

## **life group study guide**

### **CORE VALUES: SURRENDER & TRANSFORMATION**



**Week 2:** February 12 - CORE VALUE(s) - Surrender & Transformation

**Bottom Line:** Surrender is “yielding to the Spirit through worship and prayer.”  
Transformation is “becoming more and more like Jesus.”

**Items needed:** You may choose to show a video about a butterfly emerging from a chrysalis. Here's a great one: <http://www.youtube.com/watch?v=R5QH3bGF4uU>. You may also find videos from some of your favorite movies that showcase an amazing transformation. Use your best judgment – you know your group better than anyone else. Bibles. Paper/pen, maybe a cross.

#### **Get Started:**

Q: When was the last time you watched a movie where someone was forced to surrender? Can you share a little bit about it?

Q: How was the surrender viewed? Were the people who were surrendering seen as weak, losers, etc.?

Q: When was the last time you had to surrender something...your point of view, a want/desire, a position, being right, possessions, etc.?

Q: How is surrender viewed by today's culture? Why do you think that's the case?

Watch Video of butterfly emerging. It's 2 minutes long.

Q: How is the butterfly's transformation a great picture of what often needs to happen in our own lives when a transformation takes place? (had to surrender to the design of the Creator – go through the difficult moments in emerging from cocoon. The difficulties in emerging-act are what allow the butterfly to fly. Not being too quick to fly away allows liquid to fill the wings and gives the butterfly the ability to fly. Without the surrender, the difficulty, and the waiting, the butterfly would continue to crawl...)

Q: Let's take a different approach...think about the Transformation you've seen on "The Biggest Loser" (leaders, if you have capabilities, and can find a great clip of finalists with before/after shots, it's powerful.)

Q: What are some of the things these contestants had to be willing to SURRENDER in order to TRANSFORM?

Q: Was that choice of surrender seen as a strength or a weakness?

Q: What about you? Have you surrendered anything recently as part of a transformation?

#### **Get the Scoop:**

I've been reading a lot lately about today's Christians; that the majority have gotten stuck at the believing-stage, or maybe even grown to the "committed to being a part of a church"-stage, but 98% (according to the most recent Barna poll called "Maximum Faith") have not lived their Christian faith to a TRANSFORMATION stage.

## ***life group study guide***

Q: I've heard it said many times that non-Christians aren't attracted to Christ because those people who call themselves Christians don't really look any different. Would you agree or disagree?

Q: How would a transformed life be attractive to the lost?

Q: Have you ever seen someone's life transform through surrender? (If time, briefly share story.)

Let's define Surrender as "yielding to the Spirit through worship and prayer."

Let's define Transformation as "becoming more and more like Jesus."

The writer of Romans gives us tons to think about regarding our Life through the Spirit. The Holy Spirit is what allows us to BE surrendered. Let's check out all the different ways the Spirit works in our transformation.

### **Dig In:**

Read Romans 8:5-8.

Q: What are the differences you see between a "sinful person" and a "person controlled by the Spirit"?

Vs. 5: minds set on what nature desires vs. minds set on what the Spirit desires

Vs. 6: mind of sinful man is death, mind of Spirit is life and peace

Vs. 7: sinful mind is hostile to God...cannot please God.

Read Romans 8:13:

If you live according to the sinful nature, you will die...but if you live by the Spirit, you put to death the misdeeds of the body...

Q: What do you think that means?

It means you regard as dead the power of sin in your body...When we regard sin's appeal as dead and lifeless, we can overcome the temptation when it comes.

Read Romans 8:14-17

Q: What are some of the benefits of being led by the Spirit of God (found in this passage?)

An heir – a son – of God shares in the riches, the power, the life that is found in God.

Read Romans 8:18, 27, 28, 37-39.

Q: These verses are filled with benefits of being filled with the Spirit. Can you list a few?

*Many of these benefits come at the surrender of something else.*

(Leaders: If you are working with a mature group of Christians, you may divide the chapter into sections and give smaller groups the opportunity to read and summarize, answering the question of how that passage teaches us about Surrender and Transformation.)

There is a ton of information in this chapter – it's very easy to get overwhelmed. So...let's summarize like this:

This amazing gift of the Spirit comes when we surrender our own control to His – and He begins a transformation in us. The Spirit continues to work in us – as we continue to surrender – and He continues to transform us. It's not a one-time thing either way. Both the surrender and the transformation continue as we grow closer to God.

# ***life group study guide***

## **Take It Home**

We defined Surrender as “yielding to the Spirit through worship and prayer.”

Q: Why are worship and prayer required in your act of surrender?

Q: How can worship and prayer prepare your mind/heart for God's next step for you?

Q: How can surrender prepare you for transformation?

Q: How have you seen God transform you?

Q: In what areas do you sense His spirit leading you to surrender? How are you responding to that leading?

Q: How can your surrender and transformation bring others to Him?

## **Prayer time**

Have students write a letter of surrender. Encourage them to think about that “last frontier” they’re unwilling to give over. They can even write about why it’s hard to give up. They will write honestly in a prayer to God; they may be actually surrendering in this letter, they may be writing about why it’s too hard right now, and asking for prayer to get to that place of surrender. In order for students to be completely honest, they will need to know that their prayers won’t be read by anyone else. After writing them, give them the option to keep their letters, or tear up and lay them as an offering before God. (Provide a cross or open Bible, etc., as a place for them to lay their torn up letters.)