

TRANSFORMED

PARTICIPANT'S GUIDE



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TRANSFORMED

PARTICIPANT'S GUIDE

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Do not conform to the pattern of this world but be transformed by the renewing of your mind. (Romans 12:2, NIV)

Would you like to become all that God intended you to be? You can, but not on your own power. If you're like most people, every New Year you've tried to make positive changes and then given up or slid back into old destructive patterns. Here's the good news: with God's help you can make and maintain positive changes in every area of your life. Unlocking the promises in God's Word and following His instructions will transform your life in 7 key areas ... from the inside out. Transformed is a journey of eternal significance, as you begin to live in sync with God's will for you in each of the key areas.

In the weeks ahead, we're going to study the transforming power of Jesus Christ. God cares about us and wants to be in every area of our lives. He wants us to be healthy in body, soul, and spirit. And He's given us the steps and principles in His Word that we can take to live healthy, fulfilling, transformed lives.

Each session includes:

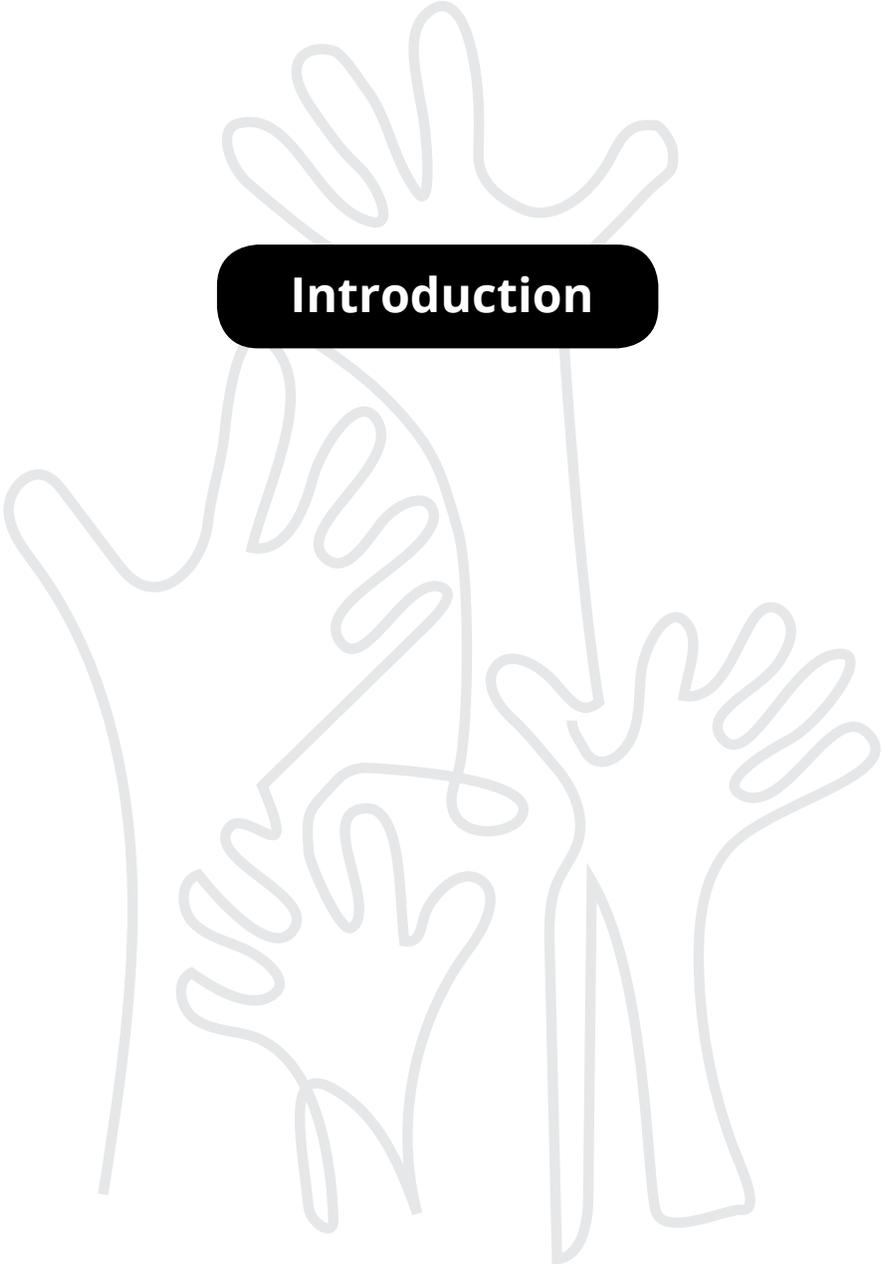
- **Weekend teaching notes**
- **Small group discussion & prayer guide**
- **Daily verses for reflection**

We trust you will enjoy and be transformed in your relationship with God and with others through this series.

