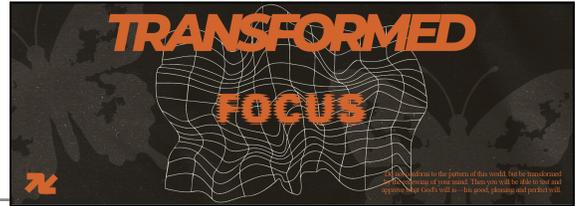


WEEK 4 | TRANSFORMED

Date: February 1, 2026

Verses: Romans 12:1-5; Proverbs 6:19



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 12:1–2 calls us to offer ourselves fully and be transformed by renewed thinking. Where has God been challenging your thinking about commitment to the church body — and what practical step of obedience is He asking for?
 - a. **Life Application:** Write down one specific commitment you will act on this week.
3. Romans 12:3 calls us to think of ourselves with sober judgment. How does humility change the way you view people with different gifts, personalities, or roles than yours?
 - a. **Life Application:** Intentionally honor someone whose contribution you normally overlook.
4. Romans 12:4–5 teaches that we belong to one another. Where do you most feel like a “spectator” rather than a functioning body part — and what's one step toward engagement?
 - a. **Life Application:** Move from attending to serving in one concrete way. A transformed life responds differently under tension. Think of a recent disagreement or irritation in church, family, or ministry. How would a transformed response look different? Life application: Practice a peacemaking conversation this week.
5. God hates one who stirs up division among brothers. Are there any habits — sarcasm, gossip, withdrawal, criticism, online comments — that might subtly sow division? Transformation is not private — it's proven in how we belong, serve, and protect unity. A transformed mind leads to a transformed heart, which produces a transformed body.
 - a. **Life Application:** Ask God to replace one divisive tendency with a unity-building action.

PRAYER

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



Connect Card: graceaz.com/connect | Grace App: graceaz.com/app
Events: graceaz.com/events | Church Center App: churchcenter.com/app