



PART 5: TRANSFORMING THE BODY

INTRODUCTION

We've all heard the saying "out with the old, in with the new." But, how would this principle apply to our hearts? In this series we'll learn about how Jesus wants to take the old way of life away, and give us a new way of living - to transform us spiritually, from the inside out. When you recognize that your heart needs renovating, you can begin to experience spiritual transformation into Christlikeness. This renovation of our heart is where we prepare ourselves for the kingdom of God. Jesus can provide what our souls long for, and He freely offers that to us when we make the decision to connect to Him.

KEY SCRIPTURE

Romans 12:1-2	1 Corinthians 9:25-27
Psalm 6:2-3	1 Corinthians 6:19-20

DISCUSSION QUESTIONS

1. Talk about a time when you set out to transform your body (i.e. exercise, diet, hair style, etc.) What were your goals? How long did it take? Did you stick with it? What was the outcome?
2. How much time do you spend physically transforming or training your body compared to training yourself and growing spiritually?
3. Read Romans 12:1. Pastor Will said that a living sacrifice will want to run away from the altar. It's not natural and it's uncomfortable to be a living sacrifice. What is something that you've felt like God wanted you to do that was uncomfortable and made you want to run the other direction? What was your response?
4. When our will collides with others who don't want to yield to our will, we experience destructive emotions that lead to destructive attitudes—Either **withdrawal** ("I just don't care anymore.") or **assault** ("I want to see them suffer.") Which of these two attitudes do you most naturally tend to have when you don't get your will?
5. Are you holding on to destructive habits or emotions like bitterness, jealousy, or anger, that may be affecting your physical body? What makes it so difficult for you to let go of that habit or emotion?
6. Discipline is doing something today so you can do tomorrow what you can't do today. What spiritual discipline (training) will you begin today so you can give up the destructive habits and emotions that take control of your body? What will help you release control of your body to God?
7. How can this group help?

MOVING FORWARD

Application Prayer: Lord Jesus, where am I still giving in to old habits? Where am I desecrating your temple? I recognize you have purchased me. I commit to honor and glorify you with my body.