

TRANSFORMED

How God Changes Us

Student Journal

Transformed: How God Changes Us
Student Journal
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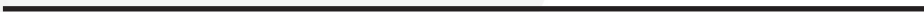
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TRANSFORMED

"BE TRANSFORMED BY THE RENEWING OF YOUR MIND." ROMANS 12:2 NIV

The only way to truly change your life is to change the way you think.

That's why the Bible says in our theme verse, *"Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind"* (Romans 12:2 NIV).

What is the difference between "conforming" and "transforming"?

According to the dictionary, to conform means to "make or become the same" or "to behave in a conventional way by accepting without question the customs, traditions and prevailing opinions of others." In other words, to conform is to fit into somebody else's mold; it's to do things the way everybody else does.

On the other hand, to transform means to "change the condition, function, nature, character or personality" of something.

CONFORMING has to do with **BEHAVIOR**.

TRANSFORMING has to do with **CHARACTER**.

CONFORMING is **FROM THE OUTSIDE IN**.

TRANSFORMING is **FROM THE INSIDE OUT**.

Conforming is something we do to ourselves. Transforming is something God does to us. And he transforms us by renewing our minds.

You see, God doesn't just want to change your behavior. He wants to change the way you think. The Bible says, *"As a man thinks in his heart, so is he"* (Proverbs 23:7 NKJV). **Your thoughts control your actions.** So if you want to change the way you act, you must start by changing the way you think. If you want to be like Christ, you must learn to think like Christ.

Over the next seven weeks, we are going to study the transforming power of Jesus Christ. Specifically, we'll look at God's plan to transform you in seven key areas of your life: your **spiritual health, physical health, mental health, emotional health, relational health, financial health, and your vocational health**. We will allow God's Word to renew our minds and change the way we think: about God, about ourselves, about our relationships, our finances, our careers—about everything. And when you learn to think differently

you will begin to live differently. As you learn to think God's way, you will begin to live God's way.

Transformation is about more than just putting information in your head. It's about living out what God is working in you. The Bible says *"Be doers of the Word, and not hearers only"* (James 1:22 NKJV). To help you apply what you are learning, we strongly encourage you to set a three month goal for each of the key areas of your life. **Goals turn intentions into actions.** Without a specific goal in mind, you might not get around to applying God's truth to your life. So we have provided instruction in the **Putting It Into Practice** section of each session to help you set a three month goal for the key area you are studying.

Be sure your goal is a **SMART** goal: **Specific, Measurable, Attainable, Relevant, and Time-bound.** For example, don't just say, "I want to grow spiritually," or "I want to lose weight." Those are not **SMART goals**. They're too general. A **SMART goal** for your spiritual health might be, "I will memorize Romans 12 in the next ninety days," or "I will spend fifteen minutes in a quiet time every morning for the next three months." A **SMART goal** for your physical health might be "I will lose twenty pounds in the next ninety days." Those are **SMART goals**: they are based on a specific action that is measurable and doable, they relate to the particular area of health you are studying, and they have a deadline.

Once you have set your goal, transfer that goal to the **My Three-Month Goals** list on pages vi to vii of this study guide so that you can have them all in one place for easy reference.

We have also included **devotions** that relate to the area of health you are focusing on during each week, along with journal pages for each day.

Are you ready to be transformed? Then let's begin.

MY THREE- MONTH GOALS

MY THREE-MONTH SPIRITUAL HEALTH GOAL

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MY THREE-MONTH PHYSICAL HEALTH GOAL

MY THREE-MONTH MENTAL HEALTH GOAL

MY THREE-MONTH EMOTIONAL HEALTH GOAL

MY THREE-MONTH RELATIONAL HEALTH GOAL

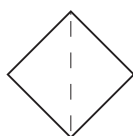
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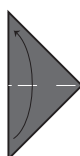
MY THREE-MONTH VOCATIONAL HEALTH GOAL

*Origami
fish*

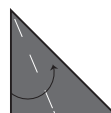
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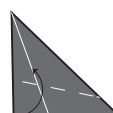
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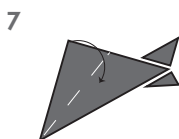
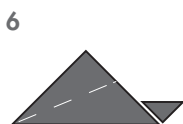
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TRANSFORMED IN MY **SPIRITUAL** HEALTH

SESSION 1

1



SESSION 1

TRANSFORMED IN MY SPIRITUAL HEALTH

◆ CHECKING IN

- Share with the group what you hope to get out of this small group series.

◆ MEMORY VERSE

*Anyone who belongs to Christ has become a new person.
The old life is gone; a new life has begun!*

2 CORINTHIANS 5:17 (NLT)

2

◆ WATCH THE VIDEO LESSON NOW AND FOLLOW ALONG IN YOUR OUTLINE.





