



NAC-USA
DEVELOPMENT
INSTITUTE

Transformation

Transforming
from the
Inside Out

Sharing our
Transformation

MIDWEEK GUIDE

2019

March

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Session 1: Transformation

1. What does the word “transformation” mean to you? Describe a perspective or opinion of yours that has transformed over the years.

2. The T in THRIVE stands for “transforming your nature using Jesus as your example.” What is the purpose of this transformation? How is it possible? What are we leaving behind?

3. We can transform our nature by...

- a. Exemplifying the fruit of the Spirit
- b. Forgiving as Jesus forgave
- c. Being engaged and present when celebrating Holy Communion

Reflect on these three things and their prevalence in your life. Pick one to work on this week and share the steps you'll take.

4. How is our journey of faith similar to the journey the Israelites made when they were set free from Egyptian captivity?

5. Since all people have free will, why would anyone choose to be obedient to the will of God?

6. What are the dangers of not realizing we need to continually transform?

7. PERSONAL TAKE-HOME: Using Jesus as your example, what are some things in your nature that still need to be transformed? Allow the Holy Spirit to inspire you, and think of specific ways to take action this week.

References

Galatians 5:22-23
John 8:36

Proverbs 4:23 ERV
THRIVE Membership Booklet

Community 01/2019

Session 2: Transforming from the Inside Out

1. Read Romans 12:1-2.

a. What does it mean to present your body as a living sacrifice to God? Why might it be hard to hand yourself over to God? What does that struggle, to present your entire self to Him, look like?

b. What are some ways to keep yourself from becoming conformed to the world?

c. What contributes to genuine transformation?

2. Like Paul, have you had a moment in your life when you turned to God and said, “Lord, what do You want me to do?” What led you to arrive at that moment?

3. What are some values of the gospel that you could describe to someone who asks? What values of the world compete with the values of the gospel?

4. *But we all with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord (2 Corinthians 3:18).* How do we behold His glory on a daily basis? How does this transform us? What could a comparison be for us today to Moses seeing God’s glory on Mount Sinai or the disciples seeing the glory of Christ as He was transfigured?

5. What is the difference between “transformation from the inside out” and “transformation from the outside in”? Give some examples.

6. What can you do to increase your awareness of the kind of thoughts that take place in your mind?

7. PERSONAL TAKE-HOME: Memorize Romans 12:1-2 this week. As you go through each day, think about how these verses can affect your way of living.

Bible References

Romans 12:1-2

Acts 9:6

2 Corinthians 3:18

Session 3: Sharing our Transformation

1. Why is it important that when we experience a renewal of our mind, and our feelings are transformed, that our words and actions are also transformed?

2. Why is it sometimes difficult to accept direction from others? What makes someone's advice credible to you? How do you know when you are accepting Christ's direction?

3. Have you ever discussed your transformation with someone else? What was this experience like? Why is it important for you to share your story of transformation?

4. Why is humility important in sharing your transformation with others?

5. Peter experienced an inward shift that resulted in an outward action that was new for him. Have you experienced an inward shift that resulted in you changing your actions?

6. How does realizing that you don't know someone's whole story change how you respond to Jesus' command to love your neighbor as yourself?

7. PERSONAL TAKE-HOME: Write these four questions on a piece of paper and hang them somewhere visible in your home: *What would Jesus feel? What would Jesus think? What would Jesus say? What would Jesus do?* Over the course of the next few days, contemplate how these questions can help you seek Jesus' heart and mind.

Bible References

Luke 5:4-6

Acts 10:15, 28-29

Acts 11:1-18

Small Group Theme for April: Isaiah's Prophecies of Jesus' Sacrifice