

Be Transformed – Leader Guide

This study is designed for **seven** meetings.

Each week the teaching broaches the overarching topic which will be covered in more detail during the homework. The questions starting with “personal reflection” are not intended for group discussion.

At the end of each day of homework, there is space to personalize one of the verses used in the lesson. This will be used during an exercise in Week 6 (see page 149).

Additional Resources

www.karenbaney.com/be-transformed

- Session Answers

Session 1

Before the Session

Pray for each member by name. Ask the Holy Spirit to speak to each of the members and to remove any obstacles that might keep them from coming to class.

Have name tags ready, to help everyone learn each other’s names.

Ice Breaker

Share a time when a movie scene stuck in your mind. What movie was it? Why did you keep thinking about that scene?

Session

Turn to the title page. Read Romans 12:2 out loud together. Encourage the class to memorize this verse.

Read the introduction together on pages iii – iv.

Teaching

Live Teaching *Session 1: Mind Games*.

Discussion Questions

1. What stood out to you the most from the Introduction or Session 1? Why?
2. How do you feel knowing that our thoughts matter to God?
3. Were you surprised to learn that He made sure there were so many verses in the Bible about our mind, heart, and thoughts?

4. How is the world's way of renewing our minds different from God's way?
5. What do you hope to gain from this study?

Closing

Remind the class to mark or highlight anything that stands out to them as they go along in the study. We will be using those notes for an exercise during the last week of homework.

Pray that God would help each class member believe that their thoughts are important to Him and that he wants to help them learn healthy thought patterns.

Session 2

Before the Session

Pray for each member by name. Ask the Holy Spirit to speak to each of the members and to remove any obstacles that might keep them from coming to class.

Have name tags ready, to help everyone learn each other's names.

Ice Breaker

Share a time when you tried to give up a habit or start a new habit. What was it like? How long did it take you to become comfortable with the change?

Session

Turn to the title page. Read Romans 12:2 out loud together. Encourage the class to memorize this verse.

Go through the discussion questions below prior to the teaching.

Discussion Questions

1. Do you believe you can change your thought patterns? Why or why not?
2. What stood out to you the most from the exercise on pages 5 – 6?
3. On pages 12 – 13, we read the story of David and Bathsheba. Where did David's sin begin?
4. What could David have done differently to keep from committing adultery and then murder?
5. On page 14, read Ephesians 4:22-24. How is this passage like our theme verse of Romans 12:2? How is it different?
6. On pages 17 – 18, how does the Bible help us change our thought patterns?
7. According to Galatians 5:16, how do we keep from gratifying the desires of the flesh? (page 19)

Teaching

Live teaching *Session 2: Building a Good Foundation*.

Discussion Questions After the Teaching (opt.)

1. What did Jesus say about trials in John 16:33?
2. How do we build our foundation on the rock?
3. Who helps us in our weakness? How does He do this?
4. Where does our identity come from? How can we learn more about that identity?

Closing

Remind the class to mark or highlight anything that stands out to them as they go along in the study. We will be using those notes for an exercise during the last week of homework.

Pray that God would show class members practical and tangible ways they can build their foundation on Him. Ask that the Spirit would remind them of their identity in Christ.

Session 3

Before the Session

Pray for each member by name. Ask the Holy Spirit to speak to each of the members and to remove any obstacles that might keep them from coming to class.

Have name tags ready, to help everyone learn each other's names.

Ice Breaker

Can you think of a time when someone played a prank on you or someone teased you about something you thought was real, only to find out later it wasn't?

Session

Turn to the title page. Read Romans 12:2 out loud together. Encourage the class to memorize this verse.

Go through the discussion questions below prior to the teaching.

Discussion Questions

1. I'm not _____ enough. Which one of the "not enough's" on pages 23 – 28 did you relate to? Why?
2. Why should we stop beating ourselves up? (pages 28 – 32)
3. Which do you struggle with the most: having high expectations of yourself or trying to live up to other people's expectations? What was the most helpful verse or verses on pages 33 – 36?
4. How can taking ownership help us stop blaming others? (pages 37 – 38)
5. What did David do in a time of despair according to 1 Samuel 30:2-3 and Psalm 18:6? (pages 40 – 41)

Teaching

Live teaching *Session 3: Our Minds, The Flesh, and Satan.*

Discussion Questions After the Teaching (opt.)