TRANSFORMED IN MY SPIRITUAL HEALTH

SEVEN HABITS FOR SPIRITUAL HEALTH

1. I must _____ supremely.

“If you want to be my follower you must love me more than your own father and mother, wife and children, brothers and sisters—yes, more than your own life. Otherwise, you cannot be my disciple.”

LUKE 14:26 (NLT)

Spiritual health is measured by _____ .

“The most important commandment is this . . . you must love the Lord your God with all your heart, [passionately], all your soul, [willfully], all your mind, [thoughtfully], and all your strength [practically—live like you love him].”

MARK 12:29–30 (NLT)

2. I must _____ .

Blessed is the man who listens to me, watching daily at my doors, waiting at my doorway.

PROVERBS 8:34 (NIV)

3. I must _____ and _____ his Word.

Blessed is the man . . . [whose] delight is in the law of the Lord, and on his law he meditates day and night. He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers.

PSALM 1:1–3 (NIV)

“You are my friends if you do what I command.”

JOHN 15:14 (NIV)

The man who looks intently into the perfect law that gives freedom, and continues to do this, not forgetting what he has heard, but doing it—he will be blessed in what he does.

JAMES 1:25 (NIV)

4. I must _____ my income.

“Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this,” says the Lord Almighty, “and see if I will not throw open the floodgates of heaven and pour out so much blessing that you will not have room enough for it.”

MALACHI 3:10 (NIV)

You cannot out-give God!

5. I must learn to _____.

“If you have love for one another, then everyone will know that you are my disciples.”

JOHN 13:35 (TEV)

If someone says, “I love God,” but hates a Christian brother or sister, that person is a liar; for if we don’t love people we can see, how can we love God, whom we have not seen?

1 JOHN 4:20 (NLT)

4

Spiritual growth happens in _____.

6. I must _____.

“For even I, the Son of Man, came here not to be served but to serve others, and to give my life as a ransom for many.”

MARK 10:45 (NLT)

7. I must pass on the _____.

Take the teachings that you heard me proclaim in the presence of many witnesses, and entrust them to reliable people, who will be able to teach others also.

2 TIMOTHY 2:2 (TEV)

You're going to go to heaven because somebody told you about **Jesus Christ**. And somebody told the somebody who told you. And somebody told the somebody who told the somebody who told you. Is the chain going to break with you? Is anybody going to be in heaven because of you? If you don't tell somebody, then who is going to tell them? Jesus says to be a disciple you must pass on the **Good News**.

“Go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit. Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age.”

MATTHEW 28:19–20 (NLT)



DISCOVERY QUESTIONS

(PICK AT LEAST ONE OR TWO)

- What seems to get in the way of your **spiritual growth**?
 - In the video you learned about the importance of a **daily time with God**. How do you have a **daily time with God**? What is your normal routine? What typically interferes with your **time with God**?
 - Why is being in a small group and serving others so important to your **spiritual growth**? What can you learn through relationships that you can't learn on your own?
 - In the video Pastor Rick said, "**Spiritual growth is not automatic. It is a choice.**" In what ways have you chosen to grow spiritually? What has been most effective in helping you grow?
-



PUTTING IT INTO PRACTICE

In this session we discussed the seven habits that help us grow spiritually.

Which of these habits do you need to work on the most? What is one thing you can do to begin to make that habit a reality in your daily life in the next three months? Talk about this with your group and share ideas with each other.

Settle on one thing you will do and make a **three-month goal** to grow in this area of spiritual health. Write your goal in the space below.

MY THREE-MONTH SPIRITUAL HEALTH GOAL

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When it comes to setting goals, it is important that you make a plan and then check your progress on a regular basis. Goals that are not written down and set in motion are just ideas, and we rarely feel any commitment to following through on all of our ideas. To help you reach your goals, we have provided the **My Three-Month Goals** list on page vi of this workbook. Visit this page each week and add one goal for each of the seven areas we will cover in this study. The purpose of the **My Three-Month Goals** list is to help you begin to put into practice the things you are learning in this study.

We recommend that you review the **My Three-Month Goals** page on a regular basis to remind yourself of your goals and to track your progress. You may even want to set a time in the future as a group to share how each group member is doing with their goals and celebrate what God is doing in each of your lives.

For this session, transfer your **Three-Month Spiritual Health Goal** to the **My Three-Month Goals** list on pages vi to vii.



PRAYER DIRECTION

One way we can show our love for one another is by committing to pray for one another. Take some time as a group to share your prayer requests.



DIVING DEEPER

WANT TO GO DEEPER IN YOUR SPIRITUAL HEALTH?

- Read the **devotions** on pages 10-15.
- Read the **Memory Verse** on page 2 every day this week as part of your quiet time. See if you can have it memorized before your next group meeting.

TRANSFORMED IN MY SPIRITUAL HEALTH

DEVOTION 1

John 3:16 is easily one of the most read and recited verses in Scripture. It sums up Christianity in a nutshell, simply telling us the Good News of Jesus. However, we often overlook the power of this verse because it is seen on posters, billboards, lockers, and even sports arenas. **We forget that with God's love, we are a part of a bigger family than our earthy one.** Pastor Rick talked about how our spiritual health is not measured by knowledge but measured by love. John 3:16 is the best example of love that we have.

