

Extreme Spiritual Makeover: Transformation Edition

April 19th, 2026

Focus Scripture: *Romans 12:1-2 NKJV*

I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

Introduction: Extreme Makeovers Are Evident All Around Us

- We see examples of extreme makeovers all the time in the world around us.
- Houses, body shapes, hair styles
- But what does an Extreme Spiritual Makeover (ESM) look like?
- It will involve sacrificial living, not conforming to the world's systems, and knowing what God's will looks like

Point no. 1: An ESM involves Sacrificial Living

- We live in a world that says to do everything but deny ourselves. That is not you.
- Mark 8:34-35 NKJV – *[Jesus] said to [His disciples], “Whoever desires to come after Me, let him deny himself, and take up his cross, and follow Me. For whoever desires to save his life will lose it, but whoever loses his life for My sake and the gospel’s will save it.*
- Matthew 20:26-28 NKJV - *But whoever desires to become great among you, let him be your servant. And whoever desires to be first among you, let him be your slave—just as the Son of Man did not come to be served, but to serve, and to give His life a ransom for many.”*
- Ephesians 2:10 NKJV - *For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.*
- Service and humility are trademarks of the ESM.
- Philippians 2:3-4 NKJV - *Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself. Let each of you look out not only for his own interests, but also for the interests of others.*
- 1 Peter 5:5b-6 - *Yes, all of you be submissive to one another, and be clothed with humility, for “God resists the proud, but gives grace to the humble.” Therefore, humble yourselves under the mighty hand of God, that He may exalt you in due time.*
- 1 Peter 2:9 NKJV - *But you are a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light.*
- What does it mean to be holy? Holy = hagios (GRK) – ceremonially consecrated; sacred (Webster’s- separated from that which is common)

- You will be different, set apart. You don't look like the world you look like Jesus!
- 1 Peter 2:15 NKJV - *For this is the will of God, that by doing good you may put to silence the ignorance of foolish men.* Your words and actions will silence foolish men, not mimic them.
- 1 Corinthians 6:19 NKJV - *Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own?*
- 1 Corinthians 9:27a NKJV – *But I discipline my body and bring it into subjection.*
- Your body, will, and emotions are subject to you, not the other way around.
- It's not about being sinless, but sinning less.
- This is not “works righteousness.” This is about having a heart that's right with God.

Point No. 2: An ESM Involves Being Not Conformed, But Transformed

- When Daniel was carried off into captivity in Babylon, he purposed in His heart not to defile himself and dishonor God (Daniel 1:8). When the time came to deny God or risk a den of hungry lions, he didn't conform.
- When Shadrach, Meshach, and Abed-Nego were told to bow down to a golden image or face the fiery furnace, they chose to honor God and did not conform (Daniel 3:16-18).
- Jaydon Ivey of the Chicago Bulls chose to honor Jesus Christ and not bow to the LGBTQ flag. He didn't conform, and it cost him his job.
- Transformed – GRK - metamorphoō = changed, transfigured (same word used to describe the transfiguration of Jesus in Matthew 17:2)
- 1 Peter 1:13-16 NKJV- *Therefore gird up the loins of your mind, be sober, and rest your hope fully upon the grace that is to be brought to you at the revelation of Jesus Christ; as obedient children, not conforming yourselves to the former lusts, as in your ignorance; but as He who called you is holy, you also be holy in all your conduct, because it is written, “Be holy, for I am holy.”*
- Psalm 1:1-2 NKJV - *Blessed is the man Who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the scornful; But his delight is in the law of the Lord, and in His law, he meditates day and night.* You are transformed by the indwelling power of Jesus Christ and you don't conform because you are a student of the Word of God. It helps you to steer clear of the “counsel of the ungodly.”
- Colossians 3:2 NKJV - *If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. Set your mind on things above, not on things on the earth.* You've got Heaven on your mind, and it shapes everything you do!
- You are enthusiastic about pleasing God and what pleases Him! Enthusiasm = the expression of worship to the God (or gods) who dwell within you.
- You won't treat grace cheaply!
- Romans 6:1-6, 11-12 NKJV - *What shall we say then? Shall we continue in sin that grace may abound? Certainly not! How shall we who died to sin live any longer in it? Or do you*

not know that as many of us as were baptized into Christ Jesus were baptized into His death? Therefore, we were buried with Him through baptism into death, that just as Christ was raised from the dead by the glory of the Father, even so we also should walk in newness of life. For if we have been united together in the likeness of His death, certainly we also shall be in the likeness of His resurrection, knowing this, that our old man was crucified with Him, that the body of sin might be done away with, that we should no longer be slaves of sin. Likewise, you also, reckon yourselves to be dead indeed to sin, but alive to God in Christ Jesus our Lord. Therefore, do not let sin reign in your mortal body, that you should obey it in its lusts.

