

Study Guide Notes

Our Study: Romans 12.1-2 – Spiritual Formation 2026

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Objective: In 2026, we commit our lives to spiritual formation, so we may experience knowing God (intimately), walking with God (relationally), and partnering with God (faithfully).

Our Points: Our Spiritual Formation in 2026

STEP 1: _____ your life to God (Knowing God) v1.

Spiritual formation begins with an intentional decision in 2026 to offer your entire life to God as a living sacrifice.

- I **beseech** you – this is a plea, not a command. He is inviting a response.
- By the **mercies** of God – based on God’s undeserved favor demonstrated in Christ toward you.

Mercies of God in Christ are that He loved us, died for us, forgave us, saved us, adopted us, gave us new life, filled us with the Holy Spirit and promised us eternal life with Him forever.

- that you **present** your bodies **a living sacrifice**.
 - Present = voluntarily offer
 - Bodies = your whole life (time, talent, and treasure)
 - Living sacrifice = dead while still living ‘yes to God not self’
- **holy, acceptable** (pleasing) to God = Your life is set apart for God to live a life that is pleasing to Him. No to Self! Yes to God!
- which is your **reasonable** service = logical worship lived out daily not just performed in rituals.

Offering ourselves as a sacrifice to God is not a payment for sin or a way to earn God’s favor. Our relationship is rooted in our response to His mercies, renewed every morning.

Answers: What is genuine worship? I offer my life to God by setting myself apart and choosing to live in a way that is pleasing to Him.

STEP 2: _____ God to shape your mind (Walk with God) v12a.

After you offer yourself to God, it allows Spiritual formation to transform the mind to change your identity like Christ.

- **do not** be conformed to this world – there is constant pressure to adapt to the culture’s values, behavior, and desires. Their way of defining morality, success, identity, fulfillment, etc.
- but **be transformed** – inward change not behavior modification.
- by the **renewing of your mind** – Spiritual transformation renews the mind, so our beliefs and values align with God’s truth, shaping how we see God, ourselves, and the culture.
- The agents used to renew our minds unlearn and relearn truth is the Holy Spirit and God’s Word.
- Revelation not just information
- Identity first not behavior
- Convicts error and reshape perspective
- Not inform the mind but forms the mind like Christ.
- Not changing what you do, but who you are becoming.’

STEP 3: _____ His will (Partner with God) v12b.

The last step in Spiritual formation as we offer our lives to God, our minds being transformed by His Spirit and the Word, we are able to discern God’s will and join Him in His work.

- that you may prove – discern between right and wrong
- what is that good – beneficial, wholesome, life-giving
- and acceptable – pleasing to God
- and perfect will of God – bring your life to its intended purpose

Three dimensions of God’s will:

Good – God’s will is beneficial

Acceptable – God’s will is pleasing to Him

Perfect – God’s will completes His intended design

‘As your mind is renewed, you increasingly walk in the fullness of God’s design.

Application:

1. What does it practically look like for you to ‘present’ yourself to God?
2. How does understanding God’s mercy inspire you (works you’re doing)?
3. In what ways is my life an act of worship unto God?