



1. Talk about how everyone is doing in accomplishing their goals for this series. What success did they experience? What challenges did they face? Ask if it would be helpful if they had a buddy that they could be in touch with during the week to give encouragement, and then see if there is someone in the group who could “buddy up” with them.
2. Read Romans 12:1. What does this say we should do with our body? How would this help us to treat our bodies better if we did this? Read Psalm 139:13-16. What truth in regard to our bodies does this passage speak about? How does this make you feel about yourself?
3. What are the three ways to worship God with my body that Pastor Rick gave? Read Galatians 5:16-18. What is the way to control the cravings of our sinful nature? How do we do this?
4. Read Romans 12:2. In order to focus on what is right, what must I allow God to change? How do we accomplish this?
5. What are ways that God motivates us? Pastor Rick said that we must maintain our motivation if we are to make lasting change. What motivates you to serve God? How do you stay motivated in service to God?

## Answers

- 1. Facilitate people who would like to have someone contact them to encourage them in their goals.**
- 2. Romans 12:1 says that we should give our bodies to God as a spiritual and physical sacrifice to be used by him which is only reasonable since he purchased us by dying for our sins and our bodies belong to him. Even though he owns us now, we have to make the choice to allow him to use us because he will never over-ride our free will. Psalm 139:13-16 tells us that God is directly involved in forming us while we are still in our mother's womb and that we are his direct creation; he makes us exactly as he wants us to be.**
- 3. The three ways to worship God with our bodies were: a. clean it by detoxing it and eating healthy foods; b. Care for it by treating it well and getting exercise; and c. Control it by resisting the sinful desires of our sinful natures. Galatians 5:16-18 tells us to "walk in the Spirit" and then we will not fulfill the lusts of our sinful flesh. The way we do this is to spend time learning what God wants us to do and then choosing to do so by depending on the Holy Spirit to enable and empower us to do what is right.**
- 4. Read Romans 12:2. In order to focus on what is right, what must I allow God to change? How do we accomplish this? We have to allow God to change our thinking about everything. The way we do this is first of all to make the decision that the Bible is God's word and is therefor the truth. Then, as we read God's word and begin to see where our thinking is wrong, we change our mind about what we think is right to align with what God's word says.**
- 5. God uses various methods of motivating us and what motivates you at any given time is a measure of your spiritual growth. When we are spiritual infants, God uses rewards and the threat of discipline to motivate us. As we grow and get to know him better, our motivation changes into doing what he asks because it is what is right, what is true, what is best for us. Then ultimately as we become mature believers our motivation changes to thankfulness for what he has done for us and love as he becomes our best friend. You can relate these ways to your group and ask them what motivates them the most.**