



How To Live The Christian Life (Romans 12:1-2)

Talk-it-Over Notes | August 8-9, 2026

REVIEW IT

We all are living in response to something or someone. What makes the Christian life different is that the Christian life is lived in response to 1) the **mercy** of God, 2) the **call** of God, and 3) to the **thoughts** of God.

Responding to the world is much different than responding to God. The call of the wild is much different than the call of God. Your thoughts are much different than God's thoughts. But when I invite God to change my mind, God will change my view of what is good, what is pleasing, and what is perfect.

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform 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.

Romans 12:1-2 NIV

TALK ABOUT IT

1. "A Christian is one who is responding to Christ." Why is it important to respond to God rather than just react to life?
2. Have you ever done something uncharacteristic for you and asked, "Why did I do that?" That's a good question! Think of a time you lost your temper or ate/drank something you shouldn't have, or broke a commitment/resolution. Why do you think you did that? What were you responding to?
3. "Don't listen to your body, offer your body." Romans 12:1-2 teaches that believers are to offer their bodies as living sacrifices and not conform to the pattern of this world. What is one practical way to live this in our daily routines, relationships, and challenges?
4. "I am holy and pleasing to the Lord." Was that difficult for you to say when you listened to the sermon?
5. The process of transformation begins with the renewing of the mind. How has your view of what is good, pleasing and perfect changed as a Christian.

ACT ON IT

This week, begin each day by intentionally reflecting on God's mercy. Before you check your phone or start your daily tasks, spend a few quiet moments in prayer, thanking God for His new mercies and offering your body, thoughts, and actions to Him. Write down one specific area where you want to respond to God instead of reacting to others.

PRAY ABOUT IT

Take time to ask how you can pray for and support one another in prayer. Then, close in prayer.