

“Mind Renewal”

Session 4

FILL IN THE BLANKS WHILE WATCHING THE VIDEO

3 appeals in Romans 12:1-2:

1. To _____ our bodies as a living sacrifice
2. To not be _____ to the pattern of this world
3. To be _____ by the renewing of our minds

Ways of the world:

- It's all about me, _____ and I
- I am my own _____
- My _____ is in my own hands.

3 ways to renew our minds:

1. _____ our mind
2. _____ our mind
3. _____ our mind

SMALL GROUP DISCUSSION: (Play rock, paper, scissors. The final winner is the leader.)

1. Read Romans 12:1-2 together. Then, discuss these questions:

What are specific thought patterns or habits that you feel need renewal in your own life to align more with God's will?

How can we actively practice renewing our minds daily in a world that constantly pushes us toward conforming to its values?

2. Evaluate each statement now popular in social media. Is the statement biblical or not?
 - “You should pursue happiness at all costs, no matter the consequences.”
 - “Follow your heart; it will lead you to truth and happiness.”
 - “You can live your truth, and all truths are equally valid.”
 - “Revenge is justified if someone wrongs you.”

After discussion, now read the following biblical passages and match each to the statements above.

Romans 12:19-21

Matthew 6:33

John 14:6

Proverbs 3:5-6

3. Ask everyone to share a brief personal story of a time when God helped them transform their mindset or perspective on something important.

Sample answer:

"A time when God transformed my mindset was a few years ago when I was really struggling with feeling inadequate in my job. I constantly compared myself to others and felt like I wasn't good enough. I was consumed by self-doubt and negative thoughts. During that time, I started meditating on Romans 12:2, and God began to show me that my value wasn't based on my performance or comparison with others, but on who I am in Christ.

Through prayer and reading His Word, God transformed my thinking from focusing on my shortcomings to trusting in His plan for me. I learned to rest in His affirmation rather than seeking approval from people. Over time, I started feeling more peace and confidence in the truth that I am fearfully and wonderfully made, and that I can do all things through Christ who strengthens me. That shift in my mindset completely changed how I approach my work and life today."