

# Summary

Pastor delivered a powerful message about living a resurrected life through the transformation of our minds. Drawing from Romans 12:1-2, he emphasized that while Jesus' resurrection changed our identity and destination, we must actively renew our minds to live out this new reality. The pastor used his HR experience to illustrate how past behavior typically predicts future behavior in the secular world, but in Christ, our past doesn't have to determine our future. He stressed that surrendering our lives as living sacrifices to God is essential for mind renewal, and this process must be ongoing - not a one-time event but a daily lifestyle of choosing God's truth over worldly thinking.

## Intro Prayer

Heavenly Father, we come before You with grateful hearts, thanking You for this opportunity to gather and study Your Word together. We ask that You open our hearts and minds to receive what You want to teach us today. Help us to be receptive to Your Spirit's leading and to apply Your truth to our lives. Lord, prepare our hearts to be transformed by the renewing of our minds, and may we leave this time changed and more like You. In Jesus' name, Amen.

## Ice Breaker

What's one piece of advice your mother or grandmother used to give you that you still remember today?

## Key Verses

- Romans 12:1-2
- Proverbs 23:7

## Questions

- What does it mean to present your body as a 'living sacrifice' in practical, everyday terms?
- How can we tell the difference between worldly thinking and godly thinking in our daily decisions?

- What are some specific ways we can 'guard what comes into our mind' in today's media-saturated world?
- Why do you think Paul emphasizes that mind renewal is an ongoing process rather than a one-time event?
- What are some lies the enemy tells us, and how can we replace them with God's truth?
- How does surrendering control to God help in the process of mind renewal?
- What role does our past play in shaping our current thinking patterns, and how can Christ break those patterns?
- In what practical ways can we 'saturate' ourselves with God's truth rather than worldly influences?

## Life Application

This week, start each morning by surrendering your thoughts to God before checking your phone or social media. When negative or defeating thoughts arise, immediately replace them with a truth from God's Word. Choose one specific area of thinking that needs renewal and commit to daily prayer and Scripture meditation focused on that area.

## Key Takeaways

- A resurrected life requires a renewed mind - we cannot live a new life with old thinking patterns
- Presenting ourselves as living sacrifices means surrendering every area of our lives to God's control
- Mind renewal is an ongoing, daily process, not a one-time event
- What we consume mentally shapes how we think - we must guard our minds and saturate ourselves with God's truth
- In Christ, our past behavior does not have to predict our future - transformation is possible through the power of the resurrection

## Ending Prayer

Lord Jesus, we thank You for the powerful reminder that because You rose from the dead, we can have renewed minds and transformed lives. Help us to daily surrender our thoughts, attitudes, and responses to You. Guard our minds from the lies of the enemy and fill us with Your truth. Give us the strength to make mind renewal a daily habit, not just a Sunday experience. Transform us from the inside out so that we may truly live as people who are alive in Christ. In Your precious name we pray, Amen.