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Romans 12:1–2 (NIV)

1 Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. 2 Do not conform 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.

2

Theme

Renewal begins when we surrender ourselves to God and allow Him to transform our minds, attitudes, and daily lives according to His will.

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Surrender

- God calls us to daily surrender.

23 Then he said to them all: "Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me." (Luke 9:23 NIV)

- Renewal starts with yielding our lives to Him.

5 Trust in the Lord with all your heart and lean not on your own understanding; 6 in all your ways submit to him, and he will make your paths straight. (Proverbs 3:5-6 NIV)

5

Surrender

- Our lives belong to Christ.

20 I have been crucified with Christ and I no longer live, but Christ lives in me. (Galatians 2:20 NIV)

- Obedience is an act of worship.

22 But Samuel replied: "Does the Lord delight in burnt offerings and sacrifices as much as in obeying the Lord? To obey is better than sacrifice, and to heed is better than the fat of rams. (1 Samuel 15:22 NIV)

6

Surrender

- God honors those who seek Him wholeheartedly.

13 You will seek me and find me when you seek me with all your heart. (Jeremiah 29:13 NIV)

7

Discussion Questions

- What area of your life is God calling you to surrender more fully to Him?
- How have you seen God work through an act of obedience or sacrifice in your life?
- What practical step can you take this week to demonstrate your trust in God?

8



Be Transformed

- Transformation happens from the inside out.

26 I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. (Ezekiel 36:26 NIV)

- God changes our thinking through His Word.

11 I have hidden your word in my heart that I might not sin against you. (Psalm 119:11 NIV)

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Be Transformed

- We are called to focus on what is true & godly.

8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things. (Philippians 4:8 NIV)

Be Transformed

- The Holy Spirit produces ongoing renewal in our lives.

5 he saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit, (Titus 3:5 NIV)

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Be Transformed

- We are being renewed into Jesus' likeness.

18 And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit. (2 Corinthians 3:18 NIV)

13

Discussion Questions

- What thoughts, attitudes, or habits need God's transforming work in your life?
- How does spending time in God's Word help shape your thinking & decisions?
- What can you do daily to keep your mind focused on Jesus rather than worldly influences?

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Discern God's Will

- God guides those who trust Him.

5 Trust in the Lord with all your heart and lean not on your own understanding; 6 in all your ways submit to him, and he will make your paths straight.

(Proverbs 3:5-6 NIV)

- God's Word lights the path before us.

105 Your word is a lamp for my feet, a light on my path
(Psalm 119:105 NIV)

16

Discern God's Will

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Discern God's Will

- The Lord teaches His people the way we should go.

8 I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you.

(Psalm 32:8 NIV)

- Wisdom is available to everyone who asks God.

5 If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. ***(James 1:5 NIV)***

18

Discern God's Will

- God's plans are always good & purposeful.

11 For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. ***(Jeremiah 29:11 NIV)***

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Discussion Questions

- How do you typically seek God's guidance when facing important decisions?
- What Scriptures have helped you recognize God's direction in the past?
- What current situation in your life requires greater trust in God's wisdom & leadership?

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Practical Applications

- Begin each day with a prayer of surrender, asking God to lead your thoughts, decisions, and actions throughout the day.
- Spend time daily reading & reflecting on Scripture, allowing God's Word to reshape your thinking & strengthen your faith.
- Identify one ungodly thought pattern or attitude (fear, worry, bitterness, pride, etc.) & intentionally replace it with a biblical truth.

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Practical Applications

- Practice obedience in one specific area where God has been prompting you to act, even if it requires sacrifice or stepping outside your comfort zone.
- Seek God's direction before making important decisions by praying, reading relevant Scriptures & seeking wise Christian counsel.
- Keep a "Renewal Journal" for one week, recording ways God is transforming your mind, answered prayers, lessons learned & guidance received.

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Typical Crosses Christian Seniors May Carry

- Declining Health - Living with chronic pain, illness, reduced strength, or physical limitations while continuing to trust God.
- Loss of Independence - Needing assistance with transportation, daily activities, finances, or personal care.
- The Death of a Spouse - Learning to live with loneliness & grief after losing a lifelong companion.
- The Loss of Close Friends - Experiencing repeated grief as longtime friends & peers pass away.

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Typical Crosses Christian Seniors May Carry

- Reduced Mobility - Accepting limitations that prevent participation in activities once easily enjoyed.
- Family Concerns - Carrying burdens for children, grandchildren & great-grandchildren who may be struggling spiritually, relationally, or financially.
- Feeling Forgotten or Isolated - Enduring loneliness, fewer visitors, or decreased involvement in church & community life.

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Typical Crosses Christian Seniors May Carry

- Loss of Purpose or Former Roles - Adjusting to retirement or the inability to serve in ministries & occupations as before.
- Financial Limitations - Managing rising healthcare costs, fixed incomes & financial uncertainty with faith & contentment.
- Persevering in Faith Through Aging - Continuing to pray, worship, witness & trust God despite fatigue, discouragement, or unanswered questions.

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