



# BECOMING WHOLE

## A TRANSFORMED LIFE

### GROUP GOALS

1. Get conversation around transformation started
2. Begin to build deeper relationships by sharing areas we desire change

### SERMON TEXT

**2 CORINTHIANS 3:18**

### OVERVIEW

The Bible calls us to change. It uses the word transformation to describe this change. This means Biblical change is a complete transformation of who you are. The gospel doesn't just make bad people good, it makes dead people living. In this sermon we provide an overview of the entire series to answer the questions: What are we being transformed into? What does this process look like? What role do I play? What role does God play?

### READING PLAN

**2 CORINTHIANS 3:1-4:6**  
**HEBREWS 12:1-2**  
**GALATIANS 3:3, 5:16-26**  
**ROMANS 12:1-21**  
**ROMANS 8:18-30**

### GROUP QUESTIONS

1. What is one thing in your life that you have tried to repeatedly change about yourself without much lasting success?
2. Where do you feel like God wants to do the most work in your life?
3. What hinders you from experiencing joy and passion in your life?
4. What fears do you have about considering transformation in your life?
5. Where in your life do you feel less than whole?

### NEXT WEEK

Take the free DISC test at:  
<https://discpersonalitytesting.com/free-disc-test/>  
 - Send results to your group leader  
 - Be ready to discuss at your next group meeting

### PRAY TOGETHER

Jump into prayer together and rather than sharing your prayer requests, just pray them.  
 Pray for God to reveal and remove obstacles to true change and freedom in your life.



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## A TRANSFORMED LIFE

### GROUP GOALS

1. Continue building relationships by sharing stories
2. Identify tangible ways where Jesus has redeemed people's stories

### OVERVIEW - PSALM 139

It is our story that makes us who we are today. Transformation happens when we realize that we are not just shaped by our own story, but ultimately we are shaped by God's story. We are called to surrender our stories to our Savior because only Jesus can redeem your past and transform your future.

### READING PLAN

**PSALM 139**  
**HEBREWS 12:1-2**  
**JOHN 9:1-12**  
**LUKE 8:26-39**  
**LUKE 8:40-56**

### GROUP QUESTIONS

1. What are some shaping influences of your story?
2. Which stories brought you life? Which brought you harm?
3. How has your personality shaped your story?
4. What are some 'weights' and 'sins' that you may need to lay aside? (see Hebrews 12:1-2)
5. Where might you need to surrender your story to Jesus?
6. What parts of your story are difficult to surrender? What makes it difficult?
7. What parts of your story have you seen Jesus redeem?

### NEXT WEEK

Discuss your DISC results with one another:  
<https://discpersonalitytesting.com/free-disc-test/>

Read some of the scriptures given about Jesus transforming a person's story and discuss the impact it had on that person

### PRAY TOGETHER

Pray your prayer requests together  
 Pray for One Hope Church; for the Race & Gospel class, for a permanent church home



# BECOMING WHOLE

## A TRANSFORMED LIFE

### GROUP GOALS

1. To begin to share vulnerable places where you have hurt others and have been hurt
2. To experience the safety and grace of biblical community that can lead to healing and restoration

### OVERVIEW - EPHESIANS 2:1-4

To begin our transformation process we have to identify what the real problem is. The Bible says that the real problem is Sin. Sin exists in our hearts and is both a condition and the decision we make. Living in a broken world means that we will also be sinned against. This means we have both sinful and wounded hearts at the same time. Unless God's transformative power intervenes we will be stuck in the cycle of sin.

### READING PLAN

**EPHESIANS 2:1-4**

**ROMANS 5:12-6:4**

**MATTHEW 12:33-37**

**EZEKIEL 36:22-30**

**COLOSSIANS 3:12-14**

### GROUP QUESTIONS

1. Do you struggle to see that Sin was your condition and your decision before you knew Christ?
2. In reflection on your story what are some of the wounds that you carry?
3. Do you feel like you have healed from those wounds? If not, why not?
4. What are some sinful ways that you respond in order to escape the pain and shame of sin done against you or the sin you've committed?
5. Do you feel stuck in the cycle of Sin?
6. Do you struggle to believe that God really has given you a new heart and his Holy Spirit?
7. What do you think it looks like to grow in some of the areas discussed above?

### PRAY TOGETHER

Pray for grace and compassion this week. Lead the way in opening up and meet others with tenderness.

Pray for the grace to begin a healing process for any wounds that you may carry. Pray also for the grace to live in a new way - by the power of the Holy Spirit.



