

James Rafferty 2025 Q4 L8 Changed by Contemplation

JILL-leaders resist peer pressure, speak courage & follow God
fully

JOHN-physical giants are no match for spiritual giants who trust
in God

JOHN L - example is infective or inspiring

RYAN - godly leadership is... humble

THURSDAY

November 20

Changed by Contemplation

Contemplating the life example of great heroes of faith is
essential for our spiritual growth. At the same time, our
ultimate example is Jesus Christ—His life and teachings. How
does focusing on the life of Jesus change us? See Heb. 12:1, 2;
2 Cor. 3:18.

GC 555 —

IT IS A LAW BOTH OF THE INTELLECTUAL AND THE SPIRITUAL NATURE
THAT BY BEHOLDING WE BECOME CHANGED. THE MIND GRADUALLY ADAPTS
ITSELF TO THE SUBJECTS UPON WHICH IT IS ALLOWED TO DWELL. IT
BECOMES ASSIMILATED TO THAT WHICH IT IS ACCUSTOMED TO LOVE AND
REVERENCE. MAN WILL NEVER RISE HIGHER THAN HIS STANDARD OF
PURITY OR GOODNESS OR TRUTH. IF SELF IS HIS LOFTIEST IDEAL, HE

WILL NEVER ATTAIN TO ANYTHING MORE EXALTED. RATHER, HE WILL
CONSTANTLY SINK LOWER AND LOWER. THE GRACE OF GOD ALONE HAS
POWER TO EXALT MAN. LEFT TO HIMSELF, HIS COURSE MUST INEVITABLY
BE DOWNWARD. GC 555.1

Marco Iacoboni, a neuroscientist at the University of California, Los Angeles, researched the function of mirror neurons. These small cell circuits are activated both when we perform a certain action—such as laughing or embracing someone—and when we observe someone else performing the same action. The activity of these neurons reduces the distinction between seeing and doing.

Ellen G. White speaks about the importance of beholding the character of Jesus: "Looking unto Jesus we obtain brighter and more distinct views of God, and by beholding we become changed. Goodness, love for our fellow men, becomes our natural instinct. We develop a character which is the counterpart of the divine character. Growing into His likeness, we enlarge our capacity for knowing God. More and more we enter into fellowship with the heavenly world, and we have continually increasing power to receive the riches of the knowledge and wisdom of eternity."—
Ellen G. White, *Christ's Object Lessons*, p. 355.

Read Romans 12:1, 2. What two processes work for
conflicting purposes in our lives? How can we be sure that we
give room to the right one?

"I BESEECH YOU THEREFORE, BRETHREN, BY THE MERCIES OF GOD, THAT
YOU PRESENT YOUR BODIES A LIVING SACRIFICE, HOLY, ACCEPTABLE TO
GOD, WHICH IS YOUR REASONABLE SERVICE. AND DO NOT BE CONFORMED
TO THIS WORLD, BUT BE TRANSFORMED BY THE RENEWING OF YOUR MIND,
THAT YOU MAY PROVE WHAT IS THAT GOOD AND ACCEPTABLE AND PERFECT
WILL OF GOD."

Romans 12:1-2 NKJV

CONFORMITY TO THE WORLD

TRANSFORMATION BY THE RENEWING OF OUR MINDS

THIS IS THE SPIRIT OF ANTI-CHRIST

1 JOHN 2:15-18 - THAT IS WHY THERE ARE MANY ANTI-CHRIST'S IN THE WORLD -
THE BIBLE SAYS - AND IT IS WHY MANY WILL SO READILY FOLLOW THE FINAL
MANIFESTATION OF ANTI-CHRIST - ANTI-CHRIST IS THE EXALTATION OF MAN IN THE
PLACE OF GOD -

NOT IN OUR LEARNING, NOT IN OUR POSITION, NOT IN OUR NUMBERS OR ENTRUSTED
TALENTS, NOT IN THE WILL OF MAN, IS TO BE FOUND THE SECRET OF SUCCESS.
FEELING OUR INEFFICIENCY WE ARE TO CONTEMPLATE CHRIST, AND THROUGH HIM WHO IS
THE STRENGTH OF ALL STRENGTH, THE THOUGHT OF ALL THOUGHT, THE WILLING AND
OBEDIENT WILL GAIN VICTORY AFTER VICTORY.. COL 403.3-COL 404.1

In the summary chapter of his Epistle to the Romans, the
apostle Paul speaks about two antagonistic forces trying to
shape our lives. On the one hand, the surrounding world, with
its various influences, tries to force us daily into its own

mold, effecting a conformation in us that works from the outside in.

To counteract this impact, the Holy Spirit is able to transform us inside out in a manner similar to the way a caterpillar metamorphoses into a beautiful butterfly. But for that process to happen, we need to consecrate ourselves to God and ask Him to continue the good work that He has started in us (*Phil. 1:6*). In the end, we have to make the conscious choice, moment by moment, to walk in the Spirit.