



## Small Group Member Goal Ideas

**Instructions:** Use one of these suggestions if you're having trouble determining a 3-month goal for being transformed relationally.

- Continue to attend your Small Group for the next 3 months! Learn 1 new thing about each person in your group during this time.
- Do a First Serve until you find a place you fit and serve in that area for the next 3 months. Meet a new person every week you serve and learn how they came to Christ.
- Within the next 3 month period, arrive to a service early and find someone who is sitting alone. Introduce yourself to them and have a short conversation. If it goes well, try it again another week.
- For the next 3 months, eat dinner together with your family 5 days each week at the kitchen / dining room table.
- Commit to memorizing the weekly memory verse and talk to someone close to you about what the verses mean to you and compare notes.
- Over the next three months, pick one family event (game night, movie night, serve others night, guest night, etc.) and make it happen at least once each month. Single? Plan to do the same thing with a friend, co-worker, neighbor or extended family member.
- Identify 5 people who have made an impact in your life. In the next 3 months, write them a note/letter telling them how much they mean to you and how they've impacted your life and mail that letter to them.
- Without compromising your health goal, put a dish of candy or healthy snack on your desk and commit to keeping it filled for 3 months. Try to talk to as many people as you can who pass by your desk for a snack/piece of candy.
- Commit to volunteer with your group within your community in the next 3 months. Faith in Action and the Great Pumpkin Party are excellent choices.
- Talk to someone in your life who has helped you grow spiritually. Ask them if they would be willing to continue to help you by meeting weekly to continue to help you grow. These partnerships often have the added bonus of allowing both participants to grow spiritually.
- Plan to eat dinner with your group. Plan a theme and have everyone bring a dish. If your group would be up for it, invite people you know who are not Christ followers and have them eat with you and your group.
- Attend membership class on Sunday, November 5th from 4:00-6:30pm. This is a great way to get to know other Riversiders and to help you determine if membership is your next step. Register at <http://myriversidechurch.com/membership>.

# TRANSFORMED

## Message Notes & Small Group Discussion

*Transformed Relationally*  
**October 15, 2017**



**“Transformed Relationally”**  
**[Tom Lundeen, Senior Pastor]**

**MESSAGE NOTES**

Series on Genesis and message on Genesis 3: [http://myrc.link/IRRESISTIBLE\\_CHOICE](http://myrc.link/IRRESISTIBLE_CHOICE)

Note Genesis 3:6-19

The biggest problem in relationships = \_\_\_\_\_.

**1. Fear of Being \_\_\_\_\_**

...we know there's plenty about ourselves we don't \_\_\_\_\_ and we don't want others to see.

The fear of being exposed makes us keep our \_\_\_\_\_ from others (note Genesis 3:9-10).

What are you \_\_\_\_\_ from today?

Fear causes us to try to “\_\_\_\_\_”.

Fear d\_\_\_\_\_ relationships with:

- A. S\_\_\_\_\_ (note Genesis 3:7)
- B. C\_\_\_\_\_ (note Genesis 3:7)
- C. \_\_\_\_\_ from God (note Genesis 3:8).

**2. Fear of Being \_\_\_\_\_**

The more critical/attacking/putting others down a person is, the more they fear being \_\_\_\_\_ (note Genesis 3:12-13).

**3. Fear of Losing \_\_\_\_\_**

The more \_\_\_\_\_ you are the greater need you have to get your way. (Warren)

Note Genesis 3:16

So what is God's answer to these fears that make our relationships \_\_\_\_\_?

**4. God's Answer = \_\_\_\_\_**

Note I John 4:18a

The opposite of fear isn't \_\_\_\_\_, it is love.

Note I John 4:18b

“Punishment = “\_\_\_\_\_ consequences”

**5. How Can I Learn to \_\_\_\_\_ in God's Love?**

Every day I:

- A. S\_\_\_\_\_ to God—His love pushes out worry, anxiety, insecurity, and \_\_\_\_\_ (note Romans 8:15). Being controlled by fear isn't God's \_\_\_\_\_ for His family (note II Timothy 1:7).
- B. Remember I'm \_\_\_\_\_ - what does God think about me?
  - i. I'm completely \_\_\_\_\_ - the most important \_\_\_\_\_ in the universe accepts you and me (note Titus 3:7).
  - ii. I'm unconditionally I \_\_\_\_\_ (note Romans 5:8 and Isaiah 54:10).
  - iii. I'm perfectly \_\_\_\_\_ (note Romans 8:1).
  - iv. I'm p\_\_\_\_\_ to God—what determines the \_\_\_\_\_ of something? Note I Corinthians 7:23.
- C. \_\_\_\_\_ to love others (note John 13:34).

We can be transformed by God:

Note Romans 15:7

How do I make people in my life feel \_\_\_\_\_? (note I Corinthians 13:7)

- Patient = extending \_\_\_\_\_.
- Believing = expresses \_\_\_\_\_ in others.
- \_\_\_\_\_ = expects the best.
- Never gives up = \_\_\_\_\_ the worst but keeps loving.
- Healthy relationships start with \_\_\_\_\_.

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!



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Tom Lundeen, Senior Pastor

**MESSAGE NOTES**

Series on Genesis and message on Genesis 3: [http://myrc.link/IRRESISTIBLE\\_CHOICE](http://myrc.link/IRRESISTIBLE_CHOICE)

Note Genesis 3:6-19

The biggest problem in relationships = fear.

**1. Fear of Being Uncovered**

The closer people get to you, the more they see your mistakes, faults, failures, and weaknesses. The fear of being exposed makes us keep our distance from others (note Genesis 3:9-10).

What are you hiding from today?

Fear causes us to try to “fake it”.

Fear damages relationships with:

- A. Shame (note Genesis 3:7)
- B. Concealing (note Genesis 3:7)
- C. Hide from God (note Genesis 3:8).

**2. Fear of Being Rejected**

The more critical/attacking/putting others down a person is, the more they fear being rejected (note Genesis 3:12-13).

**3. Fear of Losing Control**

*The more insecure you are the greater need you have to get your way.* (Warren)

Note Genesis 3:16

So what is God's answer to these fears that make our relationships unhealthy?

**4. God's Answer = Love**

Note 1 John 4:18a

The opposite of fear isn't faith, it is love.

Note 1 John 4:18b

“Punishment” = “negative consequences”

**5. How Can I Learn to Live in God's Love?**

Every day I:

- A. Surrender to God – His love pushes out worry, anxiety, insecurity, and fear (note Romans 8:15). Being controlled by fear isn't God's design for His family (note 2 Timothy 1:7).
- B. Remember I'm loved – what does God think about me?
  - i. I'm completely accepted - the most important Person in the universe accepts you and me (note Titus 3:7).
  - ii. I'm unconditionally loved (note Romans 5:8 and Isaiah 54:10).
  - iii. I'm perfectly forgiven (note Romans 8:1).
  - iv. I'm priceless to God – what determines the value of something? Note 1 Corinthians 7:23.
- C. Choose to love others (note John 13:34).

*We can be transformed by God:*

Note Romans 15:7

How do I make people in my life feel loved (note 1 Corinthians 13:7)?

- *Patient* = extending grace.
- *Believing* = expresses faith in others.

- Hoping = expects the best.
- Never gives up = endures the worst but keeps loving.
- Healthy relationships start with me.

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!