

[For additional insight and tools read True Spirituality by Chip Ingram chapters 1 through 10.]

1. **Read** Romans 12:1. What is Paul saying God requires of us?
2. What do you see as being lost when you surrender parts of your life to God?
3. What is a logical response to God's grace and mercy given to you?
4. How do you limit God's ability to provide His very best to you?
5. What must you give up today to allow Jesus complete control of your life?
6. **Read** Romans 12:2. What does this say God wants to give you?
7. **Read** John 10:10, Ephesians 6:12, and Galatians 5:17. Who are you fighting, and what is being used against you every day?
8. **Read** 1 John 2:15-17. Which patterns of this world are you following or pursuing every day, and what real needs do they fulfill?
9. How much time are you spending each day rehearsing the news, watching TV or movies, reading social media, viewing videos, watching porn, playing video games, reading magazines, or listening to secular podcasts? Try tracking these at least for one day and possibly all week. Many smart phones track this for you.
10. In what ways can you cooperate with God to transform your daily thinking to align with the mind of Jesus?

[For additional insight and tools read True Spirituality by Chip Ingram chapters 11 through 15.]

1. **Read** Romans 12:3. How do you describe yourself to people i.e. who are you?
2. **Read** Genesis 3:3-13. How do fear, shame, hiding, and blame create barriers to truly understanding and living as the real you?
3. When you feel insecure, what do you do to keep people from seeing the real you?
4. What do a “high view” and a “low view” of your self have in common that makes them both harmful to us?

5. Read each verse below and describe what God says is the truth about you in each area:

Psalm 139:13-17

Romans 8:31-32

2 Cor 5:17

Isaiah 61:10

Romans 8:38-39

Philippians 2:13 and 4:13

Ephesians 2:10

6. **Read** Romans 12: 4-5. Where do you feel you actually belong? (Please don't feel like you have to say something Christian or Biblical.)

7. Why is an accurate view of yourself vital in performing the unique role God has given you in the body?
  
8. What are three areas in which you excel or ways you can provide help to others? What are three areas in which you struggle or areas where others can provide help to you?

**Excel**

**Struggle**


9. **Read** Romans 12:6-8 and Ephesians 4:11-16. What is Paul describing as the work God has created us to do?
  
10. What are some beneficial outcomes that can come from you serving in an area that best utilizes your spiritual gifting?
  
11. Please summarize this lesson by briefly answering these three questions:
  - Who are you?
  
  - Where do you belong?
  
  - What is your purpose?
  
12. **Optional:** take the spiritual gift test <https://gifts.churchgrowth.org/spiritual-gifts-survey/> and share your primary gift with your group.

[For additional insight and tools read True Spirituality by Chip Ingram chapters 16 through 20.]

1. **Read** Romans 12:9-13 with John 13:34-35 and John 17:20-24. What are some possible reasons Paul and Jesus put so much emphasis on our relationships?
2. **Read** John 11:1-44. What do you learn about the emotional connection Jesus has to his friends in this story?
3. What would you hope to find in a group of Christian men that truly love each other?
4. From Romans 12:9, how does Paul describe authentic Christian love?
5. What keeps the real you from showing up with other Christian men?
6. **Read** Romans 12:10 and 1 John 3:16. What do the words “devoted” and “honor” in the context of loving your Christian brother mean to you?
7. Please share with your group an example of when a Christian brother met a real need of yours.
8. **Read** Romans 12:11 and Luke 16:14-15. What do you think Paul is describing with the words “zeal” and “fervor” as it relates to how we serve and love each other?
9. **Read** Romans 12:12-13. Why does Paul say hope, suffer, and pray well in the context of loving other brothers?
10. Why are generosity and hospitality important to exercise with other Christians?

[For additional insight and tools read True Spirituality by Chip Ingram chapters 21 through 25.]

1. **Read** Romans 12:14-16 (written by Paul), Matthew 5:43-48 (said by Jesus), 2 Cor 11:21-27 (this describes Paul). What make these commands by Paul and Jesus credible?
2. In Matthew 5 who are we being called to imitate and why?
3. What do you think is required of us if we are going to “bless” a person who has deeply hurt us?
4. **Read** Matthew 6:14-15. If you are willing, please share with your group a brief summary of how you were hurt by someone you trusted. (consider reading *Forgiveness and Reconciliation* by Everett Worthington, 2006).
5. Romans 12:15-16 describes empathy. What is empathy and how can it help you begin to forgive someone who hurt you?
6. Paul and Jesus both describe ways in which you can allow your internal feelings to match your decision to forgive. What are a few of these?
7. What are the things we must stop doing in verses 16-21?
8. What happens to us when we don’t stop doing each of these things?
9. Why does revenge only belong to God?
10. Which person or people are you feeling deep hatred toward today? (*Please resist the need to look Christian.*)