

## “Built Different” Series

Echo Church | Year 1 Week 6 | February 8, 2026 | Rich Saunders Jr. |

“Transformed and Aligned” | Romans 12:2 NKJV

### Introduction

Lately I have found myself watching those spine alignment videos on social media. You know the ones where someone walks in stiff, tight, and restricted, clearly carrying tension in their body. Then the adjustment happens and you hear it. That sound. That crack. That release. And I will be honest, there is something satisfying about that sound. It feels like something just shifted. But the more I thought about it, the more I realized the sound is not the healing. The sound is proof that something was out of place. It is evidence of misalignment and compensation.

When the spine is misaligned, the body compensates just to survive. Muscles tighten. Nerves compress. Posture shifts. Pain spreads. The adjustment may create a moment of relief, but if the habits that caused the misalignment are not corrected, the condition will return. You can chase the sound or you can commit to transformation.

I wonder if that is what is happening in the body of Christ. We love the sound. The shout. The emotional release. The visible moment. But are we aligned? In this year of “It’s Possible,” we must understand that possibility is not unlocked by noise. It is unlocked by alignment. Paul writes in Romans 12 not to unbelievers, but to believers. He says, I beseech you therefore, brethren. This is not casual advice. This is a mature call to alignment. Before he speaks about renewing the mind in verse 2, he confronts surrender in verse 1. Because you cannot be transformed in your thinking if you refuse to be aligned in your offering.

### Point 1: Surrender Positions You for Transformation

Paul says, present your bodies a living sacrifice. This is temple language. In the Old Testament, worship was tangible. You brought something physical and costly. Now Paul says the sacrifice is you. Not just your intentions. Not just your emotions. Your body. Because the body is where obedience is proven.

Alignment begins where behavior meets belief. Your habits reveal your loyalty. Your choices expose your surrender. And this is where many believers struggle today. We live in a culture that celebrates autonomy and personal preference. Surrender feels like loss instead of freedom. We want God in our hearts but not necessarily in our habits. Yet transformation does not begin with inspiration. It begins with offering. When your life is positioned before God daily, transformation becomes possible.

## Point 2: Renewal Protects You from Conformation

Paul continues, do not be conformed to this world, but be transformed by the renewing of your mind. The word conformed means to be pressed into a mold. The word world refers to the age, the spirit of the times. Paul is warning believers not to let culture shape their convictions.

If you are not intentional about renewal, you will be shaped by pressure. Conformation is passive. Transformation is intentional. The renewing of your mind means renovation. It means rebuilding your framework, not just adjusting your feelings. Many believers struggle here because we consume more culture than Scripture. We scroll more than we study. We listen to influencers more than instruction. But behavior follows belief. When the mind is renewed, the life follows. Transformation happens from the inside out.

## Point 3: Alignment Produces Clarity and Purpose

Paul concludes that when the mind is renewed, you will prove what is that good and acceptable and perfect will of God. To prove means to discern and recognize what is genuine. When you are aligned, confusion loses its power. You stop mislabeling compromise as wisdom. You stop chasing signs out of insecurity. Clarity is the fruit of alignment.

Alignment also eliminates compensation. When you are misaligned, you strive, force, and perform. When you are aligned, you move from identity instead of insecurity. You no longer exhaust yourself trying to prove what God has already declared. And as clarity settles in, purpose activates. You do not drift through life reacting to pressure. You walk in conviction. You do not chase calling. You carry it. Alignment stabilizes you.

## Conclusion

Everything comes back to alignment. Just like the spine, when something is out of place, the symptoms show up everywhere. The body compensates. The pain spreads. The sound may bring relief, but it does not guarantee correction. Paul is not calling believers to emotional hype. He is calling us to proper positioning.

Present your bodies. Live set apart. Seek what pleases God. Renew your mind. Because when you are transformed and aligned, clarity replaces confusion, grace replaces striving, and purpose replaces pressure. In this year of "It's Possible," we must understand that possibility flows from positioning. God is not withholding breakthrough. He is inviting alignment.

The question is not whether God can move.

The question is whether we are aligned for Him to move.

When alignment becomes daily, transformation becomes inevitable.