



STUDY GUIDE

INTRODUCTION

We all carry an inner voice. Sometimes it cheers us on. Sometimes it drags us down. And sometimes it's just a swirl of anxious noise that won't quiet down. This week, we explored how prayer can shift that inner voice—how it becomes a daily practice that reshapes not just our thoughts, but our very selves.

Start here:

- When have you experienced a moment where your own inner voice lifted you up? When has it torn you down?
- What do you think makes the difference?

TEXT: Romans 12:1-2

Paul's invitation in Romans 12:1–2 is simple but profound: Let your life be shaped by God's mercy, opened to God's transforming power, and renewed by God's truth. In other words, formation starts with what—and who—we listen to.

- **Reflect on God's mercy daily.**
 - I. Paul begins with the word "Therefore..."—which points us back to everything God has done in Christ. Transformation doesn't start with effort; it starts with awe.
 - II. When you think of "God's mercy," what stories, images, or truths come to mind? How might daily reflection on that mercy reshape the way you talk to yourself?
- **Open your life to transformation.**
 - I. Transformation isn't self-improvement. It's not a moral checklist. It's stepping into an adventure with God—letting him shape you into something radiant and new.
 - II. What might it look like for you to say, "I'm in," to God's invitation this week? Is there a part of your life where you sense God inviting change?
- **Renew your mind.**
 - I. Paul says that transformation happens through "renewing the mind." That means naming the false narratives in your head—and replacing them with what is true.
 - II. What's one script or self-talk loop you've been stuck in lately? What do you think God might want to say to you in that space?

YOUR MOVE

Let's get practical.

- What's one small way you could create space this week to hear God's voice—before the voice of your inner critic takes over?
- Who in your life helps you remember what's true when your thoughts spiral?
- If you're willing, end your group by taking 2–3 minutes of quiet to reflect on this simple prayer:

"God, help me hear your voice in this part of my life..."