



RCCG OCEANIA

Spiritual Disciplines

Embracing Transformation in Christ

At a Glance

BIG IDEA

Transformation is not about comfort but about aligning with God's purpose. By renewing our minds and embracing discipline, we can overcome past mindsets and step into the future God has planned for us. Biblical examples like Joseph, Moses, and Paul illustrate the power of transformation and the necessity of letting go of excuses and embracing God's vision.

PRIMARY PASSAGES

2 Corinthians 5:17

Romans 12:2

Hebrews 12:11

Exodus 4:10-12

Philippians 3:13-14

Key Takeaways

- Transformation requires letting go of the old self.
- Renewing the mind is essential to understand God's will.
- Discipline is necessary for spiritual growth and righteousness.
- Excuses hinder personal and spiritual development.
- Biblical figures like Joseph and Moses exemplify transformation.

Introduction

Transformation in Christ is a journey of letting go of our old selves and embracing the new identity and purpose God has for us. This process involves renewing our minds, practicing discipline, and overcoming excuses. By looking at the lives of biblical figures such as Joseph, Moses, and the Apostle Paul, we can learn valuable lessons about the power of transformation.

Scripture Reading

- **2 Corinthians 5:17** — Emphasizes the new identity in Christ, leaving the old self behind.
- **Romans 12:2** — Encourages transformation through the renewal of the mind to discern God's will.
- **Hebrews 12:11** — Highlights the role of discipline in producing righteousness and peace.
- **Exodus 4:10-12** — Illustrates God's call to Moses, emphasizing obedience over excuses.
- **Philippians 3:13-14** — Encourages moving forward and focusing on God's calling.

Key Points

1. Recognize Outdated Self — Identify and release outdated mindsets that hinder spiritual growth. This involves acknowledging areas where the old self still influences actions and thoughts. As new creations in Christ, we are called to let go of past behaviors and embrace our new identity. This recognition is the first step towards true transformation.

- Reflect on areas where old habits still influence your life.
- Pray for strength to release past mindsets.
- Seek accountability from a trusted friend or mentor.

Scripture: 2 Corinthians 5:17

2. Embrace Growth Discomfort — Understand that growth often involves discomfort and pain, which are signs of transformation. Embrace these as part of the journey. Just as physical exercise strengthens the body through resistance, spiritual growth often requires enduring challenges that refine our character.

- Identify current challenges that may be opportunities for growth.
- Journal about how discomfort has led to growth in the past.
- Pray for perseverance during difficult times.

Scripture: Hebrews 12:11

3. Align with God's Vision — Align your actions and thoughts with God's purpose by renewing your mind and focusing on His calling for your life. This alignment requires a conscious effort to discern God's will and make decisions that reflect His desires for us. By doing so, we can live a life that is pleasing to God and fulfilling.

- Spend time in prayer and meditation to discern God's will.
- Set goals that align with God's purpose for your life.
- Regularly evaluate your actions to ensure they reflect God's vision.

Scripture: Romans 12:2 Philippians 3:13-14

Key Points (cont.)

- 4. Practice Discipline** — Discipline is crucial for achieving spiritual maturity and aligning with God's will. It acts as a bridge to your next level. Through discipline, we develop habits that foster spiritual growth and enable us to withstand trials and temptations.
- Establish a daily routine that includes prayer and Bible study.
 - Set aside time for regular reflection and self-assessment.
 - Seek out spiritual disciplines that challenge and grow your faith.

Scripture: Hebrews 12:11

- 5. Overcome Excuses** — Excuses are barriers to growth. Look to Moses as an example of overcoming excuses to fulfill God's purpose. Despite his initial reluctance, Moses chose to trust God's plan and became a pivotal leader for his people. We too must overcome our excuses to fully embrace God's calling.
- Identify excuses that prevent you from pursuing God's purpose.
 - Challenge yourself to take one step towards overcoming an excuse.
 - Pray for courage to trust in God's plan over your own fears.

Scripture: Exodus 4:10-12

Group Discussion

Tip: Use these questions to guide the group from seeing → understanding → applying.

Observation

- What does 2 Corinthians 5:17 say about our identity in Christ?
- How does Romans 12:2 describe the process of transformation?
- What role does discipline play according to Hebrews 12:11?
- How did God address Moses' excuses in Exodus 4:10-12?

Interpretation

- Why is it important to let go of the old self in the process of transformation?
- How can discomfort be a sign of spiritual growth?
- What does it mean to align with God's vision for our lives?
- In what ways can discipline lead to spiritual maturity?

Application

- What outdated mindsets do you need to release to embrace transformation?
- How can you embrace discomfort as part of your spiritual journey?
- What steps can you take to better align with God's vision for your life?
- What excuses do you need to overcome to fulfill God's purpose?

Prayer Focus

- Pray for strength to release past mindsets
- Seek God's guidance in aligning with His purpose
- Ask for perseverance through discomfort and growth

Next Step

Reflect on areas where old habits still influence your life and seek accountability to embrace transformation.

Conclusion

Embracing transformation in Christ is a lifelong journey that requires us to let go of our old selves, renew our minds, and practice discipline. By overcoming excuses and aligning with God's vision, we can step into the future He has planned for us. Let us be inspired by the examples of Joseph, Moses, and the Apostle Paul, who embraced transformation and fulfilled their God-given purposes.

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Adapted from Myles Munroe's teachings: <https://www.youtube.com/watch?v=lnI0kbnZTBc>