LifeGroup Study Sheet

September 17th and 20th, 2026: Romans 12:1-2.

This guide is designed to give helpful hints in preparing for your group discussion.

Quick Review

Look back from your sermon notes – Was there anything that particularly challenged you from this sermon? Anything you didn't understand, agree with or connect with?

Introduction

What's one thing in your life you'd call yourself 'all in' on? Whether it's a hobby, a sports team, a TV series, or a workout routine? What does that all-in commitment look like day to day or week to week?

Digging In

Question 1: Read Romans 12:1a. Fix My Eyes on God's Mercy. Paul grounds his appeal in 'the mercies of God' rather than in guilt, fear, or a list of rules. Why do you think God's mercy is a stronger and longer lasting motivator for obedience than guilt or obligation? Have you ever tried to obey God out of guilt? How did that go?

Paul could have said 'I command you' but instead says 'I urge you.' What does it tell you about God's heart that He appeals to us this way rather than simply issuing orders? How does that change the way you hear God's requests of you?

What specific mercies of God have you personally experienced, big or small, that make it easier (or sometimes harder) for you to offer your whole life to Him?

Here are some passages to help you guide your thoughts and answers:

- 1 John 4:19
- 2 Corinthians 5:14-15, 20
- Lamentations 3:22-23

Question 2: Read Romans 12:2. Focus My Mind on God's Will. Paul contrasts being 'conformed' to the world with being 'transformed' by a renewed mind. In your own words, what's the difference between those two? Where do you feel the most pressure right now to conform to the patterns of this world, or to just go along with what everyone else thinks, does, or values?

Transformation starts with 'the renewing of your mind.' It's not just behavior modification, it's a change in how we think, which leads to action! Practically speaking, what habits or practices help renew your mind day to day? What tends to work against it?

Paul says a renewed mind allows you to 'prove,' to test and discern, what God's good, acceptable, and perfect will is. How does having a transformed, Scripture-shaped mind help you make everyday decisions, whether it's a big life choice or an ordinary daily one?

Question 3: Read Romans 12:1b. Fully Offer My Body for God's Glory. A dead sacrifice only has to be offered once; it doesn't have a choice in the matter. "A living sacrifice" must keep choosing, every day, to stay on the altar instead of crawling off. What makes it hard to stay 'on the altar' day after day, rather than just having one big moment of surrender?

Paul says the sacrifice must be 'holy and acceptable' to God, yet none of us live perfectly holy lives. How do you make sense of being called to offer something 'holy' to God while still being imperfect and in-process? How does this idea coincide with the idea of God imputing His righteousness to us through faith in Christ?

Paul calls this whole-life offering our 'reasonable service,' or true, spiritual worship. If worship is bigger than singing on a Sunday morning, what would it look like for your ordinary Monday-Saturday life? Your work, your body, your time, your habits, to genuinely be an act of worship?

Take it Home

1. Am I giving God my best or my left overs?
2. Has my life radically changed?
3. Have I crawled off the alter?

Praise / Prayer Requests

Pray for your group with these things in mind:

Adoration – How can I praise God for what this teaches me?
Confession – What sin can I confess because of what this teaches me?
Thanksgiving – How can I thank God for what Jesus has done?
Supplication – What do I need to ask of God in order to grow in light of this?