



..... Week 1:

Be Transformed

How Did it Go?

- Tell us about any memorable spiritual conversation(s) this week.
- If you served at the church or other Christian ministry, how did it change you?
- How have you personally grown spiritually? How did that happen?

Read aloud and consider Romans 12:1–2.

¹Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. ²Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing, and perfect will.

Head (15–20 minutes) *Observe the text and the author's main points.*

1. In this passage, whom is the apostle Paul addressing?
2. What is the context? (Hint: In addition to the current verse, go back to the preceding verses. "When you see the word therefore, ask what it is there for.")
3. Why should they give themselves to God?
4. How should they give themselves to God?

Heart (15–20 minutes) *Envision how the text - when applied - might transform your inner life in terms of your thoughts, attitudes, and behaviors.*

1. How have you seen the mercies of God lately—in your personal life and/or in the life of our church and Christian community?

2. How can you renew your mind? In other words: what means can we use to make the renewing of our minds more effective? What means does God use to renew our minds?
3. How can you create space in your life over the next six weeks to engage the transformative practices that accompany this series? In other words: what will you subtract in order to make space to add these practices?

Hands (10 minutes) *Apply the text by moving from inward reflection to outward action looking for ways to live the text out in our lives to serve others.*

Reaching Upwards: Growing in Your Relationship with God

1. If medically safe for you, skip one meal each day for 5 days before the next small group meeting [fast] and use that time to ask God for a heart change more like Jesus [pray].
2. Or set aside 15 minutes each day for 5 days before the next small group meeting to be alone and unreachable [solitude] and use that time to ask God for a heart change more like Jesus [pray].
3. Or ask God to reveal to you what might be preventing more heart change.

Reaching Outward: Investing in Your Neighbors

1. Take a small gift [a dessert, a luscious fruit, a scented candle] to someone in your orb to whom you've never done that.
2. Email a neighbor to come join you for a drink, just to know each other better.
3. Invite and take a friend or neighbor to FPC's Alpha, taco/movie group, or Ted Talk group. Perhaps it is a neighbor going through a difficult time (such as challenges with a teenager, divorce, the death of a loved one, a car accident, or the loss of a job).

Alpha Prayer Points:

Alpha is a listening community designed to help participants explore questions about faith in a non-judging space. The current session will run from October 6th through December 1st.

1. Pray for our church to invite their non-Christian or Christian-but-searching friends to Alpha.
2. Pray for skeptics and seekers who come to the movie group, Ted Talk group, and Taco group to be willing to try Alpha.
3. Pray for this Alpha to be a space where we will have at least ten beginnings of people's journey of faith towards the love of Jesus.