

**Dr. Arnott's**  
**24**  
**Realistic Ways**  
**to Improve**  
**Your Health**

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# **Lifestyle Changes That Last**

Have you struggled unsuccessfully to stop harmful habits or found it difficult to adopt healthier ones? There is hope for you. Daily take full advantage of this law of the Universe: By beholding we become changed (see 2 Corinthians 3:18).

I was eating breakfast with my oldest daughter Jena when she was about two years of age. I was in a hurry, so when nothing remained in my cereal bowl but soymilk, I decided to use my bowl as a glass and quickly drank the milk right from the bowl! Moments later, to my surprise and great dismay, I saw my daughter raise her bowl and drink from it just like daddy. I had never seen her do that before. I was about to scold her when I suddenly realized that by beholding she had become changed.

The question, then, is: What do we behold? The owner's manual has the answer: "Behold the Lamb of God, which taketh away the sin of the world" (John 1:29). These were the words spoken about the Savior when He stepped onto the world stage, and they contain the secret to lasting lifestyle change. As we behold Jesus, the Lamb of God, we are changed to be like Him. What happened to the Lamb?

It was killed (see Exodus 12:21-27). If you want to be forever separated from your sins, including destructive lifestyle habits, study Jesus' life and death. If you have been struggling without success to make lasting changes in your life, it would be a good idea to spend a thoughtful hour every morning studying the closing scenes of the Savior's life. "Let the imagination vividly grasp each scene."<sup>1</sup> Study the character of your Creator. Spend time alone at the beginning of every day contemplating the life of Christ through His Word and through prayer. Become better acquainted with Him as a real person and a real friend. Every morning officially invite Him to tackle your most destructive lifestyle habits, to live inside you and rule you.

As you behold Jesus, you will become like Him. You will also be strengthened to bear trials and to make changes in your lifestyle that last. If you're struggling to make permanent lifestyle changes, let me make a suggestion. Keep close to Jesus. Spend time in communication with your Creator. I have found He keeps my lifestyle on track as I stay connected with Him.

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<sup>1</sup> E. G. White, *Gospel Workers* (Hagerstown, Md.: Review and Herald), p. 246.