1. What is “the flesh”?
2. How can we combat our flesh?
3. What is Satan’s plan?
4. What are some of Satan’s tactics?
5. What are some of our weapons against Satan?

Closing

Remind the class to mark or highlight anything that stands out to them as they go along in the study. We will be using those notes for an exercise during the last week of homework.

Pray for the member’s continued commitment to changing their thought patterns. Ask that God would give them the strength to fight their enemies: the flesh and Satan. Ask the Spirit to remind them of what they are learning.

Session 4

Before the Session

Pray for each member by name. Ask the Holy Spirit to speak to each of the members and to remove any obstacles that might keep them from coming to class.

Have name tags ready, to help everyone learn each other’s names.

Ice Breaker

What is one thing that you don’t like about yourself? This could be a physical attribute or a habit or a personality quirk.

Session

Turn to the title page. Read Romans 12:2 out loud together. Encourage the class to memorize this verse.

Go through the discussion questions below prior to the teaching.

Discussion Questions

1. Where does our identity come from? How does knowing our true identity help us change what we think? (pages 47 – 51)
2. On page 53, what did we learn from 2 Corinthians 12:9 about our state when God’s power is made perfect? What does God provide to sustain us?

3. How can legalism keep us from changing our thought patterns?
4. Do we have to fear failure, shame, disgrace or humiliation? Why or why not? (pages 55 – 56)
5. What is the difference between guilt and conviction? How can we respond to our false guilt? What is the purpose of conviction? (pages 56 – 60)
6. How do pride, selfish ambition, and fits of rage (anger) keep us from changing our thought patterns? How can we combat pride, selfish ambition, and anger? (pages 62 – 66)
7. What is the purpose of our emotions? Where do our emotions stem from? How can we control our emotions? (pages 66 – 70)

Teaching

Live teaching *Session 4: Fear, Worry & Anxiety*.

Discussion Questions After the Teaching (opt.)

1. How are fear, worry, and anxiety connect-ed?
2. What can we remember to help us with our fear?
3. What does worry accomplish?
4. What thoughts can we focus on to over-come our worry?
5. What can we do to alleviate our anxiety?

Closing

Remind the class to mark or highlight anything that stands out to them as they go along in the study. We will be using those notes for an exercise during the last week of homework.

Pray that the class will remember that God provides everything we need the next time they feel worried. Ask the Spirit to remind them to cast their anxiety on Him.

Session 5

Before the Session

Pray for each member by name. Ask the Holy Spirit to speak to each of the members and to remove any obstacles that might keep them from coming to class.

Have name tags ready, to help everyone learn each other's names.

Ice Breaker

Have you ever been afraid of or worried about something, only later to find out that it was no big deal? Share with the class.

Session

Turn to the title page. Read Romans 12:2 out loud together. Encourage the class to memorize this verse.

Go through the discussion questions below prior to the teaching.

Discussion Questions

1. How do we disguise our “what if” worries so they seem like a good thing? What can we do to overcome our “what if” worries? What characteristic of God helps us? (pages 75 – 78)
2. How do our “why’s” trap us in negative thoughts? What can we do to suffer well? What characteristic of God helps us change how we view our trials? (pages 78 – 81)
3. What are some of the things we worry about? (pages 82 – 83)
4. What characteristic of God helps us when we worry? (page 84)
5. How can worrying about our past affect our thoughts? What characteristic of God can help us overcome our past? (pages 85 – 88)
6. What is the root cause of our need to control? What is the characteristic of God that can help us change our controlling behaviors and thoughts? (pages 89 – 93)

Teaching

Live teaching *Session 5: Love One Another (& Yourself)*.

Discussion Questions After the Teaching (opt.)

