

'Transformed: How God Changes Us' | Study Guide

WEEK 1: SPIRITUAL HEALTH

Key Verse: Anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun! - *2 Corinthians 5:17* NLT

Discuss: What stood out to you from Sunday's sermon?

Watch: Video introduction by Pastor Steve (7 minutes)

Recap the "Seven Habits of Spiritual Health" from Sunday's sermon:

1. I love Jesus supremely. (Lk. 14:26; Mk. 12:28-34)
2. I meet with him daily. (Prov. 8:34)
3. I study and do His Word. (Ps. 1:1-3; Jn. 15:14)
4. I tithe my income. (Mal. 3:10)
5. I learn to love other believers. (Jn. 13:35; 1 Jn. 4:20)
6. I serve others unselfishly. (Mk. 10:45)
7. I pass on the Good News. (2 Tim. 2:2; Mt. 28:19-20)

Discussion questions for encouraging one another: (If your group is large, please break people up into groups of 4 or less.)

- ❖ Which of the 'Seven Habits of Spiritual Health' are currently part of our life? How have you experienced God transforming you through that habit? How did this habit become part of your life? How long did it take before you noticed its benefit?

Discussion questions for challenging one another:

- ❖ Identify the one habit that is most difficult for you to practice. What are the obstacles get in the way of you implementing this habit in your life? What would help you remove those obstacles?
- ❖ How can you as a group encourage each other to start one new habit for spiritual health?

Closing prayer:

For those who feel comfortable, pray around the table/group, each person thanking God for one spiritual habit that is already in their life and giving them spiritual health, and praying about the one spiritual habit they desire to implement with God's help.

'Transformed: How God Changes Us' | Daily Devotional

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Daily readings:

- ❖ Day 1 – Read Mark 1:1-15; John 1:1-18
- ❖ Day 2 – Read Mark 2:1-17
- ❖ Day 3 – Read Matthew 16:13-17; John 11:1-27
- ❖ Day 4 – Read Romans 8:1-39
- ❖ Day 5 – Read Psalm 40

Reflect:

- ❖ What does the passage reveal about God's heart?
- ❖ What can you relate to?
- ❖ Where do you see 'transformation'?
- ❖ What do you think God wants you to believe about Him?

First steps to move forward in the one habit I sense God inviting me into:

❖ _____

Write a prayer to God:

❖ _____

