



LASTING TRANSFORMATION

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Why do we need to be Transformed?

To become more like Jesus Christ

2 Corinthians 3:17-18; Romans 8:29

To bring more glory to God

2 Corinthians 3:17-18; 1 Corinthians 10:31

To gain a greater understanding of God's will for our lives

Romans 12:1-2

The seven areas where we need Transformation:

- Spiritual, Physical, Mental, Emotional, Relational, Financial, Vocational

How do we experience Lasting Transformation?

Stay close to Jesus

John 15:4-5

Stay close to the people of God

Hebrews 3:12-13; 10:24-25

Applications Ideas

Identify at least one area of health where you know you need to change.

Develop a plan to change. Set some SMART goals.

- Specific
- Measurable
- Attainable
- Relevant
- Time-bound

Continue to meet with Jesus in personal devotions (time in Bible study & prayer)

Serve God & others as a group over the holidays

Meet with your group after January 1 to discuss and pray over your three-month goals

Next Steps

- I will set (and share with a friend) at least one 3-month goal for Transformation.
- I will have a minimum of 5 devotionals (Bible reading & prayer) a week for the next 3 months.
- I'm committing to follow Jesus for the first time today.
- I'm re-committing to follow Jesus today.

Daily Devotional Plan – the book of Philippians

Day 1 – Philippians 1:1-11

Day 2 – Philippians 1:12-30

Day 3 – Philippians 2:1-11

Day 4 – Philippians 2:12-30

Day 5 – Philippians 3:1-11

Day 6 – Philippians 3:12-4:1

Day 7 – Philippians 4:2-23

To go deeper: Answer the following questions on a separate piece of paper/journal/laptop/etc.:

- What did you hear? (*What did God say to you as you read the Scriptures for the day?*)
- What do you think? (*What does it mean to you, how does it apply to your life, and what difference will it make to you?*)
- What will you do? (*What action step will you take? How will you think differently? How will you live differently?*)
- Now talk to God (*Put your thoughts into prayer. It could be a prayer of gratitude or praise. It could be a prayer of confession or a request for God's help. It's up to you. But take a minute each day to write a prayer response to what you read in the Scriptures.*)

LIFEGROUP QUESTIONS

November 23, 2014

Lesson Aim: Grow in God's lasting transformation in all areas of our lives.

1. **READ 2 Corinthians 3:17-18.** What does it mean to you to be transformed into the Lord's image?
2. Many people look for change and transformation for different reasons such as having more peace, less stress, higher quality of life, etc. What are some of the things that motivate you to steps of transformation?
3. **READ Galatians 5: 22-23** How have the *50 Days of Transformation* brought about growth for you in these areas of Spiritual fruit?
4. The 7 areas of Transformation are Spiritual, Physical, Mental, Emotional, Relational, Financial, and Vocational. In which of these areas did you realize that you needed the most growth? Why?
5. **READ John 15:4-5.** How does this scripture apply to you now as you move forward after the *50 Days of Transformation* as completed?
6. What are some changes that you have already made in your life, daily walk, or attitude as a result of the Transformation series?
7. We learned that SMART goals are Specific, Measurable, Attainable, Relevant, and Time-bound. What goals have you been able to set as a result of this series? If you have not yet set any, what is holding you back?
8. **READ Hebrews 10:24-25.** Another step in continuing the growth and transformation process is to look for other ways to serve each other, God's church, and the community. What are some ways that you individually or as a group can serve during these upcoming months?