

TRANSFORMED

How God Changes Us

Be transformed by the renewing of your mind . . .

ROMANS 12:2



Taught by Rick Warren

Transformed: How God Changes Us
Small Group Study Guide
Edition 1.0



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TRANSFORMED

“BE TRANSFORMED BY THE RENEWING OF YOUR MIND.” ROMANS 12:2 NIV

The only way to truly change your life is to change the way you think. That’s why the Bible says in our theme verse, *“Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind.”* (Romans 12:2 NIV)

What is the difference between “conforming” and “transforming?” According to the dictionary, to conform means to “make or become the same” or “to behave in a conventional way by accepting without question the customs, traditions and prevailing opinions of others.” In other words, to conform is to fit into somebody else’s mold; it’s to do things the way everybody else does.

On the other hand, to transform means to “change the condition, function, nature, character or personality” of something.

CONFORMING has to do with **BEHAVIOR**.

TRANSFORMING has to do with **CHARACTER**.

CONFORMING is **FROM THE OUTSIDE IN**.

TRANSFORMING is **FROM THE INSIDE OUT**.

Conforming is something we do to ourselves. Transforming is something God does to us. And he transforms us by renewing our minds. You see, God doesn’t just want to change your behavior. He wants to change the way you think. The Bible says, *“As a man thinks in his heart, so is he.”* (Proverbs 23:7 NKJV) **Your thoughts control your actions.** So if you want to change the way you act, you must start by changing the way you think. If you want to be like Christ, you must learn to think like Christ.

Over the next seven weeks, we are going to study the transforming power of Jesus Christ. Specifically, we’ll look at God’s plan to transform you in seven key areas of your life: your **spiritual health, physical health, mental health, emotional health, relational health, financial health, and your vocational health**. We will allow God’s Word to renew our minds and change the way we think: about God, about ourselves, about our relationships, our finances, our careers—about everything. And when you learn to think differently you will begin to live differently. As you learn to think God’s way, you will begin to live God’s way.

Transformation is about more than just putting information in your head. It's about living out what God is working in you. The Bible says *“Be doers of the Word, and not hearers only”* (James 1:22 NKJV). To help you apply what you are learning, we strongly encourage you to set a three month goal for each of the key areas of your life. **Goals turn intentions into actions.** Without a specific goal in mind, you might not get around to applying God's truth to your life. So we have provided instruction in the **Putting It into Practice** section of each session to help you set a three month goal for the key area you are studying.

Be sure your goal is a **SMART** goal: **Specific, Measurable, Attainable, Relevant, and Time-bound.** For example, don't just say, “I want to grow spiritually,” or “I want to lose weight.” Those are not **SMART goals.** They're too general. A **SMART goal** for your spiritual health might be, “I will memorize Romans 12 in the next ninety days,” or “I will spend fifteen minutes in a quiet time every morning for the next three months.” A **SMART goal** for your physical health might be “I will lose twenty pounds in the next ninety days.” Those are **SMART goals:** they are based on a specific action that is measurable and doable, they relate to the particular area of health you are studying, and they have a deadline.

Once you have set your goal, transfer that goal to the **My Three-Month Goals** list on pages vi to vii of this study guide so that you can have them all in one place for easy reference.

We have also included **seven daily devotions** that relate to the area of health you are focusing on during each week, along with journal pages for each day. Each journal page gives you four prompts:

- **What did you hear?** *What did God say to you as you read the devotion for the day?*
- **What do you think?** *What does it mean to you, how does it apply to your life, and what difference does it make to you?*
- **What will you do?** *What action step will you take? How will you think differently? How will you live differently?*
- **Now You Pray . . .** *This is where you put your thoughts into prayer. It could be a prayer of gratitude or praise. It could be a prayer of confession or a request for God's help. It's up to you. But take a minute each day to write a prayer response to what you read in the devotion.*

Are you ready to be transformed? Then let's begin.

HOW TO USE THIS WORKBOOK

A brief explanation of the features of this workbook.

MY THREE-MONTH GOALS

Each week you will set a personal goal for the area of health you are studying with your group. Transfer each goal to the **My Three-Month Goals** page so you can have them all in one place.

WEEKEND SERMON NOTES

You can use this page to take notes on your pastor's sermon each weekend.

