



Discipleship Follow-Up for Sunday 6/28/26

Transformed not Conformed – The Consequence

This study focuses on the consequence and reward of a transformed life in Christ. Drawing from James 4:1-12 and Galatians 6:1-10, it calls believers to examine the motives behind their actions, recognize the difference between carrying one another's burdens and carrying another person's load, and understand that what we sow will produce a harvest. A transformed life is not measured by outward religious activity alone, but by humility before God, wisdom from the Holy Spirit, purity of heart, and faithful obedience that produces life.

10-Question Discipleship Study

1. In your own words, what does it mean to be transformed rather than conformed?
2. Galatians 6:7-8 says that a person reaps what they sow. What are some ways people can sow to the flesh without realizing it?
3. How does the phrase "God is not mocked" challenge the way we evaluate our motives, habits, and lifestyle?
4. James 4:1-5 connects conflict with desires that war within us. What internal battles can create external conflict in relationships?
5. What is the difference between helping someone carry a burden and trying to carry their load for them?
6. Why is wisdom necessary when deciding how to help others in the household of faith?
7. James 4:6 says that God resists the proud but gives grace to the humble. What does humility look like in daily decisions?
8. What areas of your life might have "caution tape" around them, where you have resisted God's grace and transformation? Are there areas where God is resisting you (YIKES)?
9. How can a believer discern whether their actions are producing life or producing corruption?
10. What is one practical step you can take this week to sow to the Spirit and walk more fully in transformation?

Conclusion

The transformed life requires more than good intentions; it requires humility, wisdom, obedience, and surrender to the work of the Holy Spirit. Every decision is sowing something, either toward life or toward corruption. When believers walk humbly before God, receive His grace, and allow transformation to take full effect, they become able to carry their own load, help others with their burdens, and reflect the life of Christ to the household of faith and the world around them.