- 1 Corinthians 5:17 NKJV - *Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.* Your old things have passed away!
- Galatians 5:16-25 NKJV - *Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness, idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told you in time past, that those who practice such things will not inherit the kingdom of God. But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law. And those who are Christ's have crucified the flesh with its passions and desires. If we live in the Spirit, let us also walk in the Spirit. You will exhibit Spirit fruit!*
- You won't be okay with your sin; you will be fighting against it! You won't blend in so well with the world that you bear no resemblance to Christ.
- 1 John 1:8-10 NKJV - *If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. If we say that we have not sinned, we make Him a liar, and His word is not in us.*
- You won't allow your feelings to dictate how you interpret the Word of God (the parable of the Sower from Mark 4:18-19).
- Mark Twain quote: *"It ain't the parts of the Bible that I can't understand that bother me; it's the parts that I do understand."* It's not a matter of the head for you, but a matter of the heart.

Point No. 3: An ESM Involves Knowing What God's Will Looks Like

- Proverbs 1:5, 7 NKJV - *A wise man will hear and increase learning, and a man of understanding will attain wise counsel. The fear of the Lord is the beginning of knowledge, but fools despise wisdom and instruction.* You are not a fool but have a reverential awe of the Lord!

- James 1:5 NKJV - *If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him.* God will give you wisdom when you ask, and His Word will show you the way to go.
- Psalm 119:105 NKJV - *Your word is a lamp to my feet and a light to my path.*
- Michael 6:8 NKJV – *He has shown you, O man, what is good; And what does the Lord require of you but to do justly, to love mercy, and to walk humbly with your God?*
- James 1:25 NKJV - *But he who looks into the perfect law of liberty and continues in it, and is not a forgetful hearer but a doer of the work, this one will be blessed in what he does.*
- God will bless Your obedience!
- Philippians 4:8 NKJV - *Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things. The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.* Your thoughts will be occupied with the things of God and you will know his peace.

Point No. 4: Why Do We Need the ESM?

- Hebrews 12:14 NKJV - *Pursue peace with all people, and holiness, without which no one will see the Lord.*
- Romans 13:13-14 NKJV - *And do this, knowing the time, that now it is high time to awake out of sleep; for now, our salvation is nearer than when we first believed. The night is far spent, the day is at hand. Therefore, let us cast off the works of darkness, and let us put on the armor of light. Let us walk properly, as in the day, not in revelry and drunkenness, not in lewdness and lust, not in strife and envy. But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts.*
- Being an “outward” Christian only won’t cut it.
- Matthew 7:22-23 NKJV- *Many will say to Me in that day, ‘Lord, Lord, have we not prophesied in Your name, cast out demons in Your name, and done many wonders in Your name?’ And then I will declare to them, ‘I never knew you; depart from Me, you who practice lawlessness!’*
- God isn’t going to care about all the noble things you do if you haven’t been born again into the image of His Son. By all means do them, but they can’t be your end game. What will you be standing on when you stand before God? Your works or the righteousness of Jesus Christ?

Conclusion: Only Jesus IS Your Extreme Spiritual Makeover

- Revelation 3:20 NKJV - *Behold, I stand at the door and knock. If anyone hears My voice and opens the door, I will come in to him and dine with him, and he with Me.*
- This is an invitation for your Savior to reside with you.

- John 15:4-5 NKJV - *Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me. "I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing.*
- John 14:6 NKJV - *Jesus said to him, "I am the way, the truth, and the life. No one comes to the Father except through Me.*
- When Jesus died on the cross, the veil in the temple was torn in two, from top to bottom (Luke 23:44-45). This veil was a sign that sinful man could not approach a Holy God. Jesus's sacrifice for our sins made us holy, or righteous, in the eyes of God.
- 2 Corinthians 5:21 NKJV - *For He made Him who knew no sin to be sin for us, that we might become the righteousness of God in Him.*
- Ephesians 2:8-9 NKJV - *For by grace you have been saved through faith, and that not of yourselves; it is the gift of God, not of works, lest anyone should boast.*

Accept the free gift of salvation found in Jesus Christ alone. Get your own extreme spiritual makeover and your guarantee of an eternal life!