

Grow Up

Life Group Leaders Guide

Objective

This guide contains the information and questions you will need to lead a life group study during our current sermon series. Our aim is to spark Spirit-led, Bible-centered conversations that anyone can participate in regardless of how biblically literate they may or may not be. **The win** that we want you to experience is when your group members **connect** more closely with each other and with God so that they are encouraged to move forward in living out their faith.

Directions

The *Purpose* and *Move* sections are for the leader to read to the group to provide clarity. **Do not feel pressured to cover all the questions.** Decide which ones may work best for your group. You will see brief notes interspersed between groups of questions to help give the group context for their answers. The *Notes and Commentary* section (when included) is optional reading for the leader to get background information and better understanding of the passages before leading the discussion.

Series Overview

Part of human development is being able to feed yourself. The same is true for spiritual growing up. When we drop the need to be spiritually bottle fed, and grab our own utensils, and become spiritual self-feeders, spiritual maturity is the result. In this series we will look at necessary disciplines that lead to growing up spiritually.

Grow Up Series Schedule

Week	Sermon Date	Topic of sermon and life group
1	1/6	Self-Feeders (Optional)
2	1/13	Meditation
3	1/20	Prayer & Solitude

The Point Church Life Group Curriculum

Grow Up: Self-Feeders

The Big Idea

It's time to grow up.

Flow of Study

Icebreaker: Tell us about your favorite hobby (present or past). How much time did you spend on that hobby? Do you still enjoy that hobby? Why or why not?

Move #1: Let's begin by unpacking any thoughts that you took away from this weekend's sermon.

1. Did anything stand out to you from the message this weekend? Any insights or questions?

Move #2: Read through the passage in Romans and discuss the questions that follow.

Read Romans 12:1-2 (NIV)

1 Therefore, 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. **2** Do 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.

2. What stands out to you from this passage?
3. What do you think it means to be "a living sacrifice"? (Possible Answer: Offering your whole self to God in every aspect of your life)
4. Who in your life has lived their life fully devoted to God? What about their life is different than the norm?

Note: Paul didn't think simply changing our behaviors would be enough. We need to have our minds and hearts made new.

5. What are ways that you can begin allowing God to change your mind and heart?

6. Re-read verse 2: What does Paul say is a purpose of renewing our minds? Why does it matter?

- David Jackman once said, *“My mind is the central control area of my personality, and sanctification is the mind coming more and more under the Holy Spirit’s control.”*

Read 1 Corinthians 3:1-3 (NIV)

1 Brothers and sisters, I could not address you as people who live by the Spirit but as people who are still worldly—mere infants in Christ. **2** I gave you milk, not solid food, for you were not yet ready for it. Indeed, you are still not ready. **3** You are still worldly. For since there is jealousy and quarreling among you, are you not worldly? Are you not acting like mere humans?

7. Compare and contrast the way a toddler receives food to the way an adult does.
8. How has the way you have been spiritually fed changed from the time you were a new Christian until now?
9. What are the dangers of living a passive Christian life where there is little change in mind and behavior?
10. What level of responsibility do we have for the growth of our own faith?
11. What are some personal ways you’ve found helpful in growing in your relationship with Jesus?

Next Steps:

- Set aside some time this week to spend regularly with the Lord. It could be 10 minutes or 30 minutes, morning, noon or night. Whatever works for you!
 - Consider reflecting on Psalm 119:97-104 in your time with God.
 - Join a Core Group with someone you respect, to learn and grow together.
- For more information see: <http://pointchurch.com/next-steps/grow/>

Prayer: End your study with a time of praying with and for each other. Take requests, but be sure to pray also about what you’ve discussed today.

Notes and Commentary

(The following are pieces of commentary, facts, and links based on the passages of this study in order. Use them optionally to help supplement your personal preparation.)

On Romans 12:1-2

When sacrificing an animal according to God's law, a priest would kill the animal, cut it in pieces, and place it on the altar. Sacrifice was important, but even in the Old Testament God made it clear that obedience from the heart was much more important (see 1 Samuel 15:22; Psalm 40:6; Amos 5:21-24). God wants us to offer ourselves, not animals, as living sacrifices—daily laying aside our own desires to follow him, putting all our energy and resources at his disposal and trusting him to guide us. We do this out of gratitude that our sins have been forgiven.

God has good, pleasing, and perfect plans for his children. He wants us to be transformed people with renewed minds, living to honor and obey him. Because he wants only what is best for us, and because he gave his Son to make our new life possible, we should joyfully give ourselves as living sacrifices for his service.

Paul warned Christians: "Don't copy the behavior and customs of this world" that are usually selfish and often corrupting. Wise Christians decide that much worldly behavior is off-limits for them. Our refusal to conform to this world's values, however, must go even deeper than just behavior and customs; it must be firmly planted in our mind: "Let God transform you into a new person by changing the way you think." It is possible to avoid most worldly customs and still be proud, covetous, selfish, stubborn, and arrogant. Only when the Holy Spirit renews, re-educates, and redirects our mind are we truly transformed (see 8:5).

(Application Study Bible)

"Be transformed by the renewing of your mind," says Paul. This is a call for a transfigured life. The Greek word translated "transformed" in this passage occurs in only three other places in the New Testament. It is used to describe the transfiguration of the Lord Jesus (Matt. 17:2; Mark 9:2) and it is used to describe the glorious change wrought in the believer when he steadfastly contemplates the Lord Jesus (II Cor. 3:18).

The Greek word is *metamorphoomai* from which our word "metamorphosis" is derived. The dictionary defines metamorphosis [Rom, p. 187] as "change of form or change of character." An example is the caterpillar which undergoes metamorphosis in its chrysalis and emerges a glorious butterfly. The same creature which enters the filmy tomb eventually emerges, but the change is so remarkable that it cannot be recognized as the same. It is this kind of change the Holy Spirit wishes to work in the life of the believer, but to do it He must have control of the body and free access to the mind."

(John Phillips' Commentary - Romans)