

CONFORMED OR TRANSFORMED

Daily Meditation – Monday January 19, 2026

I have a question for you. Are you conformed to this world? Or are you being transformed by the renewing of your mind? In which direction are you striving?

The Bible says, “Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. And *do not be conformed* to this world, *but be transformed* by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect. For through the grace given to me I say to everyone among you not to think more highly of himself than he ought to think; but to think so as to have sound judgment, as God has allotted to each a measure of faith” (Rom. 12:1-3).¹

On one of my trips to Arkansas, I preached a message at a Sunday night service titled, “Soul Training / Kingdom Alignment.”

Once we are born-again, our Spirit gets recreated and we become a new creature. The Bible says, “Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new” (1 Cor. 5:17 KJV). We must then learn to be led by the spirit. The Bible says, “For all who are being led by the Spirit of God, these are sons of God” (Ro. 8:14).

When we receive Jesus, as Lord and Savior, our minds do not get reborn. When we receive Jesus, as Lord and Savior, our bodies do not get reborn. Our Spirit gets reborn. We must then use our Spirit to train our minds and our bodies. God is not going to do it for you. In Romans 12:1-3, God told you to do it.

The Bible is the mind of Christ. Meditation on God’s word renews the mind and builds your faith which allows you to see with your spiritual eyes in the realm of the spirit. Meditation on God’s word allows you to be transformed so you’re not conformed. You cannot transform something you’re conformed to.

¹ All Scripture quotations, unless otherwise noted, are from the *New American Standard Bible*.

PRAYER FOR SALVATION – Father God, I repent of all my sins, and I believe You raised Jesus from the dead. I confess that Jesus Christ is the Lord of my life. Jesus, wash me with your holy blood. Holy Spirit fill me so I can be a mighty witness for King Jesus!