

# TRANSFORMED

## HOME GROUP STUDY SERIES

February to June 2015



---

*FGA MELBOURNE  
MEMBER'S NOTES*

---



# TABLE OF CONTENTS

INTRODUCTION .....	3
SESSION 1 .....	4
SESSION 2 .....	9
SESSION 3 .....	14
SESSION 4 .....	19
SESSION 5 .....	24
SESSION 6 .....	30
SESSION 7 .....	35



---

# INTRODUCTION

## *Fellowship Together*

### INTRODUCTION TO THE SERIES

The Transformed Series comes from Saddleback Church in Chicago, USA, by Pastor Rick Warren. The notes for the series have been taken from the ***Transformed Workbook*** by Rick Warren for the next seven Sessions. [The workbook contains the study guide for all 7 small group lessons, a daily devotional for each day of the series (49 total), space for weekly sermon notes, and suggestions for further study based on each week's topic. Furthermore, within the journal are many helpful tools and tips to help make the most out of the series, including a Spiritual Health Check, and tips on how to set goals.]

For the 7 Home Group sessions, we are going to study the transforming power of Jesus Christ. It gives you what it takes to help you

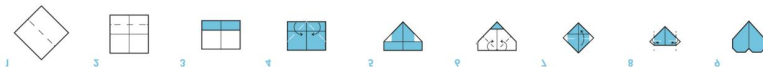
- Grow closer to God
- Live life with less stress
- Reconcile broken relationships
- Better handle money
- Be more confident at work

God cares about and wants to bless us in every area of our lives. He wants us to be healthy in body, soul, and in spirit. And He has given us the steps and principles in His Word that we can take to live healthy, fulfilling lives.

We trust you will enjoy and be transformed in your relationship with God and with others through this series.

### VIDEO

The Introduction video (25 minutes) will whet your appetite for the whole series. This video helps you to understand the value of setting goals to help you maximise what you can get out of the series.



# SESSION 1

## *Transformed in my **Spiritual** Health*

This Study can be found on pages 5-23 of the *Transformation Workbook* by Rick Warren

### CHECKING IN

- If this is your first time to meet as a group or if you have any new group members be sure to introduce yourselves.
- Take turns to share with the group what you hope to get out of being part of a Homegroup this year.

### MEMORY VERSE

*Anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!*

2 CORINTHIANS 5:17 (NLT)

### VIDEO

Watch the video lesson and follow along in the outline below.

---

### TRANSFORMED IN MY **SPIRITUAL** HEALTH

#### SEVEN HABITS FOR SPIRITUAL HEALTH

In this session, we listen to Rick Warren teach on 7 habits that will improve our Spiritual Health. God has promised that if we'll practice these 7 habits, all from Scripture, He will bless us with strong, spiritual health.

#### 1. I must \_\_\_\_\_ Jesus supremely

*"If you want to be my follower, you must love me more than your own mother or father, wife and children, brothers and sisters—yes, even more than your own life. Otherwise, you cannot be my disciple."*

**TRANSFORMED** HOW GOD CHANGES US



LUKE 14:26 (NLT)

Spiritual Health is measured by \_\_\_\_\_.

*Jesus replied, "The most important commandment is this... you must love the Lord your God with all your heart [passionately], all your soul [wiffully], all your mind [thoughtfully], and all your strength [practically – live like you love him]."*

MARK 12:29-30 (NLT)

2. I must \_\_\_\_\_.

*Blessed is the man who listens to me, watching daily at my doors, waiting at my doorway.*

PROVERBS 8:34 (NIV)

3. I must \_\_\_\_\_ and \_\_\_\_\_ his Word.

*Blessed is the man...[whose] delight is in the law of the Lord, and on his law he meditates day and night. He is like a tree planted by streams of water which yields its fruit in season and whose leave does not wither. Whatever he does prospers.*

PSALM 1:1-3 (NIV)

*"You are my friends if you do what I command".*

JOHN 15:14 (NIV)

*But the man looks intently into the perfect law that gives freedom, and continues to do this, not forgetting what he has heard, but doing it—he will be blessed in what he does.*

JAMES 1:25 (NIV)

4. I must \_\_\_\_\_ my income.

*"Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this," says the Lord Almighty, "and see if I will not throw open the floodgates of heaven and pour out so much blessing that there will not be enough room for it.*

MALACHI 3:10 (NIV)

**TRANSFORMED** HOW GOD CHANGES US



**You cannot out-give God!**

5. I must learn to \_\_\_\_\_.

*"If you have love for one another, then everyone will know that you are my disciples."*

JOHN 13:35 (TEV)

*If someone says, "I love God," but hates a Christian brother or sister, that person is a liar; for if we don't love people we can see, how can we love God, whom we have not seen?*

1 JOHN 4:20 (NLT)

6. I must \_\_\_\_\_.

*"For even I, the Son of Man, came here not to be served but to serve others and to give my life as a ransom for many."*

MARK 10:45 (NLT)

7. I must pass on the \_\_\_\_\_.

*Take the teachings that you heard me proclaim in the presence of many witnesses, and entrust them to reliable people, who will be able to teach others also.*

2 TIMOTHY 2:2 (TEV)

You're going to heaven because somebody told you about **Jesus Christ**. And somebody told the somebody who told you. And somebody told the somebody who told the somebody who told you. Is the chain going to break with you? Is anybody going to be in heaven because of you? If you don't tell somebody, then who is going to tell them. Jesus says to be a disciple you must pass on the **Good News**.

