

## Christ in us – renewing our thinking

(Extracts from ‘The Secret of Radiant Life’ by W.E. Sangster)

No one is changed till their mind is changed. We do most of our living within. Our deeds express our thoughts. It is into our minds that Christ must come if He is to come into our lives. From our minds, he will shape our character, discipline our will and control our bodies. “Christ in us” is the promise and “Christ in us” is our faith. “A Christ not *in* us is a Christ not ours.”

Have we faith for this thing?

The New Testament gives us a picture of the world surrounded by the power of God seeking to break through. It breaks through at the point of faith. A little faith and a little breaks through; more faith and more breaks through; much faith and it comes in as a flood.

It is the largeness of their faith which makes the saints the wonderful men and women that they are. By their faith Christ comes into them, transforming their minds and often working wonders in their world. Think of the surging power of God waiting to burst into your life and to scour out all the evil sediment. ‘Resentments, inferiorities, bad-temper... it can all go,’ said Christ, ‘according to your faith!’

Have you faith for a permanent change of mind? Do you believe that he could make you anew? No wonder Paul insisted, “Have this mind in you which was in Christ Jesus.” From the mind of Christ, all good things will flow. Good conduct, good relations, high service.

We have to learn, then, how to receive the mind of Christ. When the Bible says: “He will keep him in perfect peace whose mind is stayed on Him,” we know at once that the operative word is “stayed.” Our minds are not easily “stayed” on anything, least of all on the best things. It is so easy to give up.

Yet nothing is more rewarding. What is it worth to you to build a barrier against nervous disorders; to keep yourself wide open to the stream of God’s health; to receive into your life love, joy, peace, power, wisdom, beauty, freedom, grace...? All are yours! God said so. They are waiting to come in. They are components of the mind of Christ. You cannot make them, force them, or find them. You need only *let* them.

“*Let* the peace of Christ rule in your hearts,” said Paul. Have *faith* for it! – and to have faith for things is to accept now that you already have them. God is eager to give you all these things. Of this there is no shadow of doubt. Have faith for them therefore. Affirm your possession as a mark of your faith.

Begin with this simple meditation which will open your life to all the fullness of God.

### MEDITATION

There are nine major marks of God’s presence in a human life:

LOVE JOY PEACE PATIENCE KINDNESS GOODNESS FAITHFULNESS HUMILITY  
SELF-CONTROL

Get alone if you can. Or simply withdraw into yourself. Let all sense of strain and breathlessness go. Be quiet in the presence of God.

Slowly say to yourself:

“In Christ, I am filled with love,”

“In Christ, I am filled with joy,”

“In Christ, I am filled with peace,” etc.

Make the affirmation aloud (or a whisper if you are around others.)

Let it be loud enough to fall quietly on your ear.

Pause after each affirmation and dwell on the final word.

Think it. Feel it. Feel it *fill* you.

Each in turn, claim each grace.

Claim it in Christ. It is false outside of him.

“*In Christ*, I am filled with *patience*,”

“*In Christ*, I am filled with *kindness*,” etc.

As you come to each final word, hold it in your warm believing heart.

The transforming process has begun.

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