

WEEK 5: WHEN EXPECTATIONS ARE OVERWHELMING

GROUP DISCUSSION GUIDE

PREPARE

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MAIN POINT

The world's standards for happiness, possessions, lifestyle, education seem to always be increasing, leaving many defeated and discouraged. The pressure to meet expectations the culture places on us, and thus we can place on ourselves, can be overwhelming. There is another way, a better way. Life is so much better when we choose being transformed by Christ over being conformed to the culture.

LEAN IN BREAK THE ICE

Share about a time you had extremely high expectations for a vacation—did the trip meet expectations? Why or why not?

LOOK DOWN LOOK AT GOD'S WORD

Read Romans 12:1-2

Therefore, brothers and sisters, in view of the mercies of God, I urge you to present your bodies as a living sacrifice, holy and pleasing to God; this is your true worship. 2 Do not be conformed to this age, but be transformed by the renewing of your mind, so that you may discern what is the good, pleasing, and perfect will of God.

Read Romans 12:1-2. What four commands are given to us as Christians from these two verses?

What two words are used to describe the "living sacrifice" in Romans 12:1?

What does Paul say is the purpose of being "transformed by the renewing of your mind?"

**LOOK OUT
IDENTIFY THE
RELEVANCE OF
GOD'S WORD IN
THE WORLD**

What are some common cultural expectations that weigh on people in our communities every day?

How does Romans 12:1-2 clash with the expectations that the world has for us?

What does it mean to present ourselves as "living sacrifices" as a means of worship in our everyday lives?

How can we resist being conformed to culture when we live and breathe it every day?

In what ways can we support one another as brothers and sisters in our work of being living sacrifices?