*"Go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit. Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age."*

MATTHEW 28:19-20 (NLT)



## DISCOVERY QUESTIONS

(PICK AT LEAST ONE OR TWO)

- What seems to get in the way of your **spiritual growth**?
- In the video you learned about the importance of a **daily time with God**. How do you have a **daily time with God**? What is your normal routine? What typically interferes with you **time with God**?
- Why is being in a home group and serving others so important to your **spiritual growth**? What can you learn through relationships that you can't learn on your own?
- In the video Pastor Rick said, "**Spiritual growth is not automatic. It is a choice.**" In what ways have you chosen to grow spiritually? What has been the most effective in helping you grow?

## PUTTING IT INTO PRACTICE

In this session we discussed the seven habits that help us grow spiritually. **Which of these habits do you need to work on most? What is one thing that you can do to begin to make the habit a reality in your daily life in the next three months?** Talk about this with your group and share ideas with each other.



Settle on one thing you will do. You may like a three-month goal to grow in this area of spiritual health. Write your goal in the space below.

MY THREE-MONTH **SPIRITUAL HEALTH** GOAL

---

## ◆ PRAYER DIRECTION

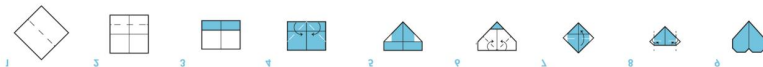
One way we can show our love for one another is by committing to pray for one another. Take some time as a group to share your prayer requests. You may like to record the requests so we can watch to see how God answers them.

## ◆ DIVING DEEPER

WANT TO GO DEEPER IN YOUR SPIRITUAL HEALTH?

- Purchase the **Transformed journal by Rick Warren** and read the Daily devotions for Days 1-7.
- Read the **Memory Verse** (above) for this week as part of your quiet time. See if you can memorise it before the next meeting.
- Read *The Purpose Driven Life* by Pastor Rick Warren. Since its release this book has become "the best-selling non-fiction hardback book in history", according to Publishers Weekly. It will help you to understand what spiritual health is all about and find the answers to three of life's most important questions
  1. The Question of **Existence**: Why am I alive
  2. The question of **Significance**: Does my life matter
  3. The Question of **Purpose**: what on earth am I here for?
- Living out the purpose you were created for moves you beyond mere survival and success to a life of significance – the life you were meant to live.
- Get a **spiritual health assessment**. Most people want to live healthy, balanced lives. A regular medical check-up is a good way to measure physical health and spot potential problems. In the same way a spiritual check-up is vital to your spiritual well-being. The Transformed Journal contains a spiritual health assessment (pp 220-222).





## SESSION 2

### *Transformed in my Physical Health*

This Study can be found on pages 35-41 of the *Transformation Workbook* by Rick Warren

#### CHECKING IN

- Which of the spiritual health verses from your devotional reading this past week was **the most meaningful to you?** (If you are not following the journal then share a scripture from your personal devotional time that impacted you this week.)
- What impact do you think your **physical health** has on your **spiritual health?**

#### MEMORY VERSE

*Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.*

1 CORINTHIANS 6:19-20 (NIV)

#### VIDEO

Watch the video lesson and follow along in your outline.

---

#### TRANSFORMED IN MY PHYSICAL HEALTH

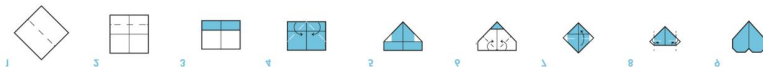
*I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.*

3 JOHN 1:2 (NIV)

God wants us to take care of our bodies, not because that's where we live, but also because that's where *he* lives. **Physical health is a spiritual discipline.**

*"Everything is permissible for me" – but not everything is beneficial. "Everything is permissible for me" but I will not be mastered by anything. "Food for the stomach and the stomach for food"- but God will destroy them both. The body is not meant for sexual immorality, but for the Lord, and the Lord for the body. By His power God raised the Lord from the dead and he will raise us also. Do you not know that your bodies are members of Christ himself? ..... Flee from sexual immorality. All other sins a man commits are*

**TRANSFORMED** HOW GOD CHANGES US



outside his body, but he who sins sexually sins against his own body. Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.

1 CORINTHIANS 6:12-20 (NIV)

#### WHAT GOD SAYS ABOUT MY BODY

- **My body is God's \_\_\_\_\_.**

*You created every part of me; you put me together in my mother's womb...I am fearfully and wonderfully made.*

PSALM 139:13-14 (NIV)

- **God expects me to \_\_\_\_\_ my body**

*I will not be mastered by anything.*

1 CORINTHIANS 6:12 (NIV)

- **My body will be \_\_\_\_\_ after I die.**

*By his power God raised the Lord from the dead, and he will raise us also*

1 CORINTHIANS 6:14 (NIV)

- **My body is connected to the \_\_\_\_\_.**

*Do you not know that your bodies are members of Christ himself?*

1 CORINTHIANS 6:15 (NIV)

#### Jesus gave his body for you and he wants you to honor him with yours

- **The Holy Spirit \_\_\_\_\_ my body.**

*Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God?*

1 CORINTHIANS 6:19 (NIV)

*Don't you know that you yourselves are God's temple and that God's Spirit lives in you? .... God's temple is scared and you are that temple.*