SMALL GROUP STUDY

- ◆ **CHECKING IN:** Open each meeting by briefly discussing a question or two that will help focus everyone's attention on the subject of the lesson.
- ◆ **MEMORY VERSE:** Each week you will find a key Bible verse for your group to memorize together. If someone in the group has a different translation, ask them to read it aloud so the group can get a bigger picture of the meaning of the passage.
- ◆ **VIDEO LESSON:** There is a video lesson for the group to watch together each week. Fill in the blanks in the lesson outlines as you watch the video and be sure to refer back to these outlines during your discussion time.

- ◆ **DISCOVERY QUESTIONS:** Each video segment is complemented by several questions for group discussion. Please don't feel pressured to discuss every single question. There is no reason to rush through the answers. Give everyone ample opportunity to share their thoughts. If you don't get through all of the discussion questions, that's okay.
- ◆ **PUTTING IT INTO PRACTICE:** Each week you will be challenged to commit to one goal in each of the seven key areas of this study. Be sure to transfer these goals to the **My Three-Month Goals** page on page vi to vii of the workbook.
- ◆ **PRAYER DIRECTION:** At the end of each session you will find suggestions for your group prayer time. Praying together is one of the greatest privileges of small group life. Please don't take it for granted.
- ◆ **DIVING DEEPER:** This section includes suggestions for books, studies, and other resources for personal and group use.

DAILY DEVOTIONS AND JOURNAL PAGES

There are seven daily devotions and seven journal pages at the end of each session in your study guide. Use these for your daily quiet times throughout the week.

SMALL GROUP RESOURCES

There are additional small group resources, such as Group Guidelines, Helps for Hosts, Prayer and Praise Reports, etc., in the back of this study guide.

A TIP FOR THE HOST

The study guide material is meant to be your servant, not your master. The point is not to race through the sessions; the point is to take time to let God work in your lives. Nor is it necessary to "go around the circle" before you move on to the next

question. Give people the freedom to speak, but don't insist on it. Your group will enjoy deeper, more open sharing and discussion if people don't feel pressured to speak up.

MY THREE- MONTH GOALS

MY THREE-MONTH **SPIRITUAL HEALTH** GOAL

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MY THREE-MONTH **PHYSICAL HEALTH** GOAL

MY THREE-MONTH **MENTAL HEALTH** GOAL

MY THREE-MONTH EMOTIONAL HEALTH GOAL

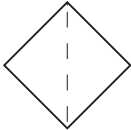
MY THREE-MONTH RELATIONAL HEALTH GOAL

MY THREE-MONTH FINANCIAL HEALTH GOAL

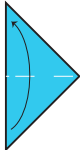
MY THREE-MONTH VOCATIONAL HEALTH GOAL

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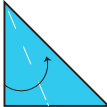
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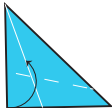
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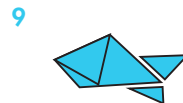
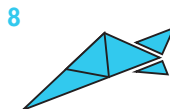
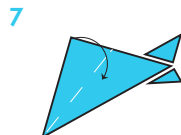
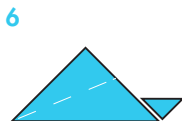
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TRANSFORMED IN MY SPIRITUAL HEALTH

SESSION 1

1



WEEKEND SERMON NOTES



SESSION 1

TRANSFORMED IN MY SPIRITUAL HEALTH

◆ 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**.
- Before you begin this study, we recommend that you review the **Small Group Guidelines** on page 216 of this workbook as a group.
- Share with the group what you hope to get out of this small group series.

◆ 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)

◆ WATCH THE VIDEO LESSON NOW AND FOLLOW ALONG IN YOUR OUTLINE.





TRANSFORMED IN MY SPIRITUAL HEALTH

SEVEN HABITS FOR SPIRITUAL HEALTH

1. I must _____ supremely.

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

LUKE 14:26 (NLT)

Spiritual health is measured by _____ .

“The most important commandment is this . . . you must love the Lord your God with all your heart, [passionately], all your soul, [willfully], 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 leaf 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)

The man who 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 you will not have room enough for it.”

MALACHI 3:10 (NIV)

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)

Spiritual growth happens in _____ .

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 go 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)



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 the most? What is one thing you can do to begin to make that 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 and make 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

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When it comes to setting goals, it is important that you make a plan and then check your progress on a regular basis. Goals that are not written down and set in motion are just ideas, and we rarely feel any commitment to following through on all of our ideas. To help you reach your goals, we have provided the **My Three-Month Goals** list on page vi of this workbook. Visit this page each week and add one goal for each of the seven areas we will cover in this study. The purpose of the **My Three-Month Goals** list is to help you begin to put into practice the things you are learning in this study. We recommend that you review the **My Three-Month Goals** page on a regular basis to remind yourself of your goals and to track your progress. You may even want to set a time in the future as a group to share how each group member is doing with their goals and celebrate what God is doing in each of your lives.