The Transformed Series comes from Saddleback Church in Chicago, USA, as taught by Pastor Rick Warren. The notes for the series have been taken from the Transformed Workbook by Rick Warren, used with permission.

TRANSFORMED

GOALS



Introduction

TRANSFORMED

IN MY SPIRITUAL HEALTH



Session 1

SMALL GROUP **DISCUSSION GUIDE**

SESSION 1: TRANSFORMED IN MY SPIRITUAL HEALTH



CHECKING IN

- If this is your first time to meet as a group or if you have any new group members be sure to introduce yourselves.
- Take turns sharing with the group what you hope to get out of this series.



MEMORY VERSE

*Anyone who belongs to Christ has become a new person.
The old life is gone; a new life has begun! (2 Corinthians 5:17, NLT)*



VIDEO

Watch Transformed: Session 1 and follow along in the outline.

TRANSFORMED IN MY SPIRITUAL HEALTH

7 HABITS FOR SPIRITUAL HEALTH

In this session, we listen to Rick Warren teach on 7 habits that will improve our spiritual health. God has promised that if we practice these 7 habits, all from Scripture, He will bless us with strong spiritual health.

1. I must _____ Jesus supremely

"If you want to be My follower, you must love Me more than your own mother or father, wife and children, brothers and sisters – yes, even more than your own life. Otherwise, you cannot be My disciple." (Luke 14:26, NLT)

Spiritual Health is measured by _____ .

Jesus replied, "The most important commandment is this ... you must love the Lord your God with all your heart [passionately], all your soul [willfully], all your mind [thoughtfully], and all your strength [practically – live like you love Him]." (Mark 12:29-30, NLT)

2. I must _____.

Blessed is the man who listens to Me, watching daily at My doors, waiting at My doorway. (Proverbs 8:34, NIV)

3. I must _____ and _____ His Word.

Blessed is the man ... [whose] delight is in the law of the Lord, and on His law he meditates day and night. He is like a tree planted by streams of water which yields its fruit in season and whose leaf does not wither. Whatever he does prospers. (Psalm 1:1-3, NIV)

"You are My friends if you do what I command." (John 15:14, NIV)

But the man who looks intently into the perfect law that gives freedom, and continues to do this, not forgetting what he has heard, but doing it – he will be blessed in what he does. (James 1:25, NIV)

4. I must _____ my income.

"Bring the whole tithe into the storehouse, that there may be food in My house. Test Me in this," says the Lord Almighty, "and see if I will not throw open the floodgates of heaven and pour out so much blessing that there will not be enough room for it." (Malachi 3:10, NIV)

You cannot out-give God!

5. I must learn to _____.

"If you have love for one another, then everyone will know that you are My disciples." (John 13:35, TEV)

If someone says, "I love God," but hates a Christian brother or sister, that person is a liar; for if we don't love people we can see, how can we love God, whom we have not seen? (1 John 4:20 (NLT)

6. I must _____.

"For even I, the Son of Man, came here not to be serve but to serve others and to give My life as a ransom for many." (Mark 10:45, NLT)

7. I must pass on the _____.

Take the teachings that you heard me proclaim in the presence of many witnesses, and entrust them to reliable people, who will be able to teach others also. (2 Timothy 2:2, TEV)

You're going to heaven because somebody told you about Jesus Christ. And somebody told the somebody who told you. And somebody told the somebody who told the somebody who told you. Is the chain going to break with you? Is anybody going to be in heaven because of you? If you don't tell somebody, then who is going to tell them? Jesus says to be a disciple you must pass on the Good News.

