



TRANSFORMED

Week 1: Spiritual Health

Theme: Verse:

Romans 12:2a *Do not conform to the pattern of this world, but be transformed by the renewing of your mind. (NIV)*

THEME: PASSAGE FOR WEEK 1

LUKE 15:11-24 (NIV)

The Parable of the Lost Son

1. Get Fed Up With My Life

God said "When you get serious about finding me and want it more than anything else, ... I'll turn things around for you." Jeremiah 29:13-14 (Mes)

- a. In the Jeremiah verse above, God said 'get serious about finding me.' What does this 'getting serious' look like in a person's life? How can we know when we are making progress about getting serious?

- b. Nothing will change until you are fed up with your life: dissatisfied and hungry for a different life. What is something in your life you are fed up with? Has God been 'knocking on your door' trying to get your attention about something?

- c. After getting fed up with your life and owning up to your sins, you must offer up yourself to God with a plea to "change me!" so you become God-centered instead of self-centered.

What are examples of self-centered living that needs change?

2. Own Up To My Sin

"Your sins have separated you from your God, and have hidden his face from you." Isaiah 59:2 (NIV)

"When he came to his senses, he said ... "I have sinned against God and you." Luke 15:17-18 (NIV)

- a. Read Isaiah 59:2 and reflect on the many things that separate us from God. Then notice in Luke 15:17-18 how the lost son's life was unmanageable, until he recognized the sins that separated him from God.

Why do sins make our lives unmanageable?

What are you trying to manage in your life that you should turn over to God?

- b. Often sins develop when we begin to love something more than we love God, so that 'something' becomes an idol. Name some things that could easily become idols in your life.

- **Give yourself regular spiritual checkups**

2 Corinthians 13:5 *Test yourselves to make sure you are solid in the faith. Don't drift along taking everything for granted. Give yourselves regular checkups. You need firsthand evidence, not mere hearsay, that Jesus Christ is in you. Test it out.* (MSG)

3. Offer Up Myself

"... be transformed by the renewing of your mind." Romans 12:2 (NIV)

- a. Being transformed by the renewing of your mind is especially hard because changing your thinking requires persistent effort. If you had any experience of being transformed, share what changed in your world after your transformation.

"Filled with love and compassion, he ran out to his son, threw his arms around him, and kissed him."

Luke 15:20

- b. God loves us unconditionally and is always waiting for us to come to him, like the loving father in Luke 15:20. Knowing this, what makes us hold back from getting closer to God?

- **Transformation is a process**

2 Corinthians 3:18 *And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.* (NIV)

4. Lift Up My Praise

"I will sing to the Lord because he is good to me." Psalm 13:6 (NLT)

- a. Why do you think singing is such an important way of lifting up our praise to God? Why would God care about it?

- b. When we lift up our praise what are we putting as priority number 1, and why is this so essential in living out a transformed life?

Psalm 68:4 *Sing to God, sing in praise of his name, extol him who rides on the clouds; rejoice before him—his name is the Lord. (NIV)*