1. How does loving ourselves too much affect our relationships?
2. What is the opposite of self-centeredness?
3. How does loving ourselves too little affect our relationships?
4. What are some lessons we learn from Matthew 25:14-30?
5. What kind of self-image do we have when we love ourselves just right?
6. How does a sober self-image help us change our thought patterns?

Closing

Remind the class to mark or highlight anything that stands out to them as they go along in the study. We will be using those notes for an exercise during the last week of homework.

Pray that God will help each person have a sober and grounded self-image—that those with low self-esteem will see themselves as God does and that those with self-centered tendencies will learn humility.

Session 6

Before the Session

Pray for each member by name. Ask the Holy Spirit to speak to each of the members and to remove any obstacles that might keep them from coming to class.

Have name tags ready, to help everyone learn each other’s names.

Ice Breaker

Think of a time when misunderstanding something that someone said got you into trouble. Share it with the class.

Session

Turn to the title page. Read Romans 12:2 out loud together. Encourage the class to memorize this verse.

Go through the discussion questions below prior to the teaching.

Discussion Questions

1. Do you have some victories you would like to share from pages 96 – 98?
2. What happens when we place too much emphasis on pleasing others or when we become addicted to the approval of others? (pages 99 – 103)
3. What verse(s) can help you change your people pleasing to God-pleasing? (pages 103 – 104)
4. What negative behaviors do we exhibit when we try to control others? How does that affect our relationships? What words and thoughts can help make our relationships better? (pages 105 – 110)
5. How do our thoughts and assumptions about others impact our relationships? Can we trust our own judgment at all times? What happens when we judge others or act suspiciously? How can we change these thought patterns? (pages 111 – 116)
6. What are some of the masks you wear? What can change those masks? (pages 117 – 121)
7. What are the five principles for conflict resolution? How can we apply these to our relationships? (pages 121 – 128)

Teaching

Live teaching *Session 6: Think on These Things*.

Discussion Questions After the Teaching (opt.)

1. What are some questions we can ask to help us evaluate our thoughts using Philippians 4:4-9?
2. What is a power thought?
3. How can a power thought help us change our thought patterns?
4. What stood out to you the most from the reading of Psalm 32?

Closing

At the end of this week, there is an exercise to write out power thoughts based on the things the members have highlighted throughout the class.

Pray that God will help everyone align their thoughts with His. Ask Him to be the source of the power thoughts that they will write later this week.

Session 7

Before the Session

Pray for each member by name. Ask the Holy Spirit to speak to each of the members and to remove any obstacles that might keep them from coming to class.

Ice Breaker

Have you ever tried to memorize something word for word? Was it easy or hard? Why?

Session

Turn to the title page. Read Romans 12:2 out loud together.

Go through the discussion questions below prior to the teaching.

Discussion Questions

1. What is the purpose of truth? How does knowing the truth from Scripture help us change our thought patterns? (pages 133 – 135)
2. What is “right or righteous thinking”? How does “right thinking” help us change our thought patterns? (pages 136 – 137)
3. What are noble and admirable thoughts? What are three areas of our lives we can examine to see if our thoughts are noble and admirable? (pages 137 – 140)
4. What are some things that you find lovely that can help you change your thought patterns? (pages 141 – 143)
5. What is valuable to God? How is gratitude related to excellent and praiseworthy thoughts? (pages 145 – 146)
6. How does purity play a role in our thought patterns? What kind of words come from the pure in heart? (pages 147 – 151)
7. Share some of the personalized power thoughts. (pages 151 – 158)
8. Why should we continue to learn even after this study is done? (page 158)

Teaching

Live teaching *Session 7: The Transformation Process*.

Discussion Questions After the Teaching (opt.)

1. Who reminds us of what we’ve learned in this study?
2. What role does God’s Word play in changing our thought patterns?
3. What does Philippians 4:9 tells we should do?
4. What are some practical ways we can remember what we’ve learned in this study?
5. What will you do to keep learning?

Closing

Remind the class to plan some follow up steps to help them continue to learn. They can try some of the things listed in the Session 7 notes page or they can try something else.

Pray that the Spirit will continue to remind the members of what they have learned during this study. Pray that God will grant each member lasting victory in their thought patterns by continually relying on Him.