"Go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit. Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age." (Matthew 28:19-20, NLT)

DISCOVERY QUESTIONS

- What seems to get in the way of your spiritual growth?
- In the video you learned about the importance of a daily time with God. How do you have a daily time with God? What's your normal routine? What typically interferes with your time with God?
- Why is being in a small group and serving others so important to your spiritual growth? What can you learn through relationships that you can't learn on your own?

- In the video Pastor Rick said, “Spiritual growth is not automatic. It is a choice.” In what ways have you chosen to grow spiritually? What has been the most effective in helping you grow?

PUTTING IT INTO PRACTICE

In this session we discussed the 7 habits that help us grow spiritually. **Which of these habits do you need to work on most? What’s 1 thing you can do to begin to make the habit a reality in your daily life in the next 3 months?** Talk about this with your group and share ideas with each other.

Settle on 1 thing you’ll do. You may like a 3-month goal to grow in this area of spiritual health. Write your goal in the space below.

MY 3-MONTH SPIRITUAL HEALTH GOAL

PRAYER DIRECTION

One way we can show our love for one another is by committing to pray for one another. Take some time as a group to share your prayer requests. You may like to record the requests so you can watch to see how God answers them.

DIVING DEEPER

WANT TO GO DEEPER IN YOUR SPIRITUAL HEALTH?

- Take part in our Prayer and Fasting Week (January 13-17).
- Join us for evening prayer from Monday-Thursday from 7:00-9:00 pm in Meeting Place 2 at the Deerfoot Campus.
- Attend the Prayer Gathering on Friday, January 17, 7:00 pm in the Harvest Rooms at the Deerfoot Campus.
- Read the Memory Verse (above) for this week as part of your quiet time. See if you can memorize it before the next meeting.

- Read The Purpose Driven Life: What on Earth Am I Here For? by Pastor Rick Warren. It will help you to understand what spiritual health is all about and find the answers to 3 of life's most important questions
 1. The Question of **Existence**: Why am I alive?
 2. The Question of **Significance**: Does my life matter?
 3. The Question of **Purpose**: What on earth am I here for?
 - Living out the purpose you were created for moves you beyond mere survival and success to a life of significance – the life you were meant to live.
-

PRAYER & FASTING GUIDE

(Monday, January 13-Friday, January 17)

WHAT IS FASTING?

Fasting in its simplest definition is understood as “voluntary abstinence from food or drink, especially as a religious duty.” As followers of Jesus, the purpose of all spiritual disciplines, including fasting, is to help us to become more like Jesus. We follow in His footsteps. Fasting helps us – personally and corporately – become aware of how God wants to work in us and through us.

We should never be motivated by the idea that our fasting will move God to do what we want; we cannot manipulate God. The purpose of our fasting is to draw us closer to God and to seek His will for our lives.

“One of the greatest spiritual benefits of fasting is becoming more attentive to God – becoming more aware of our own inadequacies and His adequacy, our own contingencies and His self-sufficiency – and listening to what He wants us to be and do.” (E.L. Towns)

In the book of Esther, the Jews were on the verge of destruction because of Haman, one of the king's advisors. Haman was filled with anger against a Jew named Mordecai because he didn't bow or worship him. Haman looked for a way to destroy all of Mordecai's people, the Jews, throughout the whole kingdom of Xerxes.

Mordecai knew he was in trouble so he sought help from Queen Esther, who

was his niece. Now, for Queen Esther to approach the king for help without being summoned first was very dangerous – she would literally be risking her life. So Esther called a fast.

“Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for 3 days, night or day. I and my attendants will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish.” (Esther 4:15-16 NIV)

Those 3 days of prayer and fasting changed history forever.

This is her moment. Esther goes to see the king, knowing she is quite possibly walking to her death. However, because Esther approached the king on behalf of her people, they would become a nation not of defeat but of favour and rescue.

When God’s people fast with proper motive – seeking His will – and with a humble and repentant spirit, amazing things happen.

This is our moment. We’re going to pray and fast as a church community. We’re going to seek God’s will for our lives, our church, our communities, our country, and our world.

DECIDING HOW LONG

Choose either a 1-, 3-, or 5-day fast from food **Monday, January 13-Friday, January 17, 2020**. You may fast for as long as you like; however, use wisdom and pray for guidance. Ask the Holy Spirit to lead and guide you when making this decision.

