



SERMON DISCUSSION GUIDE

Sunday, January 15, 2023

Romans 12:1-2

Train Station: Renewing Your Mind

GOING DEEPER

Start with a bit of fun: Everyone say three things about yourself, two that are true and one a lie.

Then let everyone guess which one was which.

- What did it feel like when you lied and were caught? What about when you got away with it?

One of the lies we tend to believe and act on is that life is really about us.

- Share about ways that you have believed that lie in your life.

Read Romans 12:1.

- Which phrase do you think is the most memorable?
- Which phrase is the most important and why? (Is there a difference between memorable and most important?)

Look closely at the text. The story of our discipleship and holiness begins not with, “give your bodies to God...a living and holy sacrifice,” (which could be all about us) but with, “because of all he has done for you” (which is all about God’s work).

- Do you agree with this? Talk about it.

Read Romans 12:1–2 together and Matthew 16:24–26.

- What, in our culture, influences us to deception and unhealthy thinking?
- What does it mean to be transformed by the renewing of your mind?

APPLICATION

Where do you find your mind being squeezed into the mold of culture and its lies?

Where do you need to “give your bodies to God...[as] a living and holy sacrifice” this week?