



The Me I Want to Be.

WARM UP

Describe a time you had to physically push through a situation like a sports practice, injury, or a sick day.

SET IT UP

We know that physical health requires consistent training and discipline but did you know the same principle applies to spiritual health too? If we want a healthy and vibrant faith, one that makes a difference in our lives, we must establish spiritual habits that will help us mature in a relationship with God and others. So how is that possible? Let's talk about it.

CHAT IT UP

1. What is one childhood belief that you used to think was true but eventually outgrew? (*Hint: Think things like Santa Claus, The Easter Bunny, The moon is following me.*)
2. If we want to grow up in our faith, it's important that we grow in our understanding. Let's read a passage that gives us the secret to real and lasting change. **Read Romans 12:1-2.**
3. Paul tells us that if we change our minds, we will change our lives. **Why is changing what you think so important?**
4. **What is one area of your life where you find yourself falling into a cookie-cutter mentality?** (*Hint: Maybe it's how you think about God, sexuality, forgiveness, pursuing a relationship with God, how you spend your money, etc.*).
5. Mark mentioned three stops on our faith journey. We move from infants being feed, to feeding ourselves, to feeding others. **Where would you identify yourself on this spectrum?**
6. We have some great resources for developing habits that will help transform our mindset. **Which of these resources have you used, if any, and how have they helped you to take a next step?** (*Hint: Consistent church attendance, App Notes, the Spiritual Disciplines Toolbox, serving, groups, Right Now Media, etc.*).

WRAP IT UP

Behavior modification never leads to lasting change. The most important change we can make is a change in our thinking. Changing your mind can change your life. As we learn and apply God's truth, we cannot help but experience transformation. Don't believe me? Just give it a try!

LEADER TIPS

- One of the strengths of groups is the relational connection. This week make that connection even greater by touching base with each member of your group. You can send them a postcard, shoot them a text message, call them on the phone or even write an email. The smallest touch points pay huge dividends.