

Neuroscientists say that the brain reacts to focused thoughts in almost the same way it reacts to physical actions. The Christian's goal of perfection is becoming conformed to the image of Jesus Christ. That is not something we accomplish in our own strength - it is something that the Holy Spirit works in us. The more we focus on Christ, the more we can co-operate with the Holy Spirit in us, moving us to the goal of conformity to Christ.

What is the best way to focus on the Person of Christ? Worship. After all, worship is directing our love, attention, and praise to Him who is Lord of all. The more we focus on Christ in worship, the more we become like Him - conformed to His image. Worship is not just a religious exercise; it is a spiritually transforming process of focusing on the One to whom we desire to be like - to be conformed to His image.

1 Corinthians 15:49 "As we have borne the image of the man of dust, we shall also bear the image of the Heavenly Man."