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I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. [Ezekiel 36:26](#) (NIV)

Thought for today...

Who doesn't enjoy seeing the results of a good makeover? Whether it's a body makeover, a home remodel or a classic car rebuild, there's something about seeing the 'after' whilst considering the 'before', that often causes jaws to drop. Piece by piece, the house or car is stripped back and laid bare so that only the framework remains. The rebuilding process does not happen overnight. Some car remodels may take years to complete! At times, the arduous process proves too much for even the most ardent car enthusiast, causing them to abandon the project midway through, leaving the car in an unusable state. Others will opt for a quicker and easier route, painting over the cracks and rust spots so as to hide the damage and decay underneath. Whilst this approach may seem effective at the outset, the cracks and the rust will reappear over time.

Speaking to us concerning being remodelled and transformed, Paul the Apostle advises: "So get rid of your old self, which made you live as you used to — the old self that was being destroyed by its deceitful desires. Your hearts and minds must be made completely new, and you must put on the new self, which is created in God's likeness and reveals itself in the true life that is upright and holy." [Ephesians 4:22-24](#) (Good News Translation).



You may be familiar with the ‘Six Million Dollar Man’ TV show that aired in the ‘70s, telling the story of an astronaut who is seriously injured when his spaceship crashes. Though he was barely alive, scientists said: “Gentlemen, we can rebuild him. We have the technology. We have the capability to build the world's first bionic man.” The rebuild involved replacing some of his body parts with machine parts, resulting in him having superhuman strength and speed, as well as other powers.

Although we were spiritually dead as a result of our trespasses and sins, in [Ephesians 2:1-5](#) Paul tells us that God has made us alive together with Christ. Additionally, he reminds us: ‘**Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.**’ [2 Corinthians 5:17](#) (English Standard Version).

As followers of Christ, we have been given ‘**power and authority over all demons, and to cure diseases.**’ [Luke 9:1](#) (NKJV). Wait - there’s more (!), we also have the ‘**power to tread on serpents and scorpions, and over all the power of the enemy**’ [Luke 10:19](#) (KJV); the Six Million Dollar Man’s supposed powers are no match for that!

Perhaps right now it feels as though you have been stripped back and laid bare, or have been left to wander alone in the wilderness. Perhaps you are wondering whether God has forgotten about you. He hasn’t. “... I am certain that God, who began the good work within you, will continue His work until it is finally finished on the day when Christ



Jesus returns.” [Philippians 1:6](#) (NLT). God knows just how much is needed and how long the process will take to rebuild and transform us so that we are better, stronger and more like Jesus. Painful as it is, let’s allow God to lovingly restore us.

I can assure you that the ‘after’ result will cause jaws to drop.