



## **WEEK FIVE: My Stuff, God's Way – Study Guide**

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One of the first words a child says is no. It's really not too hard for them, and it's not something they have to learn to do either. Just like a child says no to a parent, so often we want to do our own thing and say no to God when He wants to change something in our lives. If we want to continue to gain traction in dealing with our "eighth slice," we need to voluntarily submit to each change God wants to make, and humbly ask Him to continue to transform us.

### **Where Am I Today?**

- 1) How open are you when it comes to listening to what God is telling you to change in your life? Explain your answer.

### **Into the Bible**

- 2) A big way to get unstuck and gain traction in our "eighth slice" is to stop saying no to God and submit our lives to Him. **Romans 12:1-2** gives us great insight on how to start doing this. Read it and answer the following questions. What do you think it means to offer your body as a living and holy sacrifice? What is Paul's instruction on the best way to discern how God wants us to live?

# UNSTUCK

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- 3) Sometimes we think allowing God to change us will lead to a joyless, unfulfilled life because we like to be in control of our lives. Submitting to God doesn't mean He makes us joyless. Instead, He fills us with different desires and a new hunger to be satisfied in Him and not in other things. Read **Matthew 5:6**. What does this verse tell us to hunger after, and what promise does Jesus attach to it?
  - 4) From reading the verses in Romans, we see how transformation begins with our minds. Every battle begins with a thought, and what we do with those thoughts is what determines whether we submit to God or yield to temptation. Read **2 Corinthians 10:3-5** and **Philippians 4:8**. What do these verses tell us about where our battle is, and what does Paul tell us to do with our thoughts?

# How Does This Apply

- 5) As we read in the introduction and Scripture, submitting is something that doesn't come easily for us. Are there areas in your life where you're not ready to submit to God just yet? Why? How does that affect your relationship with God and others?
  
  - 6) A big part in recognizing the change that God wants to do in our lives is by submitting to God in what He tells us to do in Scripture. How are you using God's Word as an effective tool in helping you overcome the things that control you?

## UNSTUCK

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7) Some things may not change instantly, but remember, it's not about perfection—it's about progress. Each day is a new opportunity to continue to have your mind transformed with God's power and direction. In what ways are you seeing change in your life, and what is your next step in allowing God to deal with your "eighth slice"?

### Continue Learning on Your Own

8) When we become Christ followers, He takes us on a journey and begins to transform our daily living. In Romans 12:2, the word transformed is derived from the Greek word *metamorphoo*. Does this word sound familiar? If it does, it's because this is the word we get metamorphosis from, which is used to describe the life cycle of a butterfly. It simply means to change. What a great example of the change that takes place when we allow God to transform our lives and how His continual work is being done in us. Read **Philippians 1:6-11** and **Galatians 3:2-3**.

In Paul's prayer to the believers in Philippi, what is he confident will happen, and how does he pray that they continue to grow? In both references, how does growth happen in our lives?