Beginners are advised to start slowly. Keep yourself hydrated at all times. Drink plenty of water and juices. Remember to replace your time of eating with prayer and reflecting on the Word. We’ve provided 5 days of guided prayer and Scripture for everyone to lean into together as a community, regardless of how long you choose to fast.

WHAT TO EXPECT

When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you’ll have hunger pains. Limit your activity and exercise moderately; take time to rest.

You're following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's will for us.

As you enter this time of heightened spiritual devotion, be aware that Satan will do everything he can to pull you away from your prayer and Bible-reading time. When you feel the enemy trying to discourage you, immediately go to God in prayer and ask Him to strengthen you in the face of difficulties and temptations.

ENDING THE FAST

Don't overeat when the time comes to end your fast. Because your digestive system has most likely reduced enzyme production and affected the mucus lining in your stomach, overeating or ingesting certain foods too quickly may cause you to experience nausea, stomach aches, or diarrhea. Introducing regular foods slowly will help you break a fast safely, without disrupting your digestive system.

WORDS OF CAUTION

Please consult your family physician before attempting to fast if you have a physical condition that's affected by your food intake, have any type of chronic illness, and/or are taking any kind of prescription medications. If you're unsure whether you should participate for any reason, please consult your family physician.

Infants and small children should not fast. Older children who can understand fasting can participate by choosing a food they usually have each day and giving that up during the fast. The important thing is to explain to them that we are giving up something for the purpose of focusing on God.

PRAYER GUIDE

HAVE YOU ever spent time with someone and come away with a smile on your face, maybe even feeling warm and fuzzy on the inside? You walked away with a feeling of contentment and joy because there was something about being with them that was just good. Spending time with them was good for your heart and soul because it was just a delight to be with them. It left you longing for more.

Imagine if our relationship with Jesus was like that. Imagine if we created time within our frantic schedules to just sit with Jesus and enjoy His company. Not “when I have time I’ll get to it” ... but intentionally carving out time to sit and be with Him. We were created to be in a relationship with God – a relationship that’s deep and meaningful, full of pure joy and delight.

This week, let’s be still and acknowledge who God is. Let’s expect God to show up in our lives and anticipate what He has for us. And let’s be obedient to what He shows us and calls us to.

May we choose to slow down; to focus our time and attention on the One who created us and who longs to be with us just because He loves us.

OPPORTUNITIES TO PRAY TOGETHER

EVENING PRAYER

January 11-16

7:00-9:00 pm

Meeting Place 2, FAC Deerfoot Campus

All are welcome to use this space for quiet prayer; prayer team members will be available to pray with and for you. Come as you’re able.

PRAYER GATHERING

Friday, January 17

7:00 pm, Harvest Rooms, FAC Deerfoot Campus

No cost or registration

Join us as we end our week of Prayer & Fasting together as one church body.

MONDAY, JANUARY 13

As we anticipate God moving and revealing Himself, we each need to ask ourselves: *Am I serious about seeking after God? Am I willing to get serious? Do I want God to do things for me or do I want to actually know God more?* There's a difference between knowing of someone and actually knowing someone. You get to know someone by spending time with them and listening to what they have to say. The same is true when you seek after God. As you intentionally seek after God and anticipate Him revealing Himself to you, you'll find Him.

"When you search for Me, you will find Me; if you seek Me with all your heart ..." (Jeremiah 29:13 NRSV)

- 1. Relax.** Be still and quiet. Slow your mind and heart. Prepare your heart. Take a few deep breaths and wait on God.
- 2. Listen to/for God.** Ask, "Lord, what do You want to say to me?" Ask the Holy Spirit to open your eyes & heart to see God's truth.
- 3. Read the verse.** Read through the above verse a few times. Read quietly to yourself, then read it out loud.
- 4. Reflect on the verse.**
 - *What is impacting you from this verse?*
 - *What is God saying to you through this verse?*
 - *Is there a truth here you need to apply to your life?*
- 5. Record what God did.** What did God say to you through this verse?

- 6. Request.** Conclude your time by talking to God about what He has shown you and making your requests.

TUESDAY, JANUARY 14

God is good. He is a good God. Do we really believe that? When we can live in the truth that God is good we come to see Him as the One who loves us, who knows what is best for us, who is able to guide us along the best pathway for our lives. When we truly believe God is good, we can trust Him in every moment, no matter what's going on in our lives.

