



# GRACE CHURCH

HOPE LIVES HERE



TORN

SPRING SERIES



# *Transformation*

By Fred Douglas



*The Caterpillar*





*The Cecropia Moth*

”

I appeal to you therefore, brothers,  
by the mercies of God, to present  
your bodies as a living sacrifice,  
holy and acceptable to God,  
which is your spiritual worship.

*Romans 12:1 ESV*

“

”

Do not be conformed to this world,  
but be transformed by the renewal  
of your mind, that by testing you may  
discern what is the will of God,  
what is good and acceptable  
and perfect.

*Romans 12:2 ESV*

“



# MAIN IDEA

*Brokenness facilitates  
transformation*



# OUTLINE

1. *See the Problem.*
2. *Embrace the Problem.*
3. *Shed the Problem.*





*See the Problem.*

”

Perhaps my father will feel me, and I  
shall seem to be mocking him  
and bring a curse upon myself  
and not a blessing.

*Genesis 27:12 ESV*

“

”

He said, Are you really my son Esau?

*Genesis 27:24 ESV*

“

# False Narratives

Lies we believe:

- *I am alone; no one cares for or about me.*
- *If I make a mistake something terrible is going to happen.*
- *I need to be in control all of the time.*



# False Narratives

Lies we believe:

- *White lies are okay. I mean no harm.*
- *Things bring happiness.*
- *I picture others in a negative light so that I feel better about myself.*
- *I am so broken that there is no hope of change for me.*



*Embrace the Problem.*

”

And Jacob was left alone. And  
a man wrestled with him until  
the breaking of the day.

*Genesis 32:24 ESV*

“



*Shed the Problem.*

”

The fear of the Lord is the  
beginning of knowledge, fools  
despise wisdom and instruction.

*Proverbs 1:7 ESV*

“



”

Therefore it says God is  
opposed to the proud but gives  
grace to the humble.

*James 4:6 ESV*

“

”

But he passed on ahead of them  
and bowed down to the ground  
seven times, until he came  
near his brother.

*Genesis 33:3 ESV*

“



# CONCLUSION

*Brokenness facilitates  
transformation*