

# TRANSFORMED

Do not be conformed to this world "but be transformed by the renewing of your minds, so that you may discern what is the will of God--what is good and acceptable and perfect."

Romans 12:2

## **Read** [read passage twice]

Silence 3-5 minutes\* - silently repeat a word or phrase that interests you...

Sharing aloud (if in group): Simply share the word or phrase that spoke to you. No elaboration.

## **Reflect** [read once]

Silence 3-5 minutes - reflecting on "Where does this touch my life?"

Sharing aloud: "I hear, I see, I was struck by..."

## **Respond** [read once]

Silence 3-5 minutes - reflecting on "How is God calling me to Respond?"

Sharing aloud: Briefly pray - spontaneously expressing your response to God's call.

## **Rest** [read once]

Rest in God's grace, in silence 2-3 minutes

\*The time allotted for each period of silence can vary.