"For the Lord is good; His steadfast love endures forever, and His faithfulness to all generations." (Psalm 100:5, NRSV)

1. **Relax.** Be still and quiet. Slow your mind and heart. Prepare your heart. Take a few deep breaths and wait on God.
2. **Listen to/for God.** Ask, "Lord, what do You want to say to me?" Ask the Holy Spirit to open your eyes & heart to see God's truth.
3. **Read the verse.** Read through the above verse a few times. Read quietly to yourself, then read it out loud.
4. **Reflect on the verse.**
 - *What is impacting you from this verse?*
 - *What is God saying to you through this verse?*
 - *Is there a truth here you need to apply to your life?*
5. **Record what God did.** What did God say to you through this verse?

6. **Request.** Conclude your time by talking to God about what He has shown you and making your requests.

WEDNESDAY, JANUARY 15

We live in a broken world. And because of that we have to walk through broken circumstances in our lives. Sometimes those circumstances are the result of our own choices and sometimes they are the result of the choices of others. Regardless of which it is, the end result is the same in that those circumstances keep us from God. Nothing we feel or think or do can keep us from how much God loves us and wants to be with us.

"Can anything ever separate us from Christ's love? ... I am convinced that nothing can ever separate us from God's love. (Romans 8:35-39 NLT)

- 1. Relax.** Be still and quiet. Slow your mind and heart. Prepare your heart. Take a few deep breaths and wait on God.
- 2. Listen to/for God.** Ask, "Lord, what do You want to say to me?" Ask the Holy Spirit to open your eyes & heart to see God's truth.
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 - *What is impacting you from this verse?*
 - *What is God saying to you through this verse?*
 - *Is there a truth here you need to apply to your life?*
- 5. Record what God did.** What did God say to you through this verse?

- 6. Request.** Conclude your time by talking to God about what He has shown you and making your requests.

THURSDAY, JANUARY 16

We are created to have a relationship with God simply because He loves us. God meets you where you are and is waiting to pour out His love on you. In the busyness of life, don't forget the simple truth that God loves you. God's love is unconditional and doesn't discriminate. Take time today to reflect on the ways God has shown you love and pray for those who have yet to receive God's love.

"I have loved you, My people, with an everlasting love. With unfailing love I have drawn you to Myself. (Jeremiah 31:3 NLT)

- 1. Relax.** Be still and quiet. Slow your mind and heart. Prepare your heart. Take a few deep breaths and wait on God.
- 2. Listen to/for God.** Ask, "Lord, what do You want to say to me?" Ask the Holy Spirit to open your eyes & heart to see God's truth.
- 3. Read the verse.** Read through the above verse a few times. Read quietly to yourself, then read it out loud.
- 4. Reflect on the verse.**
 - *What is impacting you from this verse?*
 - *What is God saying to you through this verse?*
 - *Is there a truth here you need to apply to your life?*
- 5. Record what God did.** What did God say to you through this verse?

- 6. Request.** Conclude your time by talking to God about what He has shown you and making your requests.

FRIDAY, JANUARY 17

So often we go to God for what He can do for us, or rather, what we want Him to do for us. What if we flip that and choose to go to God with the only intent of being with Him? What if our only agenda was to just sit and be in His presence? Let's choose a pattern of life where we just sit and linger a while with God, out of a desire to simply be with Him.

"Seek (look to) the Lord and His strength; seek His face always."
(1 Chronicles 16:11 NIV)

- 1. Relax.** Be still and quiet. Slow your mind and heart. Prepare your heart. Take a few deep breaths and wait on God.
- 2. Listen to/for God.** Ask, "Lord, what do You want to say to me?" Ask the Holy Spirit to open your eyes & heart to see God's truth.
- 3. Read the verse.** Read through the above verse a few times. Read quietly to yourself, then read it out loud.
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 - *What is impacting you from this verse?*
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 - *Is there a truth here you need to apply to your life?*
- 5. Record what God did.** What did God say to you through this verse?

- 6. Request.** Conclude your time by talking to God about what He has shown you and making your requests.

REMINDER: PRAYER GATHERING

Friday, January 17, 7:00 pm, Harvest Rooms, FAC Deerfoot Campus
Join us as we end our week of Prayer & Fasting together as one church body.