1 CORINTHIANS 3:16-17 (NIV)



**You are God's dwelling place on earth.**

*For we are the temple of the living God.*

**2 CORINTHIANS 6:16 (NIV)**

- **Jesus \_\_\_\_\_ on the cross.**

*You are not your own; you were bought at a price. Therefore honor God with your body*

**1 CORINTHIANS 6:19-20 (NIV)**

*I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God. This is your spiritual act of worship.*

**ROMANS 12:1 (NIV)**

*"Do you want to get well?"*

**JOHN 5:6 (NIV)**

**God wants you to be physically healthy so that you can accomplish great things for his kingdom.**



## DISCOVERY QUESTIONS

(PICK AT LEAST ONE OR TWO)

- The Bible says that **your body is God's property** and that you are the dwelling place of the Holy Spirit. How does that affect the way you see yourself? What do you think you will do differently knowing this fact?
- God expects you to **manage your body**. Why is that so important to God?
- What does it look like to **manage your body**? How good of a manager do you think you are?

**TRANSFORMED** HOW GOD CHANGES US



- Why do you think most Christians tend to put more emphasis on their spirit or mind as opposed to taking care of their bodies?

## ◆ PUTTING IT INTO PRACTICE

Where do you want to be three months from now with your physical health? What is one thing you will do to take step in that direction? Not one thing you **could** do, or **might** do, but one thing you **will** do. We know that goals that are not expressed are very rarely met, so share your goal with one other person in your group.

Write your physical health goal in the space below.

MY THREE-MONTH **PHYSICAL HEALTH** GOAL \_\_\_\_\_

## ◆ PRAYER DIRECTION

Spend some time praying for the prayer requests you have been sharing with one another. You may want to focus on some of the physical challenges or goals you have set in your study this week.

## ◆ DIVING DEEPER

WANT TO GO DEEPER IN YOUR PHYSICAL HEALTH?

- Read the **daily devotions** for Days 8 to 14 in your Transformed Journal
- Read the **Memory Verse** for this session (see above) as part of you quiet time. See if you can have it memorized before your next group meeting.
- Read *The Daniel Plan: 40 Days to a Healthier Life* by Rick Warren, Dr Daniel Amen and Dr Mark Hyman. Not only will you learn how to maximise your physical health through Food

**TRANSFORMED** HOW GOD CHANGES US



and Fitness; you will also be guided through the essentials that bring abundant health to your Faith – your relationship with God; your Focus – how you think; and your Friendships – nurturing healthy relationships with people you live.

- Visit [www.danielplan.com](http://www.danielplan.com) for books and other resources to help you get physically healthy.
- Watch the teaching "Transformed: Five Habits of Healthy People featuring The Daniel Plan" <https://youtu.be/kBBLjnp1-M4>.
- Speak to Ps YC Goh ([yc.goh@fgam.org.au](mailto:yc.goh@fgam.org.au)) about joining a small group specifically focussing on improving your physical health.



## SESSION 3

### *Transformed in my **Mental Health***

This Study can be found on pages 65-72 of the *Transformation Workbook* by Rick Warren

#### CHECKING IN

- Which of the physical health verses from your devotional reading this past week was **the most meaningful to you**? (If you are not following the journal then share a scripture from your personal devotional time that impacted you this week.)
- What role do you think the mind plays in our growth as followers of Christ?

#### MEMORY VERSE

*Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is...his good, pleasing and perfect will.*

Romans 12:2 (NIV)

#### VIDEO

Watch the video lesson and follow along in your outline.

---

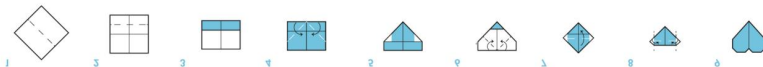
#### TRANSFORMED IN MY **MENTAL HEALTH**

##### **WHATEVER GETS YOUR MIND GETS YOU.**

*Though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thoughts to make it obedient to Christ.*

2 CORINTHIANS 10:3-5 (NIV)

**TRANSFORMED** HOW GOD CHANGES US



## TO MAKE THE MOST OF YOUR MIND. . .

- **Don't believe everything you** \_\_\_\_\_.

You and I have an amazing ability to lie to ourselves. We do it all the time.

*The heart is deceitful above all things and beyond cure. Who can understand it?*

Jeremiah 17:9

*Examine yourselves to see whether you are in the faith; test yourselves.*

2 CORINTHIANS 13:5

- **Guard your mind against** \_\_\_\_\_.

*A wise person is hungry for truth, while the fool feeds on trash.*

PROVERBS 15:14 (NIV)

There are three types of brain food: toxic food, junk food and healthy food.

*I will not set before my eyes anything that is worthless.*

PSALM 101:3 (ESV)

- **Never let up on** \_\_\_\_\_.

*Intelligent people are always ready to learn. Their ears are open for knowledge.*

PROVERBS 18:15 (NLT)

*Wise people store up knowledge*

PROVERBS 10:14 (NIV)

There are two ways to store up knowledge: reading and relationships. Your life will be largely influenced by the books you read and the people you meet.

