

SERMON STUDY GUIDE



A New Way to Be Human – April 26, 2026

BIG IDEA: *The renewed mind doesn't just change how you think. It creates a whole new way of being human.*

READ

Romans 12:1–2, 9–21

(You may also reference Colossians 3:1–4 and Isaiah 26:3)

Focus on: "Be transformed by the renewing of your mind..." (Romans 12:2)

DISCUSS

1. When you hear "renewing your mind," what do you typically think that means?
2. Where have you seen even small evidence of change in your thinking over this series?
3. What's one "unexpected blessing" from this past week?

COME AND SEE

1. Mercy Comes First (Romans 12:1)

Paul begins with "**therefore**"—everything flows from God's mercy.

Key Insight:

You are not becoming someone God will love. You are responding as someone He already loves.

2. You Are Already Being Shaped (Romans 12:2a)

"Do not conform to the pattern of this world..."

Cultural pressures shaping us:

- Performance = worth
- Image = identity
- Outrage = righteousness
- Anxiety = normal

Key Insight:

You don't have to choose to drift. You have to choose not to.

3. Transformation is Internal First (Romans 12:2b)

"Do not conform to the pattern of this world..."

This is deep, inside-out change:

- Not behavior modification
- Not self-improvement
- But **new creation breaking in**

Cross References:

- 2 Corinthians 5:17 — New creation
- Colossians 3:1–3 — Identity anchored in Christ
- Isaiah 26:3 — Mind stayed on God



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4. The Renewed Mind Sees Reality Clearly (Romans 12:2c)

"Then you will be able to test and approve..."

Transformation leads to **discernment**:

- Seeing truth vs. lies
- Recognizing what actually matters
- Living with clarity, not confusion

Discussion Questions

1. Why is it important that Paul starts with mercy before calling for action?
2. Where do you feel most "pressed" by the patterns of this world?
3. What's the difference between behavior change and transformation?
4. How does a renewed mind change what you notice or value?
5. Where do you need clearer spiritual discernment right now?

FOLLOW ME

Paul shows what the **renewed life actually looks like** (Romans 12:3–21).

Four Marks of a Renewed Mind

1. Honest Identity (v.3)

- Neither inflated nor diminished
- Free from self-obsession

Humility = thinking of yourself less

2. Authentic Love (v.9)

- "Without a mask"
- Not performance-driven
- Not approval-seeking

3. Blessing Instead of Retaliation (v.14–15)

- Responding to harm with grace
- Free from envy and comparison
- Able to rejoice with others

4. Overcoming Evil with Good (v.21)

- Not passive
- Not reactive
- Actively bringing goodness into broken spaces

Key Insight

This is not a better version of the old you. This is a **completely new kind of human life**.

Discussion Questions

1. Which of these four areas is most challenging for you right now?
2. Where do you see "performing" instead of living freely?
3. Why is it so difficult to bless those who hurt us?
4. What would it look like to overcome evil with good in a real situation you're facing?
5. How does identity in Christ make these responses possible?

GO AND BE

Key Truth:

You are not just renewing your thoughts. You are becoming a different kind of person.

Practices for the Week

1. Morning Surrender (Daily)

Start your day with Romans 12:1:

- “God, in view of your mercy... I offer my life to you today.”

Think: *My life is a response, not a performance.*

2. Notice the Formation (Daily)

Ask:

- What is shaping me right now?
- Is this forming me into Christlikeness—or away from it?

3. Choose One Response Shift

Pick one:

- Respond with humility instead of defensiveness
- Love without needing approval
- Bless instead of retaliate
- Choose good when wronged

Practice it intentionally.

Discussion Questions

1. What would it look like to “offer your body” to God in your everyday life?
2. Where are you currently drifting without realizing it?
3. Which practice will you commit to this week—and why?
4. How would your relationships change if you lived this way consistently?
5. Who in your life needs to experience this kind of transformed presence?

INVITATION (Optional Group Moment)

This series ultimately points to a Person—not just practices.

- Where are you in your relationship with Jesus?
- Have you been trying to apply the method without trusting the Person?

Transformation begins with surrender—not self-effort.

CLOSING PRAYER