TRANSFORMED

IN MY PHYSICAL HEALTH



Session 2

SMALL GROUP **DISCUSSION GUIDE**

SESSION 2: TRANSFORMED IN MY *PHYSICAL HEALTH*



CHECKING IN

- Which of the spiritual health verses from your daily reading this past week was the most meaningful to you? (If you're not following the journal then share a scripture from your personal devotional time that impacted you this week.)
- What impact do you think your physical health has on your spiritual health?



MEMORY VERSE

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honour God with your body. (1 Corinthians 6:19-20, NIV)



VIDEO

Watch Transformed: Session 2 and follow along in the outline.

TRANSFORMED IN MY *PHYSICAL HEALTH*

I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well. (3 John 1:2, NIV)

God wants us to take care of our bodies, not just because that's where we live, but also because that's where He lives. Physical health is a spiritual discipline.

"Everything is permissible for me" – but not everything is beneficial.

"Everything is permissible for me" but I will not be mastered by anything.

“Food for the stomach and the stomach for food” – but God will destroy them both. The body is not meant for sexual immorality, but for the Lord, and the Lord for the body. By His power God raised the Lord from the dead and He will raise us also. Do you not know that your bodies are members of Christ himself? ... Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body. Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honour God with your body. (1 Corinthians 6:12-20, NIV)

WHAT GOD SAYS ABOUT MY BODY

- My body is God’s _____ .
You created every part of me; You put me together in my mother’s womb ... I am fearfully and wonderfully made. (Psalm 139:13-14, NIV)
- God expects me to _____ my body.
I will not be mastered by anything. (1 Corinthians 6:12, NIV)
- My body will be _____ after I die.
By His power God raised the Lord from the dead, and He will raise us also. (1 Corinthians 6:14, NIV)
- My body is connected to the _____ .
Do you not know that your bodies are members of Christ Himself? (1 Corinthians 6:15, NIV)

Jesus gave His body for you and He wants you to honour Him with yours.

- The Holy Spirit _____ my body.
Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? (1 Corinthians 6:19, NIV)

Don’t you know that you yourselves are God’s temple and that God’s Spirit lives in you? God’s temple is sacred and you are that temple. (1 Corinthians 3:16-17, NIV)

You are God’s dwelling place on earth.

For we are the temple of the living God. (2 Corinthians 6:16, NIV)

- Jesus _____ on the cross.
You are not your own; you were bought at a price. Therefore honour God with your body. (1 Corinthians 6:19-20, NIV)

I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God. This is your spiritual act of worship. (Romans 12:1, NIV)

"Do you want to get well?" (John 5:6, NIV)

God wants you to be physically healthy so that you can accomplish great things for His kingdom.

DISCOVERY QUESTIONS

- The Bible says that your body is God's property and that you are the dwelling place of the Holy Spirit. How does that affect the way you see yourself? What do you think you will do differently knowing this fact?
- God expects you to manage your body. Why is that so important to God?
- What does it look like to manage your body? How good of a manager do you think you are?
- Why do you think most Christians tend to put more emphasis on their spirit or mind as opposed to taking care of their bodies?

PUTTING IT INTO PRACTICE

Where do you want to be 3 months from now with your physical health?
What's 1 thing you will do to take a step in that direction? Not 1 thing you could do, or might do, but 1 thing you will do. We know goals that are not expressed are very rarely met, so share your goal with 1 other person in your group.

Write your 3-month physical health goal in the space below:

PRAYER DIRECTION

Spend some time praying for the prayer requests you've been sharing with

one another. You may want to focus on some of the physical challenges or goals you've set in your study this week:

DIVING DEEPER

Want to go deeper in your physical health?

- Read and reflect on the **Daily Verses** for Days 8 to 14 (*see below*).
- Read the **Memory Verse** for this session as part of your quiet time. See if you can have it memorized before your next group meeting.
- Learn about the **Health Project** at a session led by Stan Wiens offered at the Deerfoot Campus. To learn more, check out Events / Registration on **faccalgary.com**
- Read ***The Daniel Plan: 40 Days to a Healthier Life*** by Rick Warren, Dr. Daniel Amen, and Dr. Mark Hyman. Not only will you learn how to maximize your physical health through Food and Fitness; you'll also be guided through the essentials that bring abundant health to your faith – your relationship with God; your Focus – how you think; and your Friendships – nurturing healthy relationships with people you live.

