



FOREFRONT SMALL GROUP STUDY

Romans 12:2 reminds us that real change doesn't come from trying harder—it comes from thinking differently. The world constantly pressures us to conform—to stay anxious, stay busy, and keep proving ourselves. But Paul writes that transformation happens through the renewing of our minds, a daily process of letting God reshape how we see ourselves, others, and the world.

Making room in your mind for Jesus means creating space for peace instead of panic, truth instead of lies, and grace instead of guilt. It's about replacing the world's noise with the steady voice of the One who says, "Come to Me, and I'll give you rest."

So ask yourself: What's been shaping your thoughts lately—and what would change if Jesus took up more space there?

DAILY WALK / NEXT STEP:

This week, choose one practical way to renew your mind. That could be memorizing a verse, journaling instead of scrolling, or spending five quiet minutes in prayer before checking your phone. Whatever it looks like, give God room to speak first—and watch how peace begins to take up more space.

GROUP STUDY:

1. Read Romans 12:2 together.
2. What stands out to you about Paul's contrast between being "conformed" and being "transformed"? How do you see that tension play out in everyday life?
3. Patterns of the World: What are some common thought patterns—like comparison, fear, or self-doubt—that easily shape your mind? How can recognizing them be the first step toward renewal?
4. Renewing the Mind: What does it practically look like for you to "renew your mind"? What practices, rhythms, or environments help you stay centered on God's truth?
5. Quieting the Noise: Where in your week do you most feel mental clutter or distraction? What would it look like to make intentional space for stillness and reflection?
6. Jesus' Invitation: Read Matthew 11:28–30. How does Jesus' invitation to rest speak to your current mindset or mental load?
7. Replacing Lies with Truth: Identify one lie you've been believing about yourself or your circumstances. What truth from Scripture can replace it this week?
8. Transformation Over Time: Renewal is not instant—it's a process. Where have you already seen God begin to transform your way of thinking? How can your group encourage you in that journey?

Have questions about this study or about Forefront Church? You can contact info@forefront.org and our team will help you.