

## Message Notes

### Unstuck Part 1: Gaining Traction

Romans 12:1-2

→ getting stuck

**#1 One of the most frustrating places you could be is stuck.**

→ something needs to change

→ a living sacrifice - **vs. 1**

**#2 A brand new you means a brand new view.**

→ conform and transform - **vs. 2, Romans 6:4**

**#3 Getting unstuck has more to do with change in you than change around you.**

→ renovation plans - **vs. 2**

**#4 Feed it.** (your mind)

**Free it.**

**Focus it.**

## Group Questions

### Unstuck Part 1: Gaining Traction

Romans 12:1-2

1. What's an area of life where it seems like people often get stuck?

Why do you think that is? What factors contribute to this reality?

2. People often stay stuck because they keep on doing what they've always been doing. Why don't people change their approach?

3. **Read Romans 12:1.** We're told that we are to use our bodies as living sacrifices. In what ways does that statement rub you the wrong way? In what ways does it change you?

4. **Read Romans 12:2.** In what ways have you found it the most tempting to "conform the pattern of this world?" Explain your answer.

5. God doesn't want you to conform. He wants you to be transformed. Explain what it means to renew your mind.

Why is renewing your mind so hard? Why is it so important?

6. There are 3 practices that can help to renew your mind:  
A. Feed it. B. Free it. C. Focus it.  
Explain and discuss all 3 practices. .  
Share ways that you can improve in each of these areas.

7. Getting unstuck may have more to do with change **in** you than change **around** you. What does that mean? How may it be true for you?