



**Sermon-based small groups connect the week to the weekend!**

*Dig deeper into the talk each week, while getting connected, cared for and known. Challenge yourself to see how the message actually makes sense and applies to your everyday life and do it with people just like you to support you on your journey.*

**Message Info:** The Renewed Mind, 10/23/22 - Even when we really want it we struggle to change our lives. That's because real change comes from the inside out and we often go about it from the outside in. What we need is to transform our thinking. It would be nice to just check out but there is no such thing as the passive middle, you are either passively conforming to a broken system, or transforming to new and good places God has for you. (Passages: Romans 12:2; Psalm 139:23-24; Psalm 1:2; James 4:9)

**Discussion Questions:** Take your time and dig into these questions.

What is something you have tried to change in your life but really struggle with? How have you tried to change that thing or area? Why do you think it doesn't stick?

Pastor Josh said that real lasting change comes from the inside out. It takes a transformation of our heart and mind. Do you think this is true? Why or why not? Can you think of any examples where you have seen this work?

Read Romans 12:2. What sticks out to you from this verse? Why?

Conformity leads to defeat and transformation leads to renewal. Can you think of a real life example of the above?

What saturates your life has a big effect on the direction you are headed. What has been saturating your life that maybe you haven't been really aware of?

Transformation is what God does as we left him do his thing in our hearts and minds. Pastor Josh left us with three ways to experience God's transformation in our hearts and minds. 1. Let God at the deep stuff of your heart and life. - Read Psalm 139:23-24. 2. Start saturating your life with more of the stuff of God. - Read Psalm 1:1-2. 3. Put some time in. Pastor Rick says 2 or 3 minutes a day. Read James 4:9. Which one of these areas do you need to focus on this week? Can you commit to it daily for this week?

**Group Challenge:** Check out grace Tremont one Sunday and take a friend with you.