



Small Group Member Goal Ideas

Instructions: Use one of these suggestions if you're having trouble determining a 3-month goal for your Spiritual Goal.

- Choose a 5 minute daily reading plan - pick one and start using it 5 days a week for the next 3 months. You can find one at <http://myrc.link/5x5x5>.
- Over the next 3 months, commit to praying/talking to God for 2 minutes per day 5 days out of each week. Track your progress using your calendar or a journal.
- If you're not in a group, join a Small Group - and go each week during the journey. If you're in a small group, commit to attend each week and complete the daily readings for the journey as well as complete the goal setting.
- Purchase a new journal and write in it daily during your Bible reading/prayer time. If you've been journaling for some time, take 5 minutes each day to look back at an old journal, thanking God for His care and provision in your life.
- Over the next 3 months schedule one or two 4-hour blocks of time to get alone with God. It might include being out in nature, renting a hotel room by yourself, driving to a park, etc. Take time to read His Word, journal your thoughts and prayers, or just be quiet/still to listen for what He wants to say to you while you've set aside time to be with Him.
- Share your story w/someone this week. Pray next week for someone new to share your story with. Week 3, share your story, week 4, pray for someone new for upcoming week. Continue pattern and see how God uses your story.
- What would it be like to pick one selfless act of service each week for the next 3 months? Things to include might be bringing a neighbor their mail, mowing someone's lawn for them, returning the trash cans up to your neighbor's garage, paying for someone's meal or coffee, sending a note of encouragement to a co-worker, etc.
- Meet with a friend or mentor on a regular basis to talk about your life of faith. Commit to meeting weekly or bi-weekly over the next 3 months and talking about the goals God is laying on your heart during the journey.
- Identify someone in your life that could use your encouragement in their life. Find one thing each week that you, your family or small group can do to encourage them and do it over the next 3 months. For extra fun, do it anonymously.
- Create a reading list & 1 book per month (examples, missionary biographies, spiritual growth books, etc.). Need ideas? Check out <http://myrc.link/CT-bookawards> or <http://myrc.link/bestbios>.

TRANSFORMED

Message Notes & Small Group Discussion

Transformed Spiritually
September 17, 2017



“Transformed: Spiritually”
[Tom Lundeen, Senior Pastor]

MESSAGE NOTES

Note Romans 12:2

Change doesn't start with _____; it begins in our mind.

Not cooperating with the God who made you and following His plan for your life is a _____ for pain and disappointment.

...we have the tendency to _____ (*note Isaiah 53:6*).

Note Luke 15:11-24

This portion of this amazing parable gives us 4 principles that are a _____ back to God and spiritual transformation.

1. _____ Dissatisfaction
(note Luke 15:13-14, 17)

There needs to be a genuine _____ and even a sense of desperation that makes us anxious to change.

...while God loves you just as you are, He loves you _____ to let you stay that way.

God will at times “salt our oats” to cause us to thirst for Him (*note Jeremiah 29:13*).

2. Personal _____ (note Luke 15:17-18)

You wake up and realize to live without God isn't _____; to live apart from the _____ who made you doesn't make sense.

Note Isaiah 59:2

We need to take personal responsibility for our choices and stop _____ other people/circumstances.

Spell blame “_____”.

Note Psalm 51:1-4

When we _____ to our sin, God's response is Isaiah 1:18 and I John 1:9.

“A spiritual check-up is from the _____” (Warren).

Note II Corinthians 13:5; I Corinthians 11:28, Psalm 139:23-24 (link to Pastor Tom's message on prayer last May:

http://myriversidechurch.com/pages/page.asp?page_id=149113&programId=258506)

3. S _____ (note Luke 15:12, 19)

Note the change from, *I want _____ share...to Make me a _____...*

Note II Corinthians 3:18 and Romans 12:1-2

Metamorphoo = m_____

4. _____ (note Luke 15:20, 22)

God takes the initiative (_____).

God doesn't hold a grudge against all your _____ choices.

You were made for more than “the _____ life” (it's never good enough).

We're made for the “_____ life”, the transformed life.

Instead of condemnation, there is c_____ (*note Luke 15:23-24*).

A key to spiritual transformation = _____ with others at church (*note Psalms 68:4 and 13:6; and book Imperfect Harmony: Finding Happiness in _____ With Others*)

We can be transformed by God:

- God is ready, willing, and able to _____ you today and help you experience the process of genuine transformation.
- Spiritual transformation begins when we say “Yes” to Jesus as Lord.
- Sing _____ the songs in church the next 3 Sundays and see how it impacts you.
- You can still sign up for small group today (GroupLink) and get the resources for this spiritual journey!

Tell someone about the next step you took today in your spiritual journey. You can also use the connect card to let us know about your commitment, too!



“Transformed: Spiritually”
Tom Lundeen, Senior Pastor

MESSAGE NOTES

Note Romans 12:2

Change doesn't start with behavior; it begins in our mind.

Not cooperating with the God who made you and following His plan for your life is a recipe for pain and disappointment.

...we have the tendency to wander (note Isaiah 53:6).

Note Luke 15:11-24

This portion of this amazing parable gives us 4 principles that are a pathway back to God and spiritual transformation.

1. Healthy Dissatisfaction (note Luke 15:13-14, 17)

There needs to be a genuine hunger and even a sense of desperation that makes us anxious to change.

...while God loves you just as you are, He loves you too much to let you stay that way.

God will at times “salt our oats” to cause us the thirst for Him (note Jeremiah 29:13).

2. Personal Accountability (note Luke 15:17-18)

You wake up and realize to live without God isn't rational; to live apart from the Creator who made you doesn't make sense.

Note Isaiah 59:2

We need to take personal responsibility for our choices and stop blaming other people/circumstances.

Spell blame “b-lame”.

Note Psalm 51:1-4

When we own up to our sin, God's response is Isaiah 1:18 and 1 John 1:9.

“A spiritual check-up is from the neck-up” (Warren).

Note 2 Corinthians 13:5; 1 Corinthians 11:28, Psalm 139:23-24 (link to Pastor Tom's message on prayer last May: http://myriversidechurch.com/pages/page.asp?page_id=149113&programId=258506)

3. Surrender (note Luke 15:12, 19)

Note the change from, *I want my share...* to *Make me a servant...*

Note 2 Corinthians 3:18 and Romans 12:1-2

Metamorphoo = metamorphosis

4. Worship (note Luke 15:20, 22)

God takes the initiative (grace).

God doesn't hold a grudge against all your poor choices.

You were made for more than “the good life” (it's never good enough).

We're made for the “better life”, the transformed life.

Instead of condemnation, there is celebration (note Luke 15:23-24).

A key to spiritual transformation = singing with others at church (note Psalms 68:4 and 13:6; and book *Imperfect Harmony: Finding Happiness in Singing With Others*)

We can be transformed by God:

- God is ready, willing, and able to embrace you today and help you experience the process of genuine transformation.
- Spiritual transformation begins when we say “Yes” to Jesus as Lord.
- Sing all the songs in church the next 3 Sundays and see how it impacts you.

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