How do oneself change? For Christian only.

True Christians come from responding only to the teaching of Jesus and his apostles. Jesus was very plain in what he told the apostles to do to make disciples:

Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, 20 and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age. Matt 28:19-20.

In Luke 24:46-48, the Lord added, ""This is what is written: The Christ will suffer and rise from the dead on the third day, 47 and repentance and forgiveness of sins will be preached in his name to all nations, beginning at Jerusalem." In Mark 16:16, the Lord also added, "Whoever believes and is baptized will be saved, but whoever does not believe will be condemned." Taken together these statements by Jesus tell us what to do to change ourselves and be Christians only. Hear the gospel, believe its message that Jesus Christ is the Son of God, repent of our sins, and be baptized. According to Jesus, this will make us disciples, this will save us, and this will give us the remission of our sins.

In Acts 2, Peter and the rest of the apostles were waiting in Jerusalem, just like the Lord had told them. After receiving the Holy Spirit as the father had promised, Peter preached. The scriptures teach that when they heard his sermon in Acts 2:37 they responded, "When the people heard this, they were cut to the heart and said to Peter and the other apostles, "Brothers, what shall we do?" The answer is the same in our day as it was then. "38 Peter replied, "Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit. 39 The promise is for you and your children and for all who are far off — for all whom the Lord our God will call."

Verse 41 tells us, "Those who accepted his message were baptized, and about three thousand were added to their number that day." The result is found in Acts 2:47, "And the Lord added to their number daily those who were being saved."

By Christ's own word and by this example, we see exactly what it takes to become a disciple of Christ. These disciples of Christ were called Christians: "The disciples were called Christians first at Antioch." Acts 11:26. We as they learn in 1 Peter 4:16-17 that we must not be ashamed to own the name of Christ and be called Christians: "However, if you suffer as a Christian, do not be ashamed, but praise God that you bear that name."

Once you are a Christian, it is important to continue to follow the teaching of the apostles and the Lord, just as the early Christians did in Acts 2:42-43, "They devoted themselves to the apostles' teaching and to the fellowship, to the breaking of bread and to prayer." Being a Christian is a way of life requiring faithfulness until death. Jesus said in Rev 2:10, "Be faithful, even to the point of death, and I will give you the crown of life." Our faithfulness is necessary even through suffering, persecution, and temptation: This calls for patient endurance on the part of the saints who obey God's commandments and remain faithful to Jesus." Rev 14:12.

If you do just what Christ and Peter taught, you will be only a Christian. The Lord will add you to his church. You will enjoy the forgiveness of your sins. You will inherit eternal life. Seek out a local congregation of the Lord's people, called the church of Christ. They will be able to assist you in obeying the gospel of Christ and becoming a Christian only.