



# LIFE PASSAGES

## ROMANS 12:1-2

Offer yourself

Apply your mind

**GETTING STARTED:** Have you ever been spiritually stuck? What did it feel like to be there?

**DIG DEEPER:** In thinking about yourself as a “living, holy sacrifice” in what ways does this resonate with you? What about it gives you pause? Where and how do you find yourself conforming to this world? Why is this so easy for us? Read 1 Corinthians 9:24-27. What does Paul say about training for the Christian life? Read 2 Corinthians 10:3-5 and Philippians 4:8. What do these passages say about capturing thoughts? What are some ways that you cooperate with God in having your mind transformed (cf. Eph. 4:22-24)?

**LIVING IT OUT:** What will you do this week to stop going into spiritual debt (i.e., conforming to this world)? What lifestyle changes do you need to make? What one habit (spiritual discipline) will you adopt this week to begin the process of getting spiritually free?

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Matt Dumas graduated from Dallas Theological Seminary with a Th.M. in Bible Exposition. Prior to coming on staff at Northwest, he worked for a number of years as a CPA and most recently at a small church in rural Nebraska as the Pastor of Discipleship and Outreach. He currently serves as the Minister of Equipping here at Northwest Bible Church. He and his wife, Wendy, have three boys, Life, Jack, and Luke.