*Those who get wisdom do themselves a favour, and those who love learning will succeed.*

PROVERBS 19:8 (NCV)

It's wise to learn from experience. It's wiser to learn from the experiences of others – and it's a lot less painful.

- **Renew your mind daily with** \_\_\_\_\_.

Change doesn't start in your behaviour. It starts in your thoughts.



*Don't copy the behaviour and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.*

**ROMANS 12:2 (NLT)**

*You will keep in perfect peace all who trusts in you, all whose thoughts are fixed on you!*  
**ISAIAH 26:3 (NLT)**

- **Let God stretch your \_\_\_\_\_.**

*Now glory be to God, who by his mighty power at work within us is able to do far more than we would ever dare to ask or even dream of... infinitely beyond our highest prayers, desires, thoughts or hopes. May he be given glory forever.*

**EPHESIANS 3:20**

Nothing happens until somebody starts dreaming. God cannot help you reach your goals if you don't have any goals. He cannot fulfil your dreams if you don't have any dreams. He cannot exceed your expectations if you don't have any expectations.

*Where there is no vision, the people perish*

**PROVERBS 29:18 (KJV)**

God wants you to dream big so you can accomplish great things for his glory.

T \_\_\_\_\_  
 H \_\_\_\_\_  
 I \_\_\_\_\_  
 N \_\_\_\_\_  
 K \_\_\_\_\_





## ◆ DISCOVERY QUESTIONS

(PICK AT LEAST ONE OR TWO)

- Why is it so easy to **lie to ourselves**?
  
- Rick talked about **toxic food**, **junk food** and **healthy food** for your brain. What could you do to give your brain a healthier diet?
  
- What specific **topics** and **habits** do you want to learn about through your reading and relationships?
  
- The Bible says, *“You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!”* (Isaiah 26:3). What helps you to **fix your thoughts on God**?

## ◆ PUTTING IT INTO PRACTICE

Where do you want to be three months from now with your mental health? What is one thing you will do to take step in that direction? Not one thing you **could** do, or **might** do, but one thing you **will** do. Review Rick’s video outline to help you with ideas. We know that goals that are not expressed are very rarely met, so share your goal with one other person in your group.



Write your mental health goal in the space below.

MY THREE-MONTH **MENTAL HEALTH** GOAL

---

## PRAYER DIRECTION

In your prayer time this week, focus on the action steps each person wants to take in the area of Mental Health. You may want to have each person pray for the person on their right going around the circle, or pair up in groups of two.

## DIVING DEEPER

WANT TO GO DEEPER IN YOUR MENTAL HEALTH?

- Read the **Daily Devotions** for days 15 to 21.
- Read the **Memory Verse** for this session every day this week as part of you quiet time. See if you can have it memorized before your next group meeting.
- Read *The Faith: What Christians Believe, Why They Believe It and Why It Matters* by Chuck Colson and Harold Fickett. *The Faith* is a thought provoking soul-searching, powerful manifesto of the great, historical and central truths of Christianity that have sustained believers through the centuries.



## SESSION 4

### *Transformed in my **Emotional** Health*

This Study can be found on pages 157-162 of the *Transformation Workbook* by Rick Warren

#### CHECKING IN

- Which of the mental health verses from your devotional reading this past week was **the most meaningful to you**? (If you are not following the journal then share a scripture from your personal devotional time that impacted you this week.)
- When you hurt yourself (stub your toe, whack your thumb with a hammer, etc) do you tend to stuff it, yell at it, cry about it, or dance around?

#### MEMORY VERSE

*“Come to me, all you who are weary and burdened and I will give you rest.”*

MATTHEW 11:28 (NIV)

#### VIDEO

Watch the video lesson and follow along in your outline.

---

#### TRANSFORMED IN MY **EMOTIONAL** HEALTH

*He heals the broken-hearted and bandages their wounds*

PSALM 147:3 (TEV)

#### FIVE STEPS TOWARD EMOTIONAL HEALTH

- \_\_\_\_\_ my \_\_\_\_\_.

You'll never be emotionally healthy until you face your feelings straight on.

**TRANSFORMED** *HOW GOD CHANGES US*



*I kept very quiet... but I became even more upset. I became very angry inside and as I thought about it, my anger burned.*

**PSALM 39:2-3 (NCV)**

Holding on to hurts is like carrying hot coals in your heart – you’re the one who’s going to get burned. When you swallow your hurt, your stomach keeps score.

You must be honest with yourself, honest with God and honest with one other person.

*When I kept things to myself, I felt weak deep inside me. I moaned all day long.*

**PSALM 32:3**

\_\_\_\_\_ those who have \_\_\_\_\_.

One of the most difficult decisions you’ll make in life is this: “Do I want to get well or do I want to get even?”

*It was while we were still sinners that Christ died for us!*

**ROMANS 5:8 (TEV)**

*Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*

**EPHESIANS 4:31-32 (NIV)**

*You have kept a record of my tears.*

**PSALM 56:8 (TEV)**

*Never pay back evil for evil... never avenge yourselves. Leave that to God, for he has said that he will repay those who deserve it. [Don’t take the law into your own hands].*

**ROMANS 12:17-19 (TLB)**

- **Replace** \_\_\_\_\_ **with** \_\_\_\_\_.

