



*IceBreaker: “Jordan or Iverson?” Are you more like Michael Jordan (disciplined) or Allen Iverson (gifted but avoiding practice) in your spiritual life—and why?*

***Scripture: Romans 12:1–9 (NIV)***

### **Introduction** *(Read aloud before discussion.)*

We are continuing to talk about what it looks like to train ungodliness and faithfully play our part in the process of spiritual formation.

We grow in Christ when our training isn’t legalistic; it’s Spirit-empowered discipline.

### **Sermon Discussion** *(Use as a guide for dialogue; let God lead, and read the verses aloud.)*

1. What does it mean to offer your body as a living sacrifice? Where is the Spirit inviting you to surrender?
2. Where have you seen the world’s patterns shape your thinking? What is one way the Spirit can renew your mind?
3. What does humility look like in the body of Christ? How can we practice it together?
4. What does it mean that we “belong to one another”? Who has shaped your spiritual growth?
5. What gifts has God given you, and how can you practice them with Spirit-empowered discipline rather than pressure?

**Challenge:** Share one training step you want to take this week.