# BECOMING WHOLE

## A TRANSFORMED LIFE

### GROUP GOALS

1. To marvel together at what Christ has done for us
2. To discuss how these truths affect your life

### OVERVIEW - ISAIAH 52:13-53:12

Jesus transforms us. What Jesus has done for us leads to what Jesus will do in us. Isaiah 53 teaches us what Jesus has done for our wounded and sinful hearts. By his wounds we are healed and by his death we are forgiven our sin. In Christ we are: regenerated, recreated, adopted in, indwelt by the Holy Spirit, united to Christ, Justified by Christ. Understanding these aspects leads to our transformation.

### READING PLAN

ISAIAH 52:13-53:12  
 2 COR 5:14-21  
 1 PETER 2:21-25  
 JOHN 3:1-15  
 JOHN 3:16-21

### GROUP QUESTIONS

1. Read through Isaiah 53 together and seek to understand every line. Use an ESV Study Bible for any clarity.
2. What does it mean to you that Jesus knows suffering personally just as you do? Does that evoke any emotion in you?
3. Read Romans 5:6-8. Think about anyone you would die for; now think about a good person you would die for; now think about someone you would never die for. This is what Christ has done for us. Does that evoke any emotion in you?
4. Think through the different aspects of what happened to us when we believed in Christ: Regenerated, recreated, adopted in, indwelt by, united to, and justified by. Think about what these really mean for you. Share your thoughts with each other.
5. To be justified means that we have been forgiven our sin and have been granted Christ's righteousness. Why is it important to understand both of these?
6. After discussing these things do you feel more of a sense of worship? If not, what do you think might be hindering that?

### PRAY TOGETHER

Pray together that these truths of Christ will become real in your hearts and that you can live from them and learn to share them. Pray that Holy Spirit will make these truths powerful in your life.



# BECOMING WHOLE

## A TRANSFORMED LIFE

### GROUP GOALS

1. Discuss the differences between Healing and Repentance
2. Understand the implications of healing and repentance in the process of Transformation

### OVERVIEW - 1 JOHN 1:5-10

Healing and Repentance are two of the most fundamental experiences of being a Christian. If we confuse the two we run into problems. In order to experience transformation in our lives, we have to understand both of these processes and be willing to live them out, that our joy might be complete.

### READING PLAN

**1 JOHN 1:5-10**

**JAMES 5:15-16**

**2 CORINTHIANS 7:10**

**ISAIAH 1:16-20**

**1 JOHN 1:1-4**

### GROUP QUESTIONS

1. In your own words what would you say the difference between healing and repentance is?
2. Why is it important to make this distinction?
3. Do you feel like you have ever tried to repent of a wound? What was that like?
4. Do you feel like you have settled for "mud pies instead of a holiday at the beach" in some areas of your life?
5. What keeps you from walking through the processes of healing and repentance?

### PRAY TOGETHER

Pray together for the processes of healing and repentance in each others' lives.



# BECOMING WHOLE

## A TRANSFORMED LIFE

### GROUP GOALS

1. Discuss what true biblical forgiveness is and looks like
2. Begin to process together where forgiveness is needed in your life

### OVERVIEW - MATTHEW 18:21-35

Forgiveness is our greatest need and the greatest gift we can give. It is a demonstration of the power of the gospel. Forgiveness is hard and costly but it is absolutely necessary for the transformation of our souls. We need to understand what forgiveness is and what it isn't as well as how we actually go about giving and receiving forgiveness.

### READING PLAN

**MATTHEW 18:21-35**

**HEBREWS 12:5-11**

**ROMANS 12:17-21**

**MARK 11:25**

**MATTHEW 5:23-24**

### GROUP QUESTIONS

1. Read Matt. 18:21-35 together. Do you feel like you are able to emotionally connect with this parable? Do you feel the weight of sin and the experience of forgiveness? If not, why do you think that is?
2. Where in your life do you need to move towards forgiving others? What hinders you from being willing to forgive?
3. Do you see that true forgiveness always goes through the cross? That even those who have sinned against you have ultimately sinned against God? Does that change your approach to forgiving?
4. What is the cost of not forgiving?
5. What do we feel like we "gain" by not forgiving?
6. Walk through Psalm 4:4-5 together. What does this teach you about how to deal with hurt and move towards forgiveness?

### PRAY TOGETHER

Pray for a heart to forgive others and the courage and strength to move towards forgiveness and healing.