Read the passages below 2-4 times and as you read think about if God is showing his love or telling of his love.

10

¹⁶For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. ¹⁷For God did not send his Son into the world to condemn the world, but to save the world through him.

JOHN 3:16-17 (NIV)

*¹²Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God—
¹³children born not of natural descent, nor of human decision or a husband's will, but born of God.*

JOHN 1:12-13 (NIV)

Think about and answer the questions on the following page.

God loves you for who you are today. How can you see this in the verses you just read?

When we break down John 3:16, we see God giving us four points of the Good News; Love, Gift (Christ serving us), Opportunity, and Promise. When we accept Christ we are given those four things. How does that affect your life? Does this motivate you or intimidate you?

In John 1:12-13 we learn that we have been accepted into the family of Christ because of his love for us. We are received, accepted, and we belong without limitations or constraints. What would it look like if you lived a life of love because of your new identity of belonging to the family of Christ? How would your attitude change at school, at home, and with your friends?

What ways can you start showing the love that you've received to others this week?

Spend some time talking to God. Thank him for your secure identity in Christ, for his unconditional love. Ask him to guide your life and help you love others, even when it is difficult to do. Talk to him about some roadblocks you might have when it comes to loving others and even loving yourself.

TRANSFORMED IN MY SPIRITUAL HEALTH

DEVOTION 2

The Holy Spirit is often so hard to wrap our minds around and yet he is the power inside every follower of Jesus Christ. The Holy Spirit does five specific things for our lives that help us become a new creation when we give our lives to Jesus. He helps us learn and apply God's truth to life. **The Holy Spirit builds our character through crisis, enables us to be more like Jesus, and gives us power to speak the Good News of Jesus.** He also equips us for the ministry we are called to do. When we let the power of the Holy Spirit work in us we have such a great opportunity to live out our new spiritual identity in Christ. We can turn over a leaf of our past and get a new renewed life, a fresh start.

Read and reflect on the following verses.

12

“And I will ask the Father, and he will give you another advocate to help you and be with you forever—¹⁷the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you.”

JOHN 14:16-17 (NIV)

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!

2 CORINTHIANS 5:17 (NIV)

⁴There are different kinds of gifts, but the same Spirit distributes them. ⁵There are different kinds of service, but the same Lord. ⁶There are different kinds of working, but in all of them and in everyone it is the same God at work.

1 CORINTHIANS 12:4-6 (NIV)

Think about and answer the following questions.

Are you letting the Holy Spirit do those five things in your life? What areas can you let go of and let the Holy Spirit shine brighter in?

What kind of ministry is the Holy Spirit equipping you for? What do you enjoy doing and thrive in? How can you use this for a ministry?

Every time you sin it damages your dignity. You don't just hurt others, but you hurt yourself. Sin begins to replace self-respect with shame and that shame piles up in your life resulting in you running from the Holy Spirit's work. In 2 Corinthians 5:17, you read about becoming a new creation. What does that mean to you? What sin is causing you to push aside Christ instead of letting him in?

After reading these verses and reflecting, ask yourself: what did I hear, what do I think and what will I do now?

Spend some time asking God to make you a new creation. Ask the Holy Spirit to work in your life and give you opportunities to show him to others.

TRANSFORMED IN MY SPIRITUAL HEALTH

DEVOTION 3

Your spiritual health is a choice, not an automatic action. To be spiritually healthy you must take some action steps and not just sit on the couch hoping you'll absorb Christ through the cushions. One of the biggest choices we must make to be spiritually healthy is to flee from temptation. Your world is filled with things and people that want to distract you from living a life that honors Christ.

Read the following verse 2-3 times. Circle the words that show God's character.

The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.

14

1 CORINTHIANS 10:13 (NLT)

God's character of love and faithfulness brings endurance and the ability to overcome temptation to your life. This verse promises that God will always provide a way out even when it seems impossible to escape. Feel the need to lie or cheat? Tell the truth to escape future consequences because of the lie. In a bad situation? End up at a party after a school dance? Call a friend or parent, get up and leave. **The key to fleeing temptation is to be aware of the way out that God gives you.** Take a minute to stop, look around, and listen. This will give you a moment to discover your escape route.

Think about and answer the questions on the following page.

Have you ever been so tempted that you felt it was inevitable? Did you give in or did you flee from it? What happened? How did you feel?

What is your biggest temptation right now? What action steps can you take to turn from the temptation?

15

Do you have an accountability partner? A friend you can call when you need help escaping your temptations? Who is it and how do they hold you accountable? (If you don't have one, ask your small group leader today!)

As we wrap up learning about spiritual health, spend some time in prayer. Talk to God about what you heard, what you think about it all, and what you will do to get spiritually healthy.