

Can People Really Change? "Physical"- Jim Burgen

October 28-29, 2017

Community:

1. Have you ever followed a workout routine or dietary plan? What results (positive or negative) did you see from them?
2. What is your favorite physical activity? (i.e., Running, lifting weights, hiking, etc.)

Core:

1. **Read Romans 12:1.** What do you think the Apostle Paul is writing here? In your own words, what do you think it means to "*offer your body as a living sacrifice*"?
2. **Read Romans 12:2.** What do you think it means to be "*conformed to worldly patterns*" or to be "*transformed by renewing your mind*"? Do you feel any convictions or does any area of your life come to mind after reading this verse and, if so, what?
3. Jim said, "*What we choose to do with our bodies reveals what we actually value/worship and what we don't value/worship*". Would you agree? When you take an honest look at your life, what are the things that you value (good or bad) based on how you use your body?
4. If there is an area of your life you want to change (where your physical body is involved) then ask yourself, "*What do I want to change about it?*" How is that area of your life currently affecting you and are you getting anything from it that you can only get from God? What could your life look like if you aligned it with what God is saying is best for it?
5. **Read 1 Corinthians 9:24-27.** If you think in terms of running a race, what sort of change are you running after in your life? Does that change have to do with your physical body? What do you think is holding you back from experiencing that change?
6. Jim defined discipline as, "*An activity in our power, which we pursue in order to become able to do what we cannot currently do by direct effort.*" What is one small step of discipline that you could take in order to move closer to the change you desire to see in life?

Challenge:

This week, write down the areas of your life that involve how you are using your physical body where you want to see change. Then, spend some time journaling about:

(1) Where you need to experience the **Grace** that forgives you (2) The **Grace** that spiritually empowers you (3) Your **vision** for what your life could look like if you aligned how you use your body with what He says is right and true. (4) Your **intent** towards seeing that change (5) Your **strategy** for doing something new and different in order to see the change.