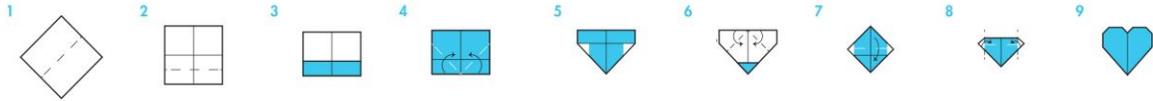


TRANSFORMED

Life Groups

SEASON RUNS JANUARY 26 - MARCH 21

Life Group Member's Notes



INTRODUCTION

Fellowship Together

INTRODUCTION TO THE SERIES

The Transformed Series was developed by Pastor Rick Warren from Saddleback Church. The notes for the series have been taken from the Transformed Workbook. (The guidebook contains the study guide for all 7 small group lessons, a daily devotional for each day of the series (49 total), space for weekly sermon notes, and suggestions for further study based on each week's topic.

Furthermore, within the guidebook are many helpful tools and tips to help make the most out of the series, including a Spiritual Health Check, and tips on how to set goals.)

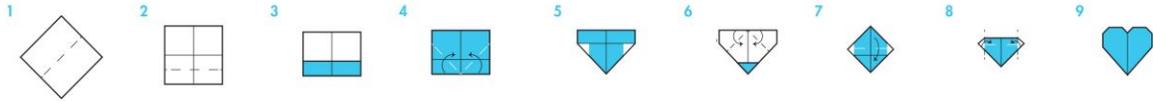
look at God's promises for each of these key areas of life, and we'll discuss the premises or conditions or the steps that we can take in order to live in God's blessing.

For the 7 Life Group sessions, we are going to study the transforming power of Jesus Christ. It gives you what it takes to help you

- Grow closer to God
- Live life with less stress
- Reconcile broken relationships
- Better handle money
- Be more confident at work

God cares about and wants to bless us in every area of our lives. He wants us to be healthy in body, soul, and in spirit. And He has given us the steps and principles in His Word that we can take to live healthy, fulfilling lives.

We trust you will enjoy and be transformed in your relationship with God and with others through this series.



SESSION 1

Transformed in my Spiritual Health

This Study can be found on pages 5-23 of the Transformation Workbook by Rick Warren

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.
- Take turns to share with the group what you hope to get out of being part of a Life Group this year.

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)

VIDEO

Watch the video lesson and follow along in the outline below.

TRANSFORMED IN MY SPIRITUAL HEALTH SEVEN HABITS FOR SPIRITUAL HEALTH

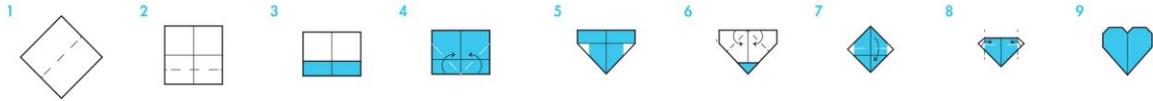
In this session, we listen to Rick Warren teach on 7 habits that will improve our Spiritual Health. God has promised that if we'll practice these 7 habits, all from Scripture, He will bless us with strong, spiritual health.

1. I must _____ Jesus supremely
"If you want to be my follower, you must love me more than your own mother or father, wife and children, brothers and sisters—yes, even more than your own life. Otherwise, you cannot be my disciple."
LUKE 14:26 (NLT)

Spiritual Health is measured by _____.

Jesus replied, "The most important commandment is this... you must love the Lord your God with all your heart (passionately), all your soul (wilfully), 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) But the man 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 there will not be enough room for it.
 MALACHI 3:10 (NIV)

You cannot out-give God!

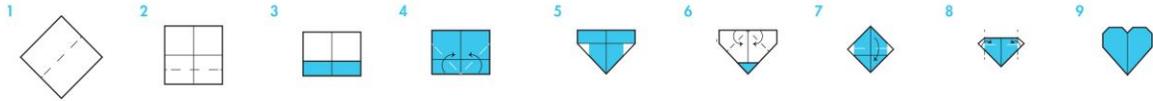
5. I must learn to _____.

"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)

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)



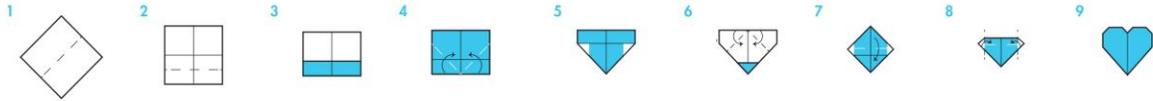
You're going to heaven because somebody told you about **Jesus Christ**. And somebody told the somebody who told you. And somebody told the somebody who told the somebody who told you. Is the chain going to break with you? Is anybody going to be in heaven because of you? If you don't tell somebody, then 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)

DISCOVERY QUESTIONS

(PICK AT LEAST ONE OR TWO)

- What seems to get in the way of your spiritual growth?
- In the video you learned about the importance of a daily time with God. How do you have a daily time with God? What is your normal routine? What typically interferes with you time with God?
- Why is being in a Life Group and serving others so important to your spiritual growth? What can you learn through relationships that you can't learn on your own?
- In the video Pastor Rick said, "Spiritual growth is not automatic. It is a choice." In what ways have you chosen to grow spiritually? What has been the most effective in helping you grow?



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 most?** What is one thing that you can do to begin to make the 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. You may like 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

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. You may like to record the requests so we can watch to see how God answers them.

DIVING DEEPER

WANT TO GO DEEPER IN YOUR SPIRITUAL HEALTH?

- Purchase the Transformed journal by Rick Warren and read the Daily devotions for Days 1-7.
- Read the Memory Verse (above) for this week as part of your quiet time. See if you can memorize it before the next 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 to 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.
 - Get a spiritual health assessment. Most people want to live healthy, balanced lives. A regular medical check-up is a good way to measure physical health and spot potential problems. In the same way a spiritual check-up is vital to your spiritual well-being. The Transformed Journal contains a spiritual health assessment (pp 220-222).