

# DEAD TO ME



## Dead to Me - Week 2

It is healthy to want to improve. But have you ever found yourself on a treadmill of self-improvement— books, apps, podcasts, and routines—always feeling less than transformed? In the New Testament, we see one of Jesus’s most devoted early followers wrestling with exactly this tension. Ultimately, Paul concludes that we often get in the way of our own transformation, which can only come through the Grace of God, which has the power to renew our minds.

### Getting Started

1. Are you a naturally optimistic or pessimistic person? Or somewhere in between? How did you learn this about yourself?

### What About You?

2. Why do you think human beings are so prone to believing that a better life is achievable?
3. What tends to be your biggest obstacle to personal transformation? What gets in the way of the goals you set for yourself?
4. How do the body and mind relate to each other in your experience?



### **Look It Up**

*Romans 7:15-17, 12:1-2. Philippians 4:8-9.*

5. Why do you think Paul decided to share such a vulnerable sentiment with the church in Rome?
6. How do you understand the phrase, "living sacrifice?" What role did sacrifices play in ancient Jewish religion?
7. When Paul talks about the "pattern of this world," what is he referring to? What differences do you see between the values of the world and those of the Kingdom of Heaven?
8. What is the essence of Paul's advice in Philippians? What do you think he is urging believers to give up about their natural patterns of thinking?

### **Putting It All Together**

9. What parts of your mind are in need of renewal right now?
10. Will you commit to reading the Bible at least four times a week for the next few weeks?
11. Where do you most need transformation right now— in your relationship to vices? Your relationship with others? Your relationship to yourself?
12. What would be different about your life if you implemented Paul's advice for how to think from Philippians?

