

Tuesday, January 27, 2026

This week's devotions are written by Rev. James Lee. Born in Orange County, raised in the San Gabriel Valley, James desperately holds onto his SoCal roots while currently serving on the opposite coast as the lead pastor of Christ Community CRC on Long Island (about 60 miles east of NYC). He has also had the privilege to serve in various capacities for the Christian Reformed Church denomination. James is married to his better half Jin-Young and together, they have three beautiful children.

Ephesians 4:22-24

*22 You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; 23 to be made new in the attitude of your minds; 24 and to put on the new self, created to be like God in true righteousness and holiness.*

As the first month of the new year is coming to an end, how many of us have kept our New Year's resolutions and goals? I'm hoping to keep up with my goals. To be honest, my physical health has not been in great shape, and I have been instructed to make some lifestyle changes and implement healthier habits. But just like my past attempts, it's been a struggle. As I try to focus on my physical health, it's becoming more apparent that all aspects of health—mental, physical, emotional, and spiritual—should be in sync.

Our devotion today calls for transformation. A transformation where the old becomes the new. Old habits die, so that new habits can form. Old lives shaped by ignorance and vengeance transform to new lives shaped by gospel truth and renewal. Like any "work out goals," this change isn't easy. This change doesn't happen merely through our own might. We can't do it on our own. We need Jesus.

Many times, we think that Christian change and Christian transformation is a quick fix, behavioral adjustment. In reality, it's a longer process of inward renewal that in God's timing, transforms to outward change.

2 Corinthians 5:17 teaches us, *"Therefore, if anyone is in Christ, the new creation has come; the old has gone, the new is here!"* When we have specific goals set, it is more feasible to reach those goals. For example, if we have a workout plan, our physical goals can seem more at reach. If we don't have specific goals, we can lose purpose in what we're doing. Such is the same for our spiritual lives. We often try to be morally better and kinder to our neighbors. But we often don't like being more introspective to "put off our old selves to put on the new selves." God has given us brand new t-shirts of grace that smell fresh and clean, but we keep going back to wearing our grungy, old shirts that really need to be tossed out! Let's not give up on being relentless in putting on the new clothes of God's "true righteousness and holiness" in our new year!

How can the power of transformation help us in our Christian unity? How can we continue to experience gospel transformation in our day to day?