

5 Ways I Changed and You Can too

by Janis Cox

Fifteen years ago I lived a different life. I was a different person than I am today.

1. God Can Change Your Health

Fifteen years ago my back ached, my shoulders were sore, I couldn't raise my hand to write on the blackboard, I couldn't lift a teapot to pour a cup of tea. My knees could not support me well enough to let me climb stairs. I clenched my jaw and had to wear a dental brace to prevent me from biting down during my sleep. This caused a condition called TMJ¹ disorder. The joints in my fingers developed bumps and they often swelled. Physically I was a mess.

Today as I write in my journal, type on the computer, and paint with watercolours, I thank God for the healing He has provided. As I climb stairs, walk, tap dance and even play pickle ball, I feel blessed to have the ability to do these things. And I am older, not younger.

When I decided to start a relationship with Jesus, He healed me.

BLESS the LORD, O my soul; And all that is within me, bless His holy name! Bless the LORD, O my soul, and forget not all His benefits. Who forgives all your iniquities, Who heals all your diseases ([Psalm 103:1-3](#), NIV).

I can't tell you how but I know these things:

God gave me peace.

This is the first scripture I memorized.

"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus ([Philippians 4:6-7](#), NIV)."

God took away my fear.

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline ([2 Timothy 1:7](#), NIV).

God led me to people who helped in all areas of healing my body.

¹ - The temporomandibular joint acts like a sliding hinge, connecting your jawbone to your skull. TMJ disorders can cause pain in your jaw joint and in the muscles that control jaw movement.

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1 Thessalonians 5:7 *Therefore encourage one another and build one another up, just as you are doing.*

I know God led me to people who could help me. From massage therapists to physiotherapists, I've had people help me, and friends who taught me who Jesus is. I have read many books on healthy eating. Now I plan our meals around vegetables, meats, fruits, nuts, and good fats – no processed foods. We are much healthier. We also are disciplined in walking every day.

But most of all God is the One who healed me.

2. God Can Change Your Relationships

While taking Bible studies, attending church services and reading the Bible on my own, I learned about me. I found out there were some things in ME I needed to change. I saw myself as others saw me, but more importantly I saw myself as God saw me. A Bible study called [The Real You](#) opened up many of the areas I needed to work on. I made fridge magnets and one told about being R.E.A.L.



Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will ([Romans 12:2](#), NIV).

As I worked on these areas – control, judgment and anger – the relationship with my husband and children changed. I became kinder and more loving. My daughter's girlfriend noticed and said, "What's with your mom? She's nicer." I relaxed. I enjoyed my family when I stopped wanting complete control. When I stopped thinking of myself all the time and the way I wanted things to run, I found an opening into relationships, which I didn't have before.

3. God Can Change Your View of the World

I started to see God's Plan.

I saw Him as a God of many attributes. I saw Him bigger than life, the universe and time. I saw Him as the Creator of all things. I understood who Jesus was and why He needed to be the most important part of my faith. I saw the spiritual battle – how Satan is the prince of this world (for now). But I saw God has already won the battle.

I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, and his incomparably great power for us who believe. That power is the same as the mighty strength he exerted when he raised Christ from the dead and seated him at his right hand in the heavenly realms, far above all rule and authority, power and dominion, and every name that is invoked, not only in the present age but also in the one to come. And God placed all things under his feet and appointed him to be head over everything for the church, which is his body, the fullness of him who fills everything in every way ([Ephesians 1:18-23](#), NIV).

I saw Satan for who he is – a master at deception. What looks good in this world may not be good for us. I got rid of my old “attitude” – I used to say, “Well, other people are doing it, it must be okay for me to do it.” It was a wrong attitude. God showed me what He wanted me to do – I don’t have to listen to the world, or what people say. I can ask God and then make a choice depending on what He says.

I learned to pray.

I learned God is excited about every facet of my life and my thoughts. There is nothing He doesn’t want to be a part of. I learned to talk to Him. I have a friend in Jesus and the Holy Spirit keeps me close.

Now I could see my relationship with others as God’s plan. I saw my circumstances through His eyes (well most of the time). I became aware of others whom God might put in my path. I saw their problems and instead of trying to fix them, I prayed for them.

I saw miracles. Answered prayers.
I felt His Presence. I knew He loved me.
I saw evil. I battled it in prayer.

I read God’s Word and grew more and more. I saw my role as a follower of Christ – to encourage others in their faith. To show love, grace and mercy to all and help them see Him too.

