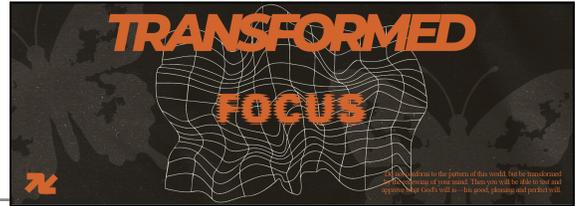


WEEK 3 | TRANSFORMED

Date: January 25, 2026

Verses: Romans 12:3



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

- Would you rather always have to sing instead of speaking or always have to dance everywhere you went?
- What is your go-to late night snack?

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 12:3 says not to think of yourself more highly than you ought, but to think with sober judgment. Where are you most tempted to overestimate yourself — your abilities, your importance, or your spirituality? What practical steps help you stay "sober-minded" rather than self-inflated?
 - a. **Life Application:** Identify one area this week where you will intentionally seek feedback instead of assuming you're right.
3. A renewed mind produces a different self-view. How does a truly transformed life change the way you talk about yourself, your achievements, or your failures? What would others notice if humility was genuinely growing in you?
 - a. **Life Application:** Practice one hidden act of service this week that receives no recognition.
4. Paul roots humility in recognizing that everything we have is received from God. Where do you feel pressure to prove yourself — in family, work, church, or friendships? How does remembering that your gifts are given by grace reshape that pressure?
 - a. **Life Application:** Replace one self-promoting thought this week with a prayer of gratitude for God's grace.
5. Right self-assessment leads to healthier relationships. How would your relationships change if you consistently valued others above yourself? What specific relational habit needs to change for humility to become visible?
 - a. **Life Application:** Initiate one conversation this week where your goal is only to listen, not to impress or advise.

PRAYER

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



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