

**The Force That Enables Change**  
***Important Truth for the Struggling Believer***  
***An excerpt from a Sunday school class***

James 1:25 But one who looks intently at the perfect law, the *law* of liberty, and abides by it, not having become a forgetful hearer but an effectual doer, this man will be blessed in what he does.

Can you overcome sin? Can you change patterns of thought? Can you become more like Christ? Can you, Christian, be victorious in your current battles with temptation? Can you win against anger? Can you change your manner of speaking to eliminate selfish, sinful words and instead speak words that give grace to those who hear?

The answer is in James 1:25. The answer is yes! This one who looks at the Word and then abides by it will be blessed by the living God in what he does. To be blessed by God is to be energized by the force that enables change.

Look intently at God's Word. Learn what it teaches. Be reprov'd and corrected by it. Be trained in righteousness through its truth. Meditate on it day and night. Listen when it judges the thoughts and intentions of your heart. Study it. Consume it. Hunger for it.

Don't hear it and not do what it says. Do it. Abide by it.

For the person whose passion is obeying God's Word there is certain blessing. What greater force could there be? The God who causes the earth to spin and to rotate around the sun will bless your efforts. He is the One who simultaneously knows five billion hearts worldwide. He says be a doer of the Word and He will bless what you do.

Elsewhere Scripture tells us the same thing. Psalm 1 speaks of the person who delights in the law of the Lord and meditates on it day and night. He will be blessed in whatever he does. Psalm 119:9-11 shows the Word as being the way to keeping your way pure. It is the force that enables us to resist sin. The doer of the Word changes. The doer of the Word is blessed by God.

There is such power here. If you choose one thing in life to focus on, how could you choose other than to look intently at the Word and do what it says?

Be encouraged.

You can change.

*In our biblical counseling ministry we have seen God cause significant change in dozens of believers through His Word. Given the content of James 1:25, what other source of change should be sought other than God's Word? It is an honor to come alongside these brothers and sisters with Christlike love, getting involved in their lives. It is a great joy to see God strengthen them to overcome sin, learn to love, win against temptation, change habits of thinking and change patterns of action. By God's grace they are living examples of James 1:25 – they hear the Word and they do it. With God's help they abide by it. He blesses their efforts. They change. This is the ministry of biblical counseling.*