance on how we can break free from this cycle and pursue true transformation.

- *God, where have I relied on my own strength to change my behavior instead of turning to You?*
- *What does my behavior reveal about the state of my heart?*

YIELD

Our heart is the core of who we are. Proverbs 23:7 says,

“As a man thinks in his heart, so is he.”

Our behaviors are a reflection of what is deep within us. If we want to see true, lasting transformation, we must look deeper than our actions and allow God to work on our hearts. We often want to fix the surface, but God desires to dig deeper, down to the foundation, to rebuild us from the inside out. Holding onto anything—our efforts, our pride, our self-reliance—only distorts the image of God in our lives.

Take a moment to reflect on this truth. Write down alongside your memory verse the behaviors you’ve been trying to change on your own, without fully surrendering to God.

O Lord, I have tried too often to approach You through my own strength and efforts. Today, I yield myself to You completely. My best efforts have not produced the transformation I desire. Jesus, search my heart and show me the areas within that produce undesirable fruit in my life. Help me to lean on Your strength and truth, and guide me to become who You have called me to be. Amen.

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DAY 4

This week, we continue exploring the transformation we are called to as followers of Christ. In Scripture, we see the glory of God reflected in the life of Jesus, and we are called to become like Him. Many of us pursue this journey through striving and effort, but true transformation comes as we accept God's truth about who we are.

PAUSE

Let's take a moment to center ourselves in God's presence. Pause, breathe deeply, and meditate on God's truth, allowing it to settle in your mind, will, and emotions. As you slowly inhale, focus on the goodness and faithfulness of God. As you exhale, release the anxieties, worries, and fears that have crept into your day. Now, as your mind settles, pray over today's memory verse:

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REFLECT

As you continue your journey toward lasting change and transformation, you must shift from focusing on external improvements to internal transformation. Often, after struggling and failing at self-improvement, we resign ourselves to believing that change is impossible. People say things like, “I’ve always been this way,” “I’m not good enough to do that,” or “It’s just who I am.” This kind of thinking leads us to believe we’re incapable of becoming what God has called us to be.

However, the words of the prophet Ezekiel offer a different perspective. Ezekiel 36:26-27 says,

"I will give you a new heart and put a new spirit within you; I will take the heart of stone out of your flesh and give you a heart of flesh. I will put My Spirit within you and cause you to walk in My statutes, and you will keep My judgments and do them."

God understands that, in our fallen nature, we are not able to follow Him or experience transformation on our own. That’s why He promises to replace our old heart—cold and lifeless—with a new heart, alive and responsive to Him. He gives us His Spirit, empowering us to live according to His will.

ASK

We don't just need improvement; we need new life. We're not simply broken people who need fixing; we're dead people who need resurrection. Take a moment to listen and reflect on these questions. Write down what God speaks to you.

- *God, where do I need to surrender my old self, my old life, for new life in You?*
- *God, where have I accepted defeat and believed I could never become who You've called me to be?*

YIELD

We cannot hold onto our old life and still expect to experience real change. True transformation begins when we understand that nothing of our old nature is worth saving. Jesus made this clear to His disciples in Luke 9:23-24.

“If anyone desires to come after Me, let him deny himself, and take up his cross daily, and follow Me. For whoever desires to save his life will lose it, but whoever loses his life for My sake will save it.”

Today, alongside your memory verse, write down where you’ve been holding onto your old life instead of surrendering it to Jesus.

Lord Jesus, I surrender my life afresh to You today. Help me to follow You without looking back, and to trust in Your new nature in me rather than clinging to my old ways. Just as You obediently gave up Your life for my sake, give me the strength and peace to yield my life for You. You are worthy, Lord, and Your life is all I need. Amen.

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DAY 5

Today, we continue exploring the transformation we are called to as followers of Christ. As we search Scripture, we see the glory of God lived out through the life of Jesus and understand how we are called to become like Him. Many of us pursue this journey through striving and effort, but true transformation comes as we accept God's truth about who we are.

PAUSE

Let's take a moment to center ourselves in God's presence. Pause, breathe deeply, and meditate on God's truth, allowing it to settle in your mind, will, and emotions. As you slowly inhale, focus on the goodness and faithfulness of God. As you exhale, release the anxieties, worries, and fears that have crept into your day. Now, as your mind settles, pray over today's memory verse:

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REFLECT

As you continue your journey of lasting transformation, you will need to examine the deeper beliefs held within our hearts. Our beliefs are more than just strong opinions or thoughts. Thoughts exist in the mind, but beliefs are rooted deeply in the heart. They are real to us and affect how we live each day. This is why King Solomon wrote in Proverbs 4:23,

"Keep your heart with all diligence, for out of it spring the issues of life."

In teaching us the way of wisdom, Solomon advises us to guard our hearts carefully. We must be mindful of everything we allow into our hearts. As we experience new things, encounter new information, or deal with hurt, disappointment, or shame, these emotions and thoughts try to gain access to our hearts. Once they settle in, they can develop into beliefs that shape the way we see the world.

These beliefs don't remain isolated; they take root and begin to affect every area of life. This is why guarding what enters our hearts is crucial, because from the beliefs we hold flow the experiences and issues of our lives.