*Let God transform you into a new person by changing the way you think.*

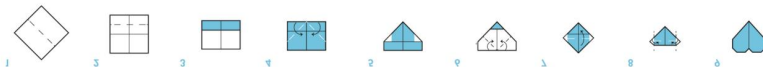
**ROMANS 12:2 (NLT)**

*Jesus who makes people holy, and all those who are made holy have the same Father. That is why Jesus isn’t ashamed to call them brothers and sisters.*

**HEBREWS 2:11 (GWT)**

If you want to change the way you feel about your life, you have to change the way you think your life. Replace old lies with God’s truths.

**TRANSFORMED** HOW GOD CHANGES US



- \_\_\_\_\_ on the \_\_\_\_\_.

*Put your heart right ... Reach out to God ... face the world again, firm and courageous. Then all your troubles will fade from your memory, like floods that are past and remembered no more.*

**JOB 11:13-16 (TEV)**

Your past is not your future. The old you is not the new you.

*Look straight ahead with honest confidence; don't hang your head in shame.*

**PROVERBS 4:25**

- \_\_\_\_\_ to help \_\_\_\_\_.

God wants to redeem your pain. He wants to use your experiences to help other people. That's what ministry is all about.

*(God) comforts us every time we have trouble, so when others have trouble, we can comfort them with the same comfort God gives us.*

**2 CORINTHIANS 1:4 (NCV)**

*When someone becomes a Christian, he becomes a brand new person inside. He is not the same anymore. A new life has begun!*

**2 CORINTHIANS 5:17 (TLB)**

## DISCOVERY QUESTIONS

(PICK AT LEAST ONE OR TWO)

- **God never wastes a hurt.** Your greatest ministry will come from your deepest pain. Would anyone like to share a personal story of how God brought emotional healing into your life? This is great practice for sharing faith with non-believing friend.
- The Bible says, "When I kept things to myself, I felt weak deep inside me. I moaned all day long" (Psalm 32:3 NCV). Why do you think we would rather hide the things that have happened to us instead of revealing them to someone?



- Why is it hard to forgive when we have been wronged? What happens if we choose not to forgive? What could happen if we do forgive?
  
- The Bible says, *“Be made new in the attitude of your minds”* (Ephesians 4:23 NIV) Pastor Rick said, “If you want to change the way you feel about your life, you have to change the way you think about your life.” What is one thought you need to change about yourself?

## PUTTING IT INTO PRACTICE

Where do you want to be three months from now with your emotional health? What is one thing you will do to take step in that direction? Not one thing you **could** do, or **might** do, but one thing you **will** do. Review Pastor Rick’s video outline to help you with ideas. We know that goals that are not expressed are very rarely met, so share your goal with one other person in your group.

Write your Emotional Health goal in the space below.

MY THREE-MONTH **EMOTIONAL HEALTH** GOAL \_\_\_\_\_

## PRAYER DIRECTION

If anyone shared a hurt or needs prayer, be sure to pray for those things during your prayer time. If you are short on time or your group members would feel more comfortable sharing with one other person, you might want to pair up and pray for each other.



## DIVING DEEPER

WANT TO GO DEEPER IN YOUR EMOTIONAL HEALTH?

- Read the **Daily Devotions** for days 22 to 28 in your Transformed Journal
- Read the **Memory Verse** for this session every day this week as part of your quiet time. See if you can have it memorized before your next group meeting.
- Read *Life's Healing Choices* by John Baker. Based on the eight beatitudes of Jesus, this book offers freedom from our hurts, hang-ups and habits through eight healing choices that promise true happiness and life transformation.
- Jesus desires to bring healing from the bondage of emotional wounds. If something is on your mind, please talk to your leader or speak to a Pastor. Jesus promises to bring true wholeness.



## SESSION 5

### *Transformed in my **Relational Health***

This Study can be found on pages 125-134 of the *Transformation Workbook* by Rick Warren

#### CHECKING IN

- Which of the emotional health verses from your devotional reading this past week was **the most meaningful to you**? (If you are not following the journal then share a scripture from your personal devotional time that impacted you this week.)
- When it comes to personal conflict, are you a skunk or a turtle? Turtles withdraw quietly into their shells until the trouble is past. When skunks are in conflict, they let everybody know it.

#### MEMORY VERSE

*Above all, love each other deeply, because love covers over a multitude of sins.*

1 PETER 4:8

#### VIDEO

Watch the video lesson and follow along in your outline.

---

#### TRANSFORMED IN MY **RELATIONAL HEALTH**

##### TWO KINDS OF FRIENDS

- \_\_\_\_\_ friends are the result of \_\_\_\_\_.
- \_\_\_\_\_ friends are the result of \_\_\_\_\_.





*A mirror reflects a man's face, but what he is really like is shown by the kind of friends he chooses.*

**PROVERBS 27:19 (TLB)**

*The righteous choose their friends carefully.*

**PROVERBS 12:26**

### FIVE KINDS OF PEOPLE TO AVOID AS CLOSE FRIENDS

- \_\_\_\_\_ people.

*Our friends, we command you in the name of our Lord Jesus Christ to keep away from all believers who are living a lazy life ...*

**2 THESSALONIANS 3:6 (TEV)**

- \_\_\_\_\_ people.

*Don't make friends with people who have hot, violent tempers. You might learn their habits and not be able to change.*

**PROVERBS 22:24-25 (TEV)**

- \_\_\_\_\_ people.

