

EXHORTATION: The 4 Ds of Sustainable Change

Sustained fulfillment in marriage needs more than a good Christian foundation, it also needs the ability to adequately adapt to situations that confront the marriage as time progresses. Such situations could be intrinsic, such as sickness, personality problems, or habits. They could also be extrinsic, such as societal pressures for the Christian couples to conform, or economic hardship. Central to all of these, is the ability to change. Somewhere, a spouse is praying, “Oh, Lord, change my spouse.” Meanwhile, another is praying, “Oh Lord, change me, make me all that I should be for my mate.” Neighbor, Christ died so that we might be changed until we become like Him. In our Christian walk, and especially in marriage, there are 4 broad ingredients necessary for change to occur. The first is **DISCOVERY**. In Mark 5:25-34, we read of a woman with a chronic bleeding disorder. She noticed that something was amiss, as her normally intermittent bleeding did not stop. So, she set herself to find out what was wrong and to get help. For change to occur, we must first discover that there are problems, for only discovery will give birth to the next ingredient--**DESIRE**. So strong was her desire that she spent all she had, suffered a lot of abuse, yet she did not lose her desire to be whole. For change to occur, we must wholeheartedly desire it (Jeremiah 29:13). Mark 5:27-28 states, **“When she heard about Jesus, she came up behind Him in the crowd and touched His cloak because she thought, “If I just touch His clothes, I will be healed.”** She knew now WHO the solution was—Jesus Christ, and nothing was going to stand in her way, no, not the crowd nor the cultural expectations of her society for her. She had the **DETERMINATION** to get her healing, so she took a positive step, she went for the solution. Mark 5:29 states, **“Immediately her bleeding stopped and she felt in her body that she was freed from her suffering.”** With faith in her heart, she touched the Master and virtue (anointing) was transferred. Christ felt it flow out of him, and she felt it flow into her. It was the divine power of change. The final ingredient of change is **DIVINE INTERVENTION** (e.g. God’s power, counsel or other acts), and it is available to us today.

Prayer Topics

1. Let us thank the Lord who had set us all on the course of change before the foundations of the world were laid. Positive changes are the inheritance of the believer.
2. What are those issues that your mate has been complaining about that you have not attended to? Ask the Lord to help you to discover (i.e. to open your eyes and heart) the areas where you need to change.
3. Pray that the Lord will give you a **WHOLEHEARTED** desire for changes in the areas of your life where they are needed.
4. Pray that the Lord will stir up in you the determination to do whatever it takes to attain His perfect will for your life in the areas that you have identified. Take authority over the inertia that holds you down and tries to maintain the *status quo*. “Say to yourself “It is time for change, in Jesus’ name!”
5. Ask the Lord for the release of His enablement or anointing for change. Declare that the yoke should be broken because of the **ANOINTING**. Thank God for His power that is freely available to us who believe.
6. Remember to pray for other Christians whose marriages are in need of critical changes, that the Lord will cause them to discover their problems, desire to the needed changes, make up their minds to attain the desired goals, and release His power and counsel to them as they seek Him and put their trust in Him.

God bless you.

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