The most significant beliefs we carry are those about ourselves and about God. Over time, many thoughts and experiences have influenced our beliefs about who we are and who God is. But we must ask: Are these the right beliefs? Do they align with God's truth and bring life?

ASK

As we enter this time with God, it's important to look deeply within ourselves and evaluate the beliefs we hold. As King David wrote in Psalm 139, we must invite God to search our hearts and speak to us about what He sees. Take time to listen and journal what you hear.

- *God, what beliefs about myself do not align with Your truth and how You see me?*
- *God, what beliefs about You do not align with Your truth?*
- *God, where do I need to guard my heart to protect it from false beliefs that are harmful?*
- *God, what truths do You want to show me so I can walk more closely with You?*

YIELD

Holding on to the right beliefs about ourselves and about God radically changes our perspective and impacts the way we live every day. As you return to your day, reflect on what God has revealed. What truths will you hold on to from this time with Him? Today, write down alongside your memory verse the beliefs God wants you to root deeply in your heart.

Lord God, I invite You to continue searching my heart. Reveal any hurts or false beliefs that weigh me down as I walk with You. Gracious Father, show me Your truth so I can walk in freedom, joy, and new life every day. Help me guard my heart against influences that seek to speak falsehoods into my life, and let my heart always agree with Yours. Lord Jesus, help me walk in the freedom You bought for me. Amen.

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DAY 6

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PAUSE

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REFLECT

Today, you will focus on one of the most central aspects of your personal life: your identity. Your identity is where your beliefs about God and yourself intersect. We are all created by God, made in His image, and bought with a price through the blood of Jesus. Because of this, only God has the authority to speak our true identity. He is both our Creator and Lord.

Yet, many of us have allowed other voices—our experiences, failures, and even the opinions of others—to define our identity. It's time to ask: What does God say about who I am? 2 Corinthians 5:17 tells us,

"Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new."

Paul reminds us that in Christ, we are made new. The old—our sin, shame, guilt, and past failures—no longer defines us. It has no power over us. Even the most painful parts of our lives can be redeemed and used for God's glory. And Christ doesn't just give us a clean slate; He rebuilds us from the inside out, renewing us daily through the power of the Holy Spirit.

In Christ, we are heirs to His kingdom, adopted as God's children, reconciled as His friends, and declared saints, carrying the light of Christ into the world.

ASK

As we walk through life, we may stumble and feel as though our new identity in Christ is far from reality. But Paul did not say we would live perfect lives; rather, he proclaimed that all things are becoming new. Our new identity is a reality, even as it is still being worked out in our daily lives. Take a moment to listen and journal what you hear from God:

- *God, what false identity have I allowed to shape how I live and how I approach You?*
- *God, what truth about my identity do You want me to embrace that I have not yet accepted?*

YIELD

Our identity can either be one of the greatest obstacles in our faith journey or the greatest source of empowerment in our walk with Christ. We must choose to embrace God's view of who we are in Christ. He has declared us forgiven, free, reconciled, and redeemed. And God Himself has called us to share this truth with others, so they too can find their identity in Him. Remember, the Lord valued you enough to send His Son, who gave Himself up for you.

Today, write down the identity God is asking you to hold onto, alongside your memory verse.

Lord, You alone are the source of my life and identity. All that I am is found in You. Help me silence the other voices that try to define me, and teach me to listen only to You and those who speak Your truth over me. Holy Spirit, give me the boldness to walk confidently in the identity You've given me. I am Yours, Lord, and You are mine. Help me cling to You, with my hand in Yours, through every step of this day. Amen.

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PAUSE

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REFLECT

Throughout this week of prayer and devotion, we've focused on moving inward toward self-examination, and upward toward God, so we can discover lasting transformation in our lives. The normal Christian life is one of ongoing transformation. It's not merely about duty, observance, or gaining new knowledge. These things flow from a transformed life, but they are not the goal nor the means to it.

The life of a follower of Christ should be marked by its difference—not in comparison to others, but in the contrast between who we once were and who God is making us into. Ephesians 4:22-24 teaches us,

"That you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, and be renewed in the spirit of your mind, and that you put on the new man which was created according to God, in true righteousness and holiness."

This is the life expected of all believers: to put off our old self—which was crucified with Christ—and to put on the new self, raised to life in Him. This is the great exchange available to each of us. It is not just a possibility—it is your reality in Christ.

ASK

Faith is the acceptance of God's truth and the reality of His kingdom. In Christ, a new self stands ready for us to embrace. God asks us to let go of the old so we can fully take hold of the gift He offers. Listen and journal what you hear.

- *God, where am I still holding on to my old life?*
- *Where have I kept You out of certain parts of my life, resisting Your renewal?*

YIELD

In a world of instant downloads and next-day deliveries, we expect quick fixes for everything—even our spiritual lives. But true transformation is a deep, lifelong process. We need patience, intention, and persistence in seeking God, inviting Him into every corner of our hearts, and allowing Him to renew and transform us.

Father, I trust You and invite You into every part of my life. I confess that I've held onto parts I was afraid to surrender, and I've tried to control areas I thought I had a right to manage on my own. Today, I surrender all of it to You. I know I will need to return again and again to renew my surrender, but I ask You to transform me and mold me into Your image. I long to walk in Your ways and to seek Your will for my life. In Jesus' name, Amen.