*I told you not to associate with immoral people. Now I did not mean (unbelievers) who are immoral or greedy or are thieves, or who worship idols. To avoid them you would have to get out of the world completely. What I meant was that you should not associate with a person who calls himself a believer but is immoral or greedy or worship idols or is a slanderer or drunkard or thief. Don't even sit down to eat with such a person.*

**1 CORINTHIANS 5:9-11 (TEV)**

- \_\_\_\_\_ people.

*Do not eat the food of a stingy man ... for he is the kind of man who is always thinking about the cost. "Eat and drink," he says to you, but his heart is not with you.*

**PROVERBS 23:6-7 (NIV)**

- \_\_\_\_\_ people.

*Don't team up with those who are unbelievers.*

**2 CORINTHIANS 6:14a (NLT)**



**CHOOSE CLOSE FRIENDS WHO WILL...**

- \_\_\_\_\_ **me mentally.**

*He who walks with the wise grows wise.*

**PROVERBS 13:20a (NIV)**

*As iron sharpens iron, so one man sharpens another.*

**PROVERBS 27:17 (NIV)**

- \_\_\_\_\_ **me emotionally.**

*A friend loves at all times, and a brother is born for adversity.*

**PROVERBS 17:17 (NIV)**

*Bear one another's burden*

**GALATIANS 6:2 (NKJV)**

- \_\_\_\_\_ **me spiritually**

*Encourage one another and build each other up.*

**1 THESSALONIANS 5:1 (NIV)**

*Spur one another on toward love and good deeds.*

**HEBREWS 10:24 (NIV)**

How can I attract that kind of friends? By being that kind of friend.

**HOW TO BUILD HEALTHY FRIENDSHIPS**

- **Get interested in** \_\_\_\_\_.

*Unfriendly people care only about themselves*

**PROVERBS 18:1 (NLT)**

*Let each of you look out not only for his own interests, but also for the interests of others.*

**PHILIPPIANS 2:4 (NKJV)**

- **Don't be a** \_\_\_\_\_.



*Do everything without complaining and arguing, so that no one can criticize you. Live clean, innocent lives as children of God, shining like bright lights in a world full of crooked and perverse people.*

**PHILIPPIANS 2: 14-15 (NLT)**

- **Be a** \_\_\_\_\_.

*Be quick to listen and slow to speak.*

**JAMES 1:19 (CEV)**

*Counsel in the heart of man is like deep water; but a man of understanding will draw it out.*

**PROVERBS 20:5 (KJV)**

- **Accept people** \_\_\_\_\_.

*Accept one another ... just as Christ accepted you.*

**ROMANS 15:7 (NIV)**

*A friend loves at all times*

**PROVERBS 17:17a (NIV)**

- **Help people** \_\_\_\_\_.

*Honor one another above yourselves.*

**ROMANS 12:10 (NIV)**

*Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves.*

**PHILIPPIANS 2:3 (NLT)**

- **Be** \_\_\_\_\_.

*Rejoice with those who rejoice, and weep with those who weep.*

**ROMANS 12:15 (NKJV)**



- **Stick with them in \_\_\_\_\_.**

*There are “friends” who pretend to be friends, but there is a friend who sticks closer than a brother.*

**PROVERBS 18:24 (TLB)**

*Two are better than one because... if one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!*

**ECCLESIASTES 4:9-10 (NIV)**

- **Share \_\_\_\_\_ with them.**

*Go back home and tell everyone how much God has done for you. “The man then went all over town, telling everything that Jesus had done for him.*

**LUKE 6:31 (CEV)**

*“Do to others as you would have them do to you.”*

**LUKE 6:31 (NIV)**

*“I do not call you servants any longer .... Instead, I call you friends.”*

**JOHN 15:15 (TEV)**



## DISCOVERY QUESTIONS

(PICK AT LEAST ONE OR TWO)

- The Bible says, “*Spur one another on toward love and good deeds*” (Hebrews 10:24). We all need spiritual encouragers in our lives. Who is a spiritual encourager to you? What are some ways they encourage you?
- Review the three qualities of a close friend; People who challenge you mentally, support you emotionally and strengthen you spiritually. Remember, to find that kind of friend, you need to be that kind of friend. Which of these characteristics do you need to develop in your own life?



- Which of Pastor Rick's eight ways to build healthy friendships is the most important to you and why?

## ◆ PUTTING IT INTO PRACTICE

Where do you want to be three months from now with your relational health? What is one thing you will do to take step in that direction? Not one thing you **could** do, or **might** do, but one thing you **will** do. Review Pastor Rick's video outline to help you with ideas. We know that goals that are not expressed are very rarely met, so share your goal with one other person in your group.

Write your emotional health goal in the space below.

MY THREE-MONTH **RELATIONAL HEALTH** GOAL

---

## ◆ PRAYER DIRECTION

- Do you have any friends who don't know Jesus Christ? Pray for their salvation with your group.
- Pray together about your three-month goal to build healthy relationships.

## ◆ DIVING DEEPER

### WANT TO GO DEEPER IN YOUR RELATIONAL HEALTH?

- Read the **Daily Devotions** 29 to 35 in the Transformed Journal.
- Read the **Memory Verse** from this session very day this week as part of you quiet time. See if you can have it memorized before your next group meeting.
- Read *The Relationship Principles of Jesus* by Tom Holladay. Based on an exhaustive study of what Jesus did and said about relationships, this book guides readers on a forty-day journey that will bring new health and riches to their marriages, families, friendships and all the relationships in their lives.



