Romans 12:1-2 is a familiar passage for many, but it’s an important one as we seek to care for our souls. This passage shows the importance of integrating every part of our souls so we can be healthy. Contrary to what the world around us often proclaims, what we do with our bodies affects our spiritual selves, and vice versa. We are not simply spirits trapped in a body. We are fully integrated, all of the physical and non-physical parts of us. If we want to care for our souls, our whole selves, we also need to pay attention to our bodies.

The mind is also an important part of the soul. Our minds are easily influenced by the world around us, our circumstances and our culture. It’s important that we guard our hearts, the deepest motivating part of us, and pay attention to what is going on as our desires and thinking interact, asking God to renew us from the inside out. As we walk with the Holy Spirit through this process, He changes us so that we find ourselves renewed and wanting to do God’s will. Through this, we come into greater alignment with God and that is where we find true peace.

### LEAN IN

These are icebreaker/warm up questions, mostly just to get the group talking and start the flow of conversation. Choose one question and talk it over for 5-10 minutes.

1. What is your guilty pleasure TV show?
2. What comes to mind when you hear the word “sacrifice”?
3. When is the last time ice cream owned you? What is your favorite flavor?
4. What is your favorite topic to watch videos on YouTube?
5. It should probably be written last if you want it to apply well to the text/message. Should be able to pull one thing out of the sermon/text that you can ask a simple question about (even if it’s kind of a stretch). It doesn’t have to be a perfect fit. We’re just looking at something that everyone would feel comfortable answering (preferably) in a relatively short period of time.
6. If you can’t come up with something creative, you could always have something like these:
   - What example or story stood out to you in Sunday’s sermon?
   - Why was it significant to you?
   - What was your high/low for this past week (or since the group last met)?
   - What was the best thing that happened and the worst thing that happened?
   - Last time we met, we talked about [whatever you talked about]. Has anyone had a chance to put that lesson into practice? Has it has an impact on your life in any way?
   - What is one thing that you’re looking forward to this week?
   - What’s one that you are dreading?

cont.
LOOK DOWN

These are questions on the passage and observations about what’s been read.
Spend about 15-20 minutes on three questions max
1. What do we learn about the different parts of the soul from Romans 12:1-2?
2. Can you transform your thoughts according to Romans 12:1-2? If so, how?
3. How do you use your senses to guard your heart according to Proverbs 4:23-27?
4. What does 1 Corinthians 19-20 tell you about the interaction of your physical body and your soul?
5. What do you learn about the soul from these passages? How do these Scriptures impact your thinking about your soul?

LOOK OUT

These questions help connect the world of the Bible to today.
Spend about 15-20 minutes on three questions max
1. How do you see social media, television, the daily news, etc. impacting/conforming people’s minds and actions in the world today? How do you see these things affecting people’s souls?
2. In what areas do you see the church and people in the church struggling with conforming to the world? How do you see people in the church being transformed by the renewing of their minds?
3. In what ways have you seen people’s minds or actions be affected by their bodies or their actions/bodies affected by their minds? How does this either confirm or contradict what the Bible says about the integration of the body, mind, and soul?
4. Who do you know (or know of) that is a good example of what it looks like to guard your heart well as described in Proverbs 4?

LOOK IN

These are questions that help you consider personal application.
Spend about 15-20 minutes on three questions max
1. How are your thoughts impacted by the media that I consume? How are my thoughts impacted by the Scripture that I read and talk with God about?
2. Where do you see yourself struggling with conformity? Where do you see yourself succeeding in being transformed by God?
3. What is stopping me from being transformed?
4. What are some habits you have developed to help renew your mind? Are there new habits you could put in place to do this better?
5. How do you worship on a daily basis? What does worship look like in your life outside of Sunday morning?
6. The goal of these questions is to help every group member see how this text/message applies to them and the impact that it could have on their life.
7. These should be introspective questions that are open-ended, allowing people to share a lot or just to open the door into their minds
8. Again, this is one where you can draw heavily from the sermon, personalizing questions that may have been asked or points that may have been made.

cont.
LIVE IT OUT
These action steps help apply this week’s message to day to day life.
Choose one question and talk it over for 5-10 minutes.

1. Meditate on Psalm 139:23-24 for the next few days. What is God telling you?
2. What’s one way you can incorporate worship into your daily life this week?
3. What can you do this week to renew your mind?

Thanks to Ashleigh Rich and the ADT team this week for notes and questions, as well as Charissa Burns (@charissaburnsstudio on Instagram) for her illustrated notes on the following page.
RENEWING the Soul

PART 2

3 More Insights

- The soul is renewed by activating your body's role with the soul.
- The soul is renewed through renewing the mind.
- The soul is renewed through reshaping the will.

Romans 12:1-2: What is said in these verses is still relevant & revolutionary today!

"Therefore, I urge you, brothers & sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy & pleasing to God - this is your true & proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test & approve what God's will is - his good, pleasing & perfect will."

Mind & Soul

- Conformed by culture/world or transformed by renewing mind with God.

Wesleyan Quadrilateral
1. What does the Bible say? - Scripture
2. What does history say? - Tradition
3. What does my mind say? - Reason
4. What was that? - Experience

Will & Soul

- The will is about what you want.
  - Desire, cravings
  - This is why we talk about Will-Power.
- What we want is determined by input: stimulus, habits, patterns & rituals.
- Reshaping our will by the reforming of our internal architecture.

When we do these things, we will discover God's will and want what he wants!