

Shape UP Week 3-Act of Worship

ICE BREAKER QUESTIONS

1. What simple things still blows your mind?
2. Have you experienced a culture shock? Where was it, and what happened?

WORD

Romans 12:1-2 (NIV84)

¹ Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God--this is your spiritual act of worship.

² Do not conform any longer 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.

In Romans 12, Paul describes the worship of our God as becoming living sacrifices to our God, giving up seeking what we want from life and learning to know and serve what God wants. Paul writes that we must no longer be conformed to the world. The word "world" is often used in the New Testament to refer to the "world system," or the way that every human being lives by default. John described this worldly way of living as "the desires of the flesh and the desires of the eyes and pride of life" (1 John 2:16).

1 John 2:16

For all that is in the world—the desires of the flesh and the desires of the eyes and pride of life—is not from the Father but is from the world.

Our text in Romans 12:1-2 talks about our relationship with God and how to respond... "act of worship". (put into daily practice - "in view of God's mercy"). It is in this relationship with God that we respond to His "mercy" as our act of worship to Jesus. "Mercy" is God not giving us what we deserve (forgiveness, love, blessing, etc.) Outward manifestation of pity, it

assumes need on the part of him who receives it and resources adequate to meet the need on the part of him who shows it. “Grace” is God giving us what we don’t deserve (hell = heaven, death= life, etc).

DISCUSSION

On this context of Romans 12, how does act of worship shape you in your spiritual formation?

WORD

Christian (Worship) Dedication Involves Three Steps

1. You give God your body (v1).

We are God’s temple (1 Corinthians 6:19-20) because the Spirit of God dwells within us.

2. You give Him your mind (v2a).

The WORLD wants your mind to control your mind but God wants to “Transform” your mind. “Transform” is the same as transfigure in Matthew 17:2, in our English language as the word “metamorphosis”. It describes a change from within. The world wants to change and control your mind to think like the fashion or pattern of this world controlled by Satan the God of this world system (Satan is the God of this world) but the HS changes your mind by God’s Word and releasing the power from within. If the world controls your thinking you are a conformer (worldly/carnal), if God controls your thinking you are a transformer (spiritual).

REMEMBER who controls your mind (how you think = live), will rule your life! *Proverbs 23:7 (KJV) > the battle is in the mind.*

3. You give Him your will (v2b)

Your MIND controls your BODY, and your WILL controls your MIND.
3 John 2 (KJV) - Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.

Then you will be able to test and approved what's God will for us:
good = describes that which is being good in its character or constitution, beneficial in its effect as being morally, honourable, pleasing to God (proved = to cleave to it, to do it, follow)Pleasing = to be pleasing, acceptable to, good (not reject)Perfect = having reached its end, finished, complete, make you mature

DISCUSSION

Why does the mind need to be renewed or transformed in order to worship God and Know His will?

Do you have any stories to share of how worship had been a catalyst for spiritual formation in your life?

LIFE APPLICATION

Let us offer our bodies as a Living Sacrifice. Do not be conformed but be Transformed. Know and Walk in God`s will. **Note:** Two reasons why for this commitment (1) it is the right response to ALL that God has done for us (2) this commitment is our “reasonable service of our spiritual act of worship.

Our Lord Jesus is the perfect illustration of a living sacrifice because He actually died as a sacrifice, in obedience to His Father's will. But rose again and now sitting at the right hand of God (authority and power) as a living sacrifice. And our High Priest (Hebrews 4:14-16) and our Advocate before the throne of God.It is our privilege to glorify Christ in our body (Philippians 1:20-21)

Philippians 1:20-21²⁰ as it is my eager expectation and hope that I will not be at all ashamed, but that with full courage now as always Christ will be honored in my body, whether by life or by death. ²¹ For to me to live is Christ, and to die is gain.

Let us meditate the Word of God. Meditation = transformation = manifestation

Joshua 1:8 - *This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.*

DISCUSSION

How will you apply the verses learned to yourself? What views or actions are you going to make in your own life as a result of what we learned today?

VERSE TO MEDITATE ON

Romans 12:1-2 (NIV84)

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PRAYER

Share your prayer request and answered prayer. Pray for one another and throughout this week.