# BECOMING WHOLE

## A TRANSFORMED LIFE THE POWER OF UNFORGIVENESS AND THE SPIRITUAL WAR

### GROUP GOALS

1. Recognize and discuss unforgiveness in our lives.
2. Recognize and discuss the work of the enemy in our sin and wounds.

### OVERVIEW - EPHESIANS 4:26-27

"Be angry and do not sin...and give not opportunity to the devil" (Ephesians 4:26-27). Unforgiveness in our hearts has the potential to cause all kinds of harm towards ourselves and others. In this sermon we look at how unresolved anger (from wounds) opens the door for the enemy to wreak havoc in our lives and in the church. This is why the call to forgive is so prominent and so important.

### READING PLAN

EPHESIANS 4:20-32  
2 CORINTHIANS 2:10-11  
EPHESIANS 6:10-20  
REV 12:10, 1 JOHN 3:8  
PSALM 4:4-5

### GROUP QUESTIONS

1. Read Hebrews 12:14-15 together. What is at stake when people fail to obtain the grace of God? Where have you seen this in your life?
2. Have you experienced the enemy's work in your heart because you have not been able to forgive someone? What has that looked like?
3. Are you able to recognize the voice of the enemy as opposed to the voice of your heavenly father? Where have you fallen prey to the schemes of the enemy?
4. Why might it be difficult for some to move towards forgiveness? How can we come alongside them?
5. Talk about the difficulty of God's sovereignty in the face of suffering? How does the cross provide a comfort for those who have suffered?

### PRAY TOGETHER

Pray against the enemy, his servants, their works and effects in each other's hearts.

Pray for power to move towards forgiveness in our hearts.



# BECOMING WHOLE

## A TRANSFORMED LIFE: HOW TO BE HEALED

### GROUP GOALS

1. To understand the healing pathway together
2. To begin to apply this to our particular wounds

### OVERVIEW – 1 JOHN 1:5-7

In order to become whole we need to walk through the healing pathway. This means acknowledging the wound, grieving the pain, forgiving the offender, experiencing the cleansing of our hearts and letting God heal our wounds. Will you choose the path of healing and transformation?

### READING PLAN

1 JOHN 1:1-10

2 CORINTHIANS 1:1-11

ISAIAH 57:14-21

EXODUS 15:26, JEREMIAH 17:14

1 PETER 2:21-25

### GROUP QUESTIONS

1. Are you in touch with your emotions when you are hurt? Do you recognize the pain, anger or sadness?
2. What do you tend to do in the moment you are hurt?
3. Emotional triggers could be indicative of unresolved wounds. What emotional triggers do you have? (What angers/annoys you? What shuts you down? What can't you stand?)
4. Are you open to having a friend point out some of your emotional triggers? Why or why not?
5. Do you feel like you know how to grieve the pain in your life? What would it take for you to sit in your pain and feel it?
6. Do you struggle to lament (to bring God into your pain)? Why or why not?
7. Read 2 Cor 1:3-9 together. To what extent can you comfort others with the comfort you have received from God?
8. In your assessment of your wounds, where would you say you are on the healing path?

### PRAY TOGETHER

Pray for healing together. Pray for God to make his presence known in your pain that you might experience His comfort.





# BECOMING WHOLE

## A TRANSFORMED LIFE :

### GROUP GOALS

1. To understand what true repentance is.
2. To discuss and practice repentance as a community.

### OVERVIEW - 1 JOHN 1:8-9, PSALM 51

To become whole we have to come home. Repentance is returning home. Repentance involves confession of sin, sorrow for sin, and the experience of the forgiving and cleansing from sin. True repentance is joyful and results in the adoration of God and the restoration of community.

### READING PLAN

**1 JOHN 1:5-10**

**PSALM 51**

**LUKE 15:1-32**

**PSALM 32**

**1 PETER 2:24-25**

### GROUP QUESTIONS

1. Did the idea of repentance being "returning home" connect with you?
2. Read Psalm 51 together and discuss what sticks out to you.
3. Read Psalm 32 together and discuss what sticks out to you.
4. Where has a lack of repentance by your or a loved one resulted in damage to the relationship?
5. Have you experienced both the sorrow and joy of repentance?
6. Have you experienced the transformative power of repentance in your life?
7. Where do you need repentance in your life?
8. What keeps you from repenting? (from returning home)

### PRAY TOGETHER

Pray together for repentant hearts and to experience the joy of repentance.



