

SUNDAY, MAY 21, 2023

# Spiritual Transformations

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... put on the new self, created after the likeness of God in true righteousness and holiness.

*Ephesians 4:24*

Christ transformed the hearts, souls, and minds of many people. He invited them to create a more caring, just, and peaceful society. He showed them how to do it and granted them the grace to achieve it. Christ has done the same for me.

Learning about the Ten Commandments in my youth taught me morality. Hearing Bible passages in worship services throughout life has inspired me to follow Christ's example. Church education programs have deepened my faith. Volunteering in parish ministries has taught me how to help others. Developing a prayer life has kept me close to God.

God's love and mercy have sustained me in facing life's challenges. Now, as a senior, I see what matters most in life is God.

*Jan Kilby  
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**Dear Lord**, please help me seek your grace and encourage others to do the same. Amen.

**Reflect:** Think about how God has transformed your life because of your faith.

**Read:** Ephesians 2:8-9 and Hebrews 12:14