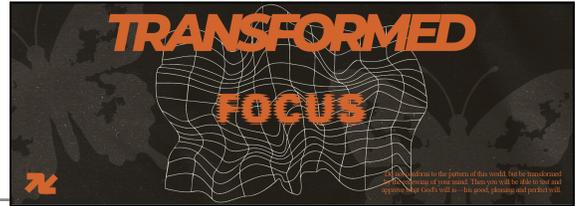


WEEK 1 | TRANSFORMED

Date: January 10, 2026

Verses: Romans 12:1



SERIES INSIGHT

We're kicking off the New Year with our new series: **Transformed!** This is a 12 week series walking through Romans chapter 12. Our heart and emphasis is to rise up to the challenge of being transformed in every sphere of our lives.

ICEBREAKER

- Do you have a Word or Verse for the year? If so, what is it? If not, what do you sense God wants to do in and through your life this year? Is there a word or phrase that you can “focus” on this year to help you lean in on what God is doing?

DISCUSSION QUESTIONS

1. **Review the Message.** Looking back at your notes and upon reflecting on this weekend's message, what was your one takeaway from Sunday?
2. Romans 12:1 calls us to present ourselves to God. What does full surrender to God actually look like in your daily walk—and where are you still holding something back?
3. Identify one spiritual practice (prayer, Scripture, obedience) that needs intentional growth this season.
4. Paul speaks of offering our *bodies* as a living sacrifice. How are you currently stewarding your physical body, and what would transformation look like in this area?
5. Name one physical habit (rest, discipline, health, purity) you will adjust this week as an act of worship.
6. Transformation affects how we treat others. Which relationship in your life most needs Christ-centered transformation, and what might God be calling you to change—your attitude, words, or actions?
7. Commit to one relational step (forgiveness, honesty, reconciliation, intentional presence).
8. Romans 12:1 frames *all of life* as worship. How would your work, leadership, or daily responsibilities look different if you viewed them as an offering to God instead of an obligation?
9. Identify one way this week to intentionally honor God in your work or responsibilities.

PRAYER

Share requests and celebrate praise reports. Take time for your group to pray for however long is needed.



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