# BECOMING WHOLE

A TRANSFORMED LIFE :

## GROUP GOALS

1. To honestly assess if we are truly ready to get well.
2. To discuss where we struggle to let go of control in our life and give ourselves to God.

## OVERVIEW – JOHN 5:1-9

There is one question we all have to answer in our transformation: Do you want to get well? To answer yes to this means to forsake all self-salvation projects and to let go of the control we think we have. In short it is to risk your whole self with Jesus, but it is only when we do this that we can experience transformation.

## READING PLAN

**JOHN 5:1-18**

**1 JOHN 1:5-2:6**

**2 COR 5:14-21**

**COL 3:1-17**

**LUKE 9:58-62**

## GROUP QUESTIONS

1. What formula have you tried in order to become whole?  
(If I could just \_\_\_\_\_ then I would be ok?)
2. Do you want to get well?
3. What might you be holding on to that you do not want to let go of?  
(comfort of sin, power of anger, etc.?)
4. Would you agree that at the heart of many of your struggles is a need for control?
5. What names (identities) have you accepted that are not from God?  
(I'm not good enough, I'm a wounded person, I'm a sinner, etc.)
6. Where are you afraid to risk with God?
7. What do you feel when you think about Jesus asking you to absolutely and unconditionally surrender your whole self to him? Why is that?

## PRAY TOGETHER

Pray together that you would be able to absolutely and unconditionally surrender your whole self to Jesus.



# BECOMING WHOLE

## A TRANSFORMED LIFE :

### GROUP GOALS

1. To understand the need for rest, reflection and receiving from God
2. To discuss what this has or could look like in your lives.

### OVERVIEW - JOHN 5:9-14

In Christ we already have what we need to live a transformed life. It is not about rules and regulations, but about a relationship with Jesus Christ. In order to apply what we have in Christ, we need to practice the rhythms of rest, reflection and receiving from God. I would encourage everyone to read "The Ruthless Elimination of Hurry" this December.

### READING PLAN

**JOHN 5:9-18**

**2 PETER 1:3-15**

**GALATIANS 5:1-26**

**HEBREWS 4:16**

**EPHESIANS 1:14-18, 3:14-21**

### GROUP QUESTIONS

1. Do you find it hard to believe that in Christ you already have everything you need to live a transformed life? If so, why is that?
2. Do you tend to rely more on rules and regulations than on your relationship with Jesus for spiritual life? If so, why is that?
3. We said rest is being with God without an agenda. Do you find it hard to rest? Why is that?
4. What keeps you from being able to rest? Distraction, busyness, entertainment, etc.?
5. What do (or could) silence, solitude, sabbath, simplicity and slowing down look like in your life?
6. Do you take time to reflect on your life? On God's love for you? What does that look like? What could it look like?
7. Do you believe that grace is an operative agenda in your life through the Holy Spirit? Have you experienced that?
8. What does it mean for you to live and walk by the Spirit? (Read Galatians 5:16-26)

### PRAY TOGETHER

Pray together for the Holy Spirit's awakening in your life to be able to live out the rhythms of rest, reflection and receiving from God.



# BECOMING WHOLE

## A TRANSFORMED LIFE :

### GROUP GOALS

1. To understand what progress will look like
2. To identify where you find yourself in the beatitudes

### OVERVIEW - MATTHEW 5:1-9

Transformation is a process but there are markers. The Beatitudes give us a picture about what transformation progression will look like. It all begins with the humility of coming to the end of ourselves as we submit everything to the King and thus obtain the kingdom.

### READING PLAN

**MATTHEW 4:12-17**  
**MATTHEW 4:18-22**  
**MATTHEW 4:23-25**  
**MATTHEW 5:1-12**  
**MATTHEW 5:13-20**

### GROUP QUESTIONS

1. Read through the Beatitudes together in Matthew 5:1-9. Do you have clarity based on the sermon for what each of these mean?
2. Where do you currently find yourself in the beatitudes?
3. What would move you along to the next step?
4. Read Matthew 4:17-25. What does this tell you about the context of the Beatitudes? (And the Sermon on the Mount) [Ans: Jesus calls his first disciples in the midst of preaching about the kingdom. This is all about discipleship]
5. What follows right after the beatitudes in Matthew 5:13-20? What does this tell us about the result of discipleship?
6. Do you desire (deep down) to become whole and live a transformed life? Is there anything hindering you from taking the next step?
7. What have you learned about yourself during this series?

### PRAY TOGETHER

Pray for ongoing transformation. Pray for One Hope: A Home, Spiritual Health and Revival