*He has shown you, O mortal, what is good.
And what does the Lord require of you?
To act justly and to love mercy
and to walk humbly with your God
([Micah 6:8](#), NIV).*

4. God Can Give You a New Calling – an Inspiration

I know this may sound strange but I didn’t write often fifteen years ago. As I started to study scripture I wrote 150 poems in a journal. These poems helped me to better understand what I had read, question God and grow closer to Him.

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God led me on a fantastic new career as a writer. He brought wonderful mentors into my life including two cross-country Christian writers' groups, [The Word Guild](#) and [InScribe Christian Writers' Fellowship](#).

I wrote in my journal daily. I wrote a Bible study in conjunction with Ed Hird's book, [Battle for the Soul of Canada](#). I started to blog.

Then I wrote a children's book, [Tadeo Turtle](#). I studied more about publishing and about marketing. God kept leading me to mentors.

I met many people who have become life-long friends.

I prayed.

I studied.

I learned

I became a writer.

Then to surprise me even more He encouraged me to paint. I had dabbled in watercolour for a few years, taking a course a year – then not picking up a paintbrush until the next course.

This time I had my children's story. It needed an illustrator. Could I do this? Could I illustrate a story?

I prayed.

I studied.

I learned.

I became an artist.

What a surprise!

5. God Can Show You How to Get Close to Him

I started to listen to God more. I wanted to find a way to study scripture by myself. I have attended many Bible studies over these years and still attend. But I wanted God to speak to me – to feed me directly from His Word. Could I do this by myself?

His Word is powerful, living and active. It teaches us more about ourselves if we read, study and pray. Then we will understand.

For the Word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow. It judges the thoughts and attitudes of the heart (Hebrews 4:12).

I developed something SIMPLE for myself to help me to study His Word.

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You can find my [S.I.M.P.L.E. Method of Bible Study](#) on my website.

Now when I study a passage I try to work through this format, paying particular attention to the P for PRAYER.

A quiet time with God is essential to allow us to connect with Him to grow closer and hear His Words.

God has changed me and is changing me. He can change you too.

God isn't finished with me yet. I know He has many things to show me in my remaining days on this earth. I want to be in tune with Him each day and that way I won't miss something important.

At the moment He is teaching me to be in His word, to listen, to absorb, to learn and to write.

My blog, *Growing Through God's Word*, is my latest growth spurt. In Word of God Speak, my weekend post, I take a scripture for the week, meditate on it, paint it, write about it, and podcast about it. With hope and with prayers I desire to grow my faith and encourage others in theirs. I made a Facebook group called [Word of God Speak Community](#). You are welcome to join me.

To review, God can change you in these ways:

God Can Change Your Health

God Can Change Your Relationships

God Can Change Your View of the World

God Can Give You a New Calling – an Inspiration

God Can Show You How to Get Close to Him

Prayer:

Lord God, thank You for my life's journey up to this point. As I grow closer to You, help me to glorify you in all I do. May my reader be filled with Your Spirit. May you make changes in his/her life. May we learn to grow together. In Jesus' name. Amen.

Join me as we wrestle with changing ourselves to be as God wants us to be.

for it is God who works in you to will and to act in order to fulfill his good purpose ([Philippians 2:13](#), NIV).

Join me at www.janiscox.com as we wrestle together with changing ourselves to be as God wants us to be.

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In 2001, Janis gave her life to Christ. She started journaling as a way to organize her thoughts, feelings, and prayers. She has been blogging since 2008. In 2012 she published an award-winning children's book *Tadeo Turtle*. She ran a group blog called *Under the Cover of Prayer* for four years.

Recently she joined [Hope Stream Radio](#), an Internet radio station. Her talk *Growing Through God's Word* can be heard each Tuesday.

In addition to a career as a homemaker and teacher in the public school system, Janis was a partner in a Canadian small business with her husband, Wayne. They currently reside in Haliburton, Ontario, Canada and winter in Mesa, Arizona. Their family of three married children and seven grandchildren keep them active and enthused. Snowball, their maltipoo, is a fun loving ball of fur whose need for walks keeps them outside and exercising often.

Janis loves tell others about what God has done and is doing in her life.

Janis can be reached on her website, [Growing Through God's Word](#) and on [Facebook](#), [Pinterest](#) and [Twitter](#).

Please join her at [Word of God Speak Facebook Group](#) to learn more about memorizing Scripture through art. Please join her [Newsletter](#) and get the latest updates on her books, some fun recipes, and other interesting topics.

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