



LIFE IN THE BODY OF CHRIST

Week One

Romans 12:1-2 "Living for Jesus"

SMALL GROUP DISCUSSION GUIDE

This guide can be used on your own or with a small group to reflect on the weekend message and apply it to your life. Leader's Notes have been included to help in your preparation. Choose the questions that work best for your group—there's no need to go through them all.

To learn more, visit silverdalebc.com/smallgroups.

ICEBREAKER QUESTIONS

1. What's something you've chased after, only to realize later it wasn't worth it?
2. What part of this message stood out to you the most and why?

1 The Motivation: The Mercy of God

Leader's Note:

Paul begins with a "therefore," linking Romans 12 to the previous chapters that outline the gospel. Our motivation to live for Jesus comes from God's mercy — His undeserved love and grace towards us.

Key Scripture:

"Therefore, brothers and sisters, in view of the mercies of God..." – Romans 12:1a

Discuss:

- Talk with your group about how understanding the gospel leads to experiencing God's mercy – and how that should influence obedience to God.
- How does understanding God's mercy change your motivation to follow Him?

2 The Worship: A Surrendered Body

Leader's Note:

True worship involves offering our whole selves to God — not just our hearts or minds, but our physical bodies as living sacrifices.

Key Scripture:

"...present your bodies as a living sacrifice, holy and pleasing to God; this is your true and proper worship." – Romans 12:1b

Discuss:

- What does it look like to be a "living sacrifice" in your everyday life?
- In what ways are you hesitant to surrender yourself to God?

3 The Lifestyle: Be Set Apart for God

Leader's Note:

The Christian life is a holy life — one that is “set apart” for God. Our lives, like a wedding dress, should be reserved for Him, not used for everyday compromise.

Key Quote:

“God says, I want you to look at your body like a wedding dress. It is holy, dedicated for me.”
-Tony Walliser

Discuss:

- In what ways have you allowed the world's values to influence how you live? Where do you see the world's patterns most trying to influence your life?
 - What might it look like to live a life of holiness - one that is clearly set apart for God?
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4 The Obstacle: The World System

Leader's Note:

The world constantly pressures us to conform. But God calls us to resist its mold and pursue His way instead.

Key Scripture:

“Do not conform to the pattern of this world...” – Romans 12:2a

Discuss:

- What are some ways the world is pressuring Christians to conform?
How do we fight against that?
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5 The Transformation: A Renewed Mind

Leader's Note:

God transforms us from the inside out, starting with our thinking. As our minds are renewed by God's Word, our lives begin to change.

Key Scripture:

“...but be transformed by the renewing of your mind.” – Romans 12:2b

Discuss:

- How does renewing our mind lead to transformation? What are some ways you're currently allowing God's Word to renew your mind?

6 The Result: Knowing God's Will

Leader's Note:

When we are surrendered and transformed, we begin to discern and live out God's good, pleasing, and perfect will.

Key Scripture:

"Then you will be able to test and approve what God's will is—his good, pleasing and perfect will." – Romans 12:2c

Discuss:

- Romans 12:1-2 shows us that in order to discern God's will, we first need to sacrifice our desires to do what God desires and renew our minds to align with God's mind.
 - Why do you think God asks us to do these things BEFORE we can discern His will?
- Give your group the option to answer one of these two questions:
 - Have you ever struggled to know/discern God's will? What helped you understand it?
 - Are you struggling to know/discern God's will in your life? What truth from Romans 12 could help you understand it?

+ PRAY +

End your discussion time by praying for your group and their needs.

WEEKLY CHALLENGE

Renew Your Mind in the Word — A 5-Day SOAPS Journey

For the next 5 days, we invite you to take part in the Renew Your Mind Challenge using the SOAPS Bible Study method—a simple yet powerful way to read and apply Scripture.



The Challenge - For the next 5 days:

- Set aside 15–20 minutes daily.
- Use the SOAPS method to reflect on a selected Scripture passage (See the SOAPS bookmark for Scripture passages).
- Share what you're learning with a friend, group, or online.



Upcoming Events to keep on your group's radar:

Forged: Men's Event - Sept. 27 | IMPACT Missions Conference - Nov. 5-9 | Illuminate - Dec. 1-4