

**LEARN**

What stood out to you from the sermon on Sunday? What was most helpful, encouraging or challenging to your walk with Christ?

What are some common ways people define “worship”? According to Romans 12:1-2, how *should* you define worship?

What is the significance of presenting our “body” to God? Why do you think Paul doesn’t just use “heart” or “self”?

What do “the mercies of God” have to do with you presenting your body as a living sacrifice to God?

**PRACTICE**

“Be transformed” is a command yet it is a passive idea – God commands that we be transformed. How do we obey such a command?

What does it look like, in real life, to present your body as a “living sacrifice”, holy and acceptable to God?

What are ways you feel yourself pulled into conforming to the world? Or, what are some ways the world wants you to conform to its way of thinking and living?

**CHANGE**

How is your personal worship going? What is one tangible, achievable way you will commit to worshiping God this week?

Is there an area of your life you know you’re conforming to the world around you? What will it take to have your mind renewed and thus be transformed?