## SESSION 6

### *Transformed in my **Financial** Health*

This Study can be found on pages 157-162 of the *Transformation Workbook* by Rick Warren

#### CHECKING IN

- Which of the relational health verses from your devotional reading this past week was **the most meaningful to you**? (If you are not following the journal then share a scripture from your personal devotional time that impacted you this week.)
- When it comes to money are you more of a **saver** or a **spender**?

#### MEMORY VERSE

*Honor the Lord with your wealth, with the first fruits of all your crops, then your barns will be filled to overflowing and your vats will brim over with new wine.*

PROVERBS 3:9-10

#### VIDEO

Watch the video lesson and follow along in your outline.

---

#### TRANSFORMED IN MY **FINANCIAL** HEALTH

##### SEVEN HABITS FOR FINANCIAL HEALTH

- I must trust God as my \_\_\_\_\_ and \_\_\_\_\_.



*Everything comes from [God] and exists by his power and is intended for his glory.*

**ROMANS 11:36 (NLT)**

*Remember the Lord your God, for it is he who gives you the ability to produce wealth.*

**DEUTERONOMY 8:18 (NIV)**

- **I must keep \_\_\_\_\_.**

*Riches can disappear fast .... so watch your business interests closely. Know the state of your flocks and your herds.*

**PROVERBS 27:23-24 (TLB)**

- **I must give the first \_\_\_\_\_ back to God.**

*The purpose of tithing is to teach you always to put God first in your lives.*

**DEUTERONOMY 14:23b (TLB)**

*Honor the Lord by giving him the first part of all your income, and he will fill your barns [to overflowing].*

**PROVERBS 3:9-10 (TLB)**

- **I must \_\_\_\_\_ and \_\_\_\_\_ for the future.**

*The wise man saves for the future, but the foolish man spends whatever he gets.*

**PROVERBS 21:20 (TLB)**

*Money that comes easily disappears quickly, but money that is gathered little by little will grow.*

**PROVERBS 13:11 (NCV)**

*Develop your business first before building your house.*

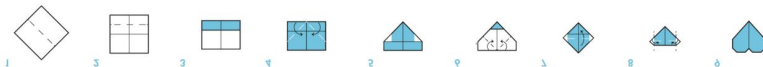
**PROVERBS 24:27 (TLB)**

- **I must set up a \_\_\_\_\_ to get myself out of debt.**

*Don't withhold repayment of your debts.*

**PROVERBS 3:27 (TLB)**

**TRANSFORMED** HOW GOD CHANGES US



*Let no debt remain outstanding.*

**ROMANS 13:8a (NIV)**

- I must \_\_\_\_\_ my spending.

*Plan carefully and you will have plenty; if you act too quickly, you will never have enough.*

**PROVERBS 21:5 (TEV)**

*Stupid people spend their money as fast as they get it.*

**PROVERBS 21:20 (TEV)**

- I must \_\_\_\_\_ what I have.

*Godliness with contentment is a great gain.*

**1 TIMOTHY 6:6 (NIV)**

*It is better to be satisfied with what you have than to be always wanting something else.*

**ECCLESIASTES 6:9 (TEV)**

*Keep your life free from love of money, and be content with what you have, for [God] has said, "I will never leave you nor forsake you".*

**HEBREWS 13:5 (ESV)**

*"Don't worry .... Your heavenly Father already knows perfectly well [what you need] and he will give [it] to you if you give him first place in your life and live as he wants you to."*

**MATTHEW 6:31-33 (TLB)**

You have to decide if you are going to trust God or yourself with your finances. Are you going to do it your way or are you going to do it God's way?





## ◆ DISCOVERY QUESTIONS

(PICK AT LEAST ONE OR TWO)

- What difference does it make when you consider that **your money is on loan from God?**
- How might your financial habits change if you asked yourself every day, “**How does God want me to spend his money?**”
- Why do money issues cause so much stress in people’s lives? What would life look like if we put our **trust in God instead of our finances?**
- Why do you think so many people find it hard to budget? What tools have you found helpful in “telling your money where it should go?”

## ◆ PUTTING IT INTO PRACTICE

Where do you want to be three months from now with your financial health? What is one thing you will do to take step in that direction? Not one thing you **could** do, or **might** do, but one thing you **will** do. If you are married, be sure to talk with your spouse and come to an agreement on your financial goal. Review Pastor Rick’s video outline to help you with ideas. Share your goal with one other person in your group.



Write your financial health goal in the space below.

MY THREE-MONTH **FINANCIAL HEALTH** GOAL

---

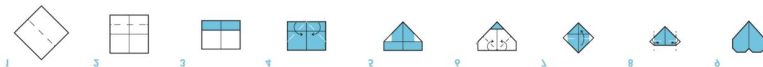
### PRAYER DIRECTION

Pray for your group's prayer requests. Be sure to remember to pray for any financial needs that might have been expressed in your time together as a group.

### DIVING DEEPER

WANT TO GO DEEPER IN YOUR RELATIONAL HEALTH?

