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When Others Notice Change in Us

by Scott Stoner

You will know them by their fruits. Are grapes gathered from thorns, or figs from thistles? In the same way, every good tree bears good fruit, but the bad tree bears bad fruit.

—Matthew 7:16-17

When we have made a significant change in our lives, it is not uncommon for others to notice. At first it might be a wondering, “There’s something different about you lately, but I can’t quite put my finger on it. . . . You seem happier, lighter, more energetic.”

In Sunday’s reflection, Dominic Barrington wrote about the courage to change as being wholistic because it affects every aspect of our lives—heart, soul, strength, and mind. Changing direction in one aspect of our life will radiate out and manifest itself in multiple ways.

The Scripture above talks about good fruit coming forth from good trees. In a similar manner, good decisions and good changes that we make in our lives usually bear good fruit, and bad decisions usually bear bad fruit. Scripture reminds us that we will be known by the fruits that we bear.

We are expressing something similar to “good fruit” when we say to someone we know who has made a positive change, “I could sense there was something different about you, and now I know what it is.” Who among us has not been inspired to make a change in our lives because of the positive, contagious energy we have experienced from someone else making a similar change?

As we have been talking about all week, change is hard work. How wonderful and rewarding it can be, then, when the hard work of change radiates from us in a way that others notice our more positive way of being in the world.

Making It Personal: Have you had the experience of others noticing that there is something different about you when you have made a change in your life? Have you ever noticed that in others? Have you had the experience of making a change in your life because you were inspired by someone else making a similar change?