For this session, transfer your **Three-Month Spiritual Health Goal** to the **My Three-Month Goals** list on pages vi to vii.

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. Be sure to record everyone's requests on the **Small Group Prayer and Praise Report** on page 218.

DIVING DEEPER WANT TO GO DEEPER IN YOUR SPIRITUAL HEALTH?

FOR YOU

- Read the **daily devotions** for days 1–7 in your workbook.
- Read the **Memory Verse** on page 5 every day this week as part of your quiet time. See if you can have it memorized before your next group 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 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. Available at **www.saddlebackresources.com**.

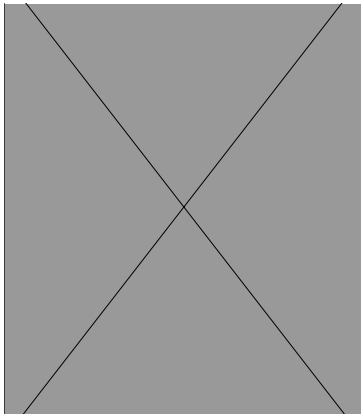
- Get a **spiritual check-up**. Most people want to live healthy, balanced lives. A regular medical checkup is a good way to measure physical health and spot potential problems. In the same way, a spiritual checkup is vital to your spiritual well-being. **The Purpose Driven Spiritual Health Assessment** will give you a quick

snapshot of your spiritual health. Take 3–4 minutes alone to complete the **Purpose Driven Spiritual Health Assessment**, found on page 220 of this workbook. After answering the questions, tally your results. Then pair up with another person and briefly share one purpose that is going well and one that needs a little work.

FOR THE GROUP

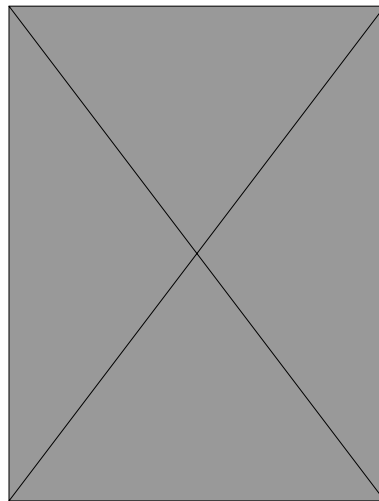
Consider for your next group study, *What On Earth Am I Here For?* by Rick Warren. Based on his best-selling book, *The Purpose Driven Life*, this DVD and study guide will take participants on a journey of discovery to answer life’s most fundamental question: “What on earth am I here for?” Available at www.saddlebackresources.com.

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**EXPANDED PURPOSE DRIVEN
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STARTER PACK**

Six sessions on why you were created, how to discover your identity, your meaning, purpose, significance, and your destiny

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TRANSFORMED IN MY SPIRITUAL HEALTH

DAY 1

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

JOHN 3:16 (NIV)

This is arguably the greatest verse in the entire Bible. There's a reason it has earned a spot on the bottom of fast food soft drink cups and on signs behind goal posts at football games. Why? Because it is Christianity in a nutshell. It simply and clearly tells us the Good News of Jesus Christ in four points.

God is passionate about you. This verse says, "*God so loved the world.*" You are part of the world. God loves you. His love isn't detached and impersonal. It is passionate. Do you know God loves you? He does.

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He shows that love by his gift. That's the second point this verse tells us about God, "*. . . that he gave his one and only Son.*" God's love for you cost him more than we could ever measure. He gave you Jesus. He gave you Jesus to pay for your sins and to provide a bridge between you and God.

The third point we learn from John 3:16 is God's proposal to us, "*That whoever believes in him . . .*" We all have the opportunity to turn to Jesus. All it takes is belief. We don't have to earn God's love, all we have to do is accept his love in Jesus Christ.

When we do that we gain the fourth point from this verse, God's promise; "*. . . shall not perish; but have eternal life.*" What a deal! God loves you so much that he gave you Jesus. When you accept his proposal to believe in Christ, you gain the promise of eternal life. That is Good News.

If you haven't yet accepted God's proposal, do it today. If you have, live today in light of this verse. **God loves you, he gave you Jesus, and promises you eternal life.** That is what spiritual health is all about.

What did you hear?

What do you think?

What will you do?

Now talk to God . . .