- Read the **Daily Devotions** for days 36 to 42.
- Read the **Memory Verse** for this session every day this week as part of your quiet time. See if you can have it memorized before your next group meeting.
- Visit [www.saddleback.com](http://www.saddleback.com) and check out all of the free online training and resources for your financial health.



## SESSION 7

### *Transformed in my Vocational Health*

This Study can be found on pages 185-191 of the *Transformation Workbook* by Rick Warren

#### CHECKING IN

- Which of the financial health verses from your devotional reading this past week was **the most meaningful to you**? (If you are not following the journal then share a scripture from your personal devotional time that impacted you this week.)
- If you could have any job in the world, what would it be and why?

#### MEMORY VERSE

*Whatever you do, work at it with all your heart, as working for the Lord, not for men.*

COLOSSIANS 3:23 (NIV)

#### VIDEO

Watch the video lesson and follow along in your outline.

---

#### TRANSFORMED IN MY VOCATIONAL HEALTH

*"What profit is it to a man if he gains the whole world, and loses his own soul?"*

MATTHEW 16:26 (NKJV)

#### SEVEN BIBLICAL ATTITUDES FOR A HEALTHY WORK LIFE

- I must start working \_\_\_\_\_ wherever I am.

*Whatever you do, work at it with all your heart.*



COLOSSIANS 3:23 (NIV)

- This is a job \_\_\_\_\_ from God.

*“Whoever can be trusted with very little can also be trusted with much... If you have not been trustworthy with someone else’s property, who will give you property of your own?”*  
 LUKE 16:10-12 (NIV)

- God is \_\_\_\_\_.

*Work hard so God can say to you, “Well done.” Be a good workman, one who does not need to be ashamed when God examines your work.*

2 TIMOTHY 2:15 (TLB)

- My \_\_\_\_\_ determines my \_\_\_\_\_.

*The diligent find freedom in their work; the lazy are oppressed by work.*

PROVERBS 12:24 (MSG)

*Neve be lazy in your work, but serve the Lord enthusiastically.*

ROMANS 12:11 (TLB)

- I must understand who I’m really \_\_\_\_\_

*Work hard and cheerfully at whatever you do, as though you were working for the Lord rather than for people. Remember that the lord will give you an inheritance as your reward, and the Master you are serving is Christ.*

COLOSSIANS 3:23-24 (NLT)

- I must concentrate on building \_\_\_\_\_.

- I must care about \_\_\_\_\_.

*Whatever you do, do it with kindness and love.*

1 CORINTHIANS 16:14 (TLB)

*Don’t be concerned only about your own interests, but also be concerned about the interests of others*

**TRANSFORMED** HOW GOD CHANGES US



PHILIPPIANS 2:4 (GWT)

*Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of love*

EPHESIANS 4:2 (NLT)

- I must exceed what is \_\_\_\_\_.

*Servants, do what you're told by your earthly masters. And don't just do the minimum that will get you by. Do your best.*

COLOSSIANS 3:22 (MSG)

*"If anyone requires you to go one mile, go two miles with him."*

MATTHEW 5:41 (NJB)

- I must expand my skills with \_\_\_\_\_.

*If the axe is dull and its edge unsharpened, more strength is needed but skill will bring success.*

Ecclesiastes 10:10 (NIV)

- I must dedicate my work to be used for \_\_\_\_\_.

*Commit your work to the Lord, and then your plans will succeed.*

PROVERBS 16:3 (NLT)

*We are Christ's ambassadors.*

2 CORINTHIANS 5:20a (NLT)

3



## DISCOVERY QUESTIONS

(PICK AT LEAST ONE OR TWO)

- What does it look for you to live for the glory of God in your workplace? What are some practical ways you can **turn your work into an act of worship**?



- Think of one person you know who could use some **encouragement** in their work this week. What can you do to help them.
  
- The Bible says, “*We are Christ’s ambassadors*” (2 Corinthians 5:20) What does an ambassador do? Whose interests does an ambassador represent? How can you be Christ’s ambassador in your workplace?
  
- How many of the things that are frustrating you at work right now would be no big deal if you chose to **see God as your boss**? What is one thing you think would change in your perspective and attitude towards your work?

## PUTTING IT INTO PRACTICE

Where do you want to be three months from now with your vocational health? What is one thing you will do to take step in that direction? Not one thing you **could** do, or **might** do, but one thing you **will** do. Review Pastor Rick’s video outline to help you with ideas. Share your goal with one other person in your group.

Write your financial health goal in the space below.

MY THREE-MONTH **VOCATIONAL HEALTH** GOAL \_\_\_\_\_



## ◆ PRAYER DIRECTION

Spend some time praying for each other's jobs and the roles each of you play in that setting.

## ◆ DIVING DEEPER

WANT TO GO DEEPER IN YOUR VOCATIONAL HEALTH?

- Read the **Daily Devotions** for days 43 to 49 from the Transformed Journal.
- Read the **Memory Verse** for this Session every day this week as part of your quiet time. See if you can have it memorized before your next group meeting.
- If you need assistance with preparing your Resume or CV, or preparing for an interview MultiBridge Community Centre runs tailor-made courses that can help you in applying for jobs or changing careers. Speak to Pastor YC Goh ([YC.goh@fgam.org.au](mailto:YC.goh@fgam.org.au)) to get connected.