

Life Group Guide (2026-02-08)

Conformed or Transformed?

Opening Prayer

Invite the Holy Spirit to guide the conversation, soften hearts, and renew minds as the group reflects together.

Key Scripture

¹ Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. ² Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

—Romans 12:1-2 (NIV)

Big Idea

- You are not neutral. You are being shaped every day.
- If we are not intentionally being transformed by worship and renewal, we will be passively conformed by the world.

Icebreaker

- What is one habit, routine, or influence (good or bad) that you've noticed has shaped you over time?
- Why do you think habits and repetition are so powerful in forming who we become?

Discussion

Mercy Before Movement

Paul begins Romans 12 with "*in view of God's mercy.*"

- Why is it important that surrender comes **after** mercy, not before?
- How does remembering God's mercy change the way we think about obedience, worship, and sacrifice?
- Where do you sometimes slip into trying to *earn* God's approval instead of responding to His grace?

Worship Is Embodied

Paul calls us to offer our **bodies** as living sacrifices.

- Why do you think Paul emphasizes the body and not just beliefs or feelings?
- What does "*living sacrifice*" look like in everyday life (work, family, online presence, habits)?
- Is there an area of your life you've kept "off the altar" because surrender feels uncomfortable or costly?

Conformity Happens Quietly

The sermon emphasized that conformity often happens through **drift**, not rebellion.

- Where do you feel cultural pressure shaping your thinking (success, identity, comfort, fear, sexuality, control)?
- What are some subtle ways Christians can adopt the world's patterns without realizing it?
- How can community help us notice conformity before it becomes captivity?

Renewal Is a Process

Transformation happens through the renewing of the mind.

- What practices help renew your mind most effectively (Scripture, worship, prayer, silence, community)?
- What tends to *undo* renewal in your life?
- How does worship re-train not just what we think, but what we *desire*?

Discerning the Will of God

Paul says a renewed mind can “*test and approve*” God’s will.

- Why do you think discernment comes **after** surrender and renewal?
- Have you experienced greater clarity about God’s will during seasons of deep worship or Scripture intake?
- What decisions right now require a renewed mind rather than quick answers?

Personal Reflection (Silent – 2 minutes)

Ask each person to quietly reflect on this question:

- “*What part of my life is the Holy Spirit inviting me to place on the altar?*”

(No pressure to share unless someone chooses to.)

Prayer Response

Invite voluntary prayer:

- For renewed minds
- For courage to surrender
- For freedom from conformity
- For clarity in discerning God’s will

End by reading Romans 12:1–2 together aloud.

Closing Encouragement

- Transformation is not about trying harder — it’s about **surrendering deeper**.
- Worship is not just what we sing; it’s how we live.
- Encourage the group to practice **daily worship as surrender** this week — in thoughts, words, habits, and choices.