TRANSFORMED IN MY SPIRITUAL HEALTH

DAY 2

Yet to all who received him, to those who believed in his name, he gave the right to become children of God—children born not of natural descent, nor of human decision or a husband's will, but born of God.

JOHN 1:12–13 (NIV)

We are God's children. When we believe in Jesus Christ we are brought near to God the Father. So near in fact that he calls us his sons and daughters. We are a part of his family now. Fully received, fully loved, and fully accepted.

What does this mean? It means we get to share in the very same relationship of love and intimacy that Jesus shared with the Father. Romans 8:15 (NIV) tells us, *"The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, 'Abba, Father.'"*

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We should recognize this cry of, *"Abba, Father."* We have heard it before on the lips of Jesus as he prayed in the Garden of Gethsemane. Jesus cried out, *"Abba, Father ... everything is possible for you"* (Mark 14:36a NIV). Incredibly, we address God as "Abba, Father" just as Jesus does. We talk to God like Jesus does. **He has granted us full access** (Ephesians 2:18). No constraints, no caveats, no limitations. We are received. We are accepted. We belong. So much so, that we can boldly pray, "Abba, Father," along with Jesus. We share in the relational intimacy, love, and bond that the Father and Son have known for all eternity.

Jesus, the divine Son by nature, has invited you, by grace, to participate in his life of love with the Father. This is how much you have been received in his family. This is how much you belong. This is how much your identity is secured. God the Father has welcomed you into his house. In fact, as you cry out "Abba, Father," he says back, "My beloved child." **The Creator of the universe cherishes you and delights in you.**

What did you hear?

What do you think?

What will you do?

Now talk to God . . .

TRANSFORMED IN MY SPIRITUAL HEALTH

DAY 3

Ye are of God, little children, and have overcome them: because greater is he that is in you, than he that is in the world.

1 JOHN 4:4 (KJV)

God's Spirit is the power inside every fully devoted follower of Jesus Christ. Jesus promised every disciple, *"I will ask the Father, and he will give you another Advocate to help you and be with you forever—the Spirit of truth. . . [who] lives with you and will be in you,"* (John 14:16–17 NIV). But what does the Holy Spirit do for us?

The Holy Spirit helps us learn and apply God's truth to life: *"The Holy Spirit, whom the Father will send in my [Jesus'] name, will teach you all things and will remind you of everything I have said to you"* (John 14:26 NIV).

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The Holy Spirit builds our character through crisis: *"We know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us"* (Romans 5:3–5 NIV).

The Holy Spirit enables us to be more like Jesus: *"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control"* (Galatians 5:22–23 NIV).

The Holy Spirit gives us power to speak the Good News of Jesus: *"But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth"* (Acts 1:8 NIV).

The Holy Spirit equips us for ministry: *"There are different kinds of gifts, but the same Spirit distributes them. There are different kinds of service, but the same Lord. There are different kinds of working, but in all of them and in everyone it is the same God at work"* (1 Corinthians 12:4–6 NIV).

When we are filled with the Spirit, God's power, peace, presence and purpose are ours. We have stability under stress. We don't cave in, because, *"Greater is he that is in us, than he that is in the world."*

What did you hear?

What do you think?

What will you do?

Now talk to God . . .

TRANSFORMED IN MY SPIRITUAL HEALTH

DAY 4

*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)

When you come to Jesus Christ, it's like he writes everything you've ever done wrong on a big blackboard and then says, "We're just going to erase all that. We're going to start over. **You're going to get a fresh new start.**" It's not just turning over a new leaf, but getting a totally new life. You become a new person. Jesus gives you a new spiritual identity.

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Here's the blunt truth of why this is so important. **Every time you sin, it damages your dignity.** When you break God's principles, you don't just hurt other people and God, you hurt yourself. Sin splits your soul. Every time you sin, it replaces a little bit of self-respect with a little bit of shame. This shame begins to pile up in your life and you begin to try to push it out of the way by staying busy or playing sports or getting drunk or having parties or whatever.

Jesus Christ is in the dignity restoring business. He doesn't just ignore your sin, he wipes it out and makes you a **new person** in his sight.

Hear this carefully. Because you are in Christ, it doesn't matter what you've done. It doesn't matter who you've done it with. It doesn't matter how long you've done it. It doesn't matter where you've been. What matters is what direction your feet are headed today. God says your past is history, your life has sanctity, and your identity has dignity because Jesus died for you. **When you trust Christ, he gives you a brand new identity and makes all things new!**

What did you hear?

What do you think?

What will you do?

Now talk to God . . .