DAILY VERSES

Read the provided daily verses with an open mind and heart. Read them as a letter written to you and respond each day by answering the following questions:

- *What is this passage telling me about God?*
- *What is this passage telling me about myself?*
- *What is God trying to say to me right now?*

Day 8 – 1 Corinthians 6:19-20

Day 9 – 2 Corinthians 12:9

Day 10 – Isaiah 40:29-31

Day 11 – Philippians 4:13

Day 12 – 2 Timothy 1:7

Day 13 – Proverbs 3:7-8

Day 14 – Philippians 1:6

TRANSFORMED

IN MY MENTAL HEALTH

Session 3



SMALL GROUP **DISCUSSION GUIDE**

SESSION 3: TRANSFORMED IN MY *MENTAL HEALTH*



CHECKING IN

- Which of the physical health verses from your daily reading this past week was the most meaningful to you?
- What role do you think the mind plays in our growth as followers of Christ?



MEMORY VERSE

Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is ... His good, pleasing, and perfect will. (Romans 12:2, NIV)



VIDEO

Watch **Transformed: Session 3** and follow along in the outline.

TRANSFORMED IN MY *MENTAL HEALTH*

WHATEVER GETS YOUR MIND GETS YOU

Though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. (2 Corinthians 10:3-5, NIV)

TO MAKE THE MOST OF YOUR MIND ...

- Don't believe everything you _____.
You and I have an amazing ability to lie to ourselves. We do it all the time. The heart is deceitful above all things and beyond cure. Who can understand it? (Jeremiah 17:9)

Examine yourselves to see whether you are in the faith; test yourselves.
(2 Corinthians 13:5)

- Guard your mind against _____.
A wise person is hungry for truth, while the fool feeds on trash.
(Proverbs 15:14, NIV)

There are three types of brain food: toxic food, junk food, and healthy food.
I will not set before my eyes anything that is worthless. (Psalm 101:3, ESV)

- Never let up on _____.
Intelligent people are always ready to learn. Their ears are open for knowledge. (Proverbs 18:15, NLT)

Wise people store up knowledge. (Proverbs 10:14, NIV)

Two ways to store up knowledge are reading and relationships. Your life will be largely influenced by the books you read and the people you meet.
Those who get wisdom do themselves a favour, and those who love learning will succeed. (Proverbs 19:8, NCV)

It's wise to learn from experience. It's wiser to learn from the experiences of others – and it's a lot less painful.

- Renew your mind daily with _____.
Change doesn't start in your behaviour. It starts in your thoughts.
Don't copy the behaviour and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.
(Romans 12:2, NLT)

You will keep in perfect peace all who trusts in You, all whose thoughts are fixed on You! (Isaiah 26:3, NLT)

- Let God stretch your _____.
Now glory be to God, who by His mighty power at work within us is able to do far more than we would ever dare to ask or even dream of ... infinitely beyond our highest prayers, desires, thoughts or hopes. May He be given glory forever. (Ephesians 3:20)

Nothing happens until somebody starts dreaming. God cannot help you reach your goals if you don't have any goals. He cannot fulfil your dreams if you don't have any dreams. He cannot exceed your expectations if you don't have any expectations.

Where there is no vision, the people perish. (Proverbs 29:18, KJV)

God wants you to dream big so you can accomplish great things for His glory.

T _____
H _____
I _____
N _____
K _____

DISCOVERY QUESTIONS

- Why is it so easy to lie to ourselves?
- Pastor Rick talked about toxic food, junk food, and healthy food for your brain. What could you do to give your brain a healthier diet?
- What specific topics and habits do you want to learn about through your reading and relationships?
- The Bible says, "You will keep in perfect peace all who trust in You, all whose thoughts are fixed on You!" (Isaiah 26:3). What helps you to fix your thoughts on God?

PUTTING IT INTO PRACTICE

Where do you want to be 3 months from now with your mental health? What is 1 thing you will do to take step in that direction? Not 1 thing you could do, or might do, but 1 thing you will do. Review Pastor Rick's video outline to help you with ideas. We know that goals that are not expressed are very rarely met, so share your goal with 1 other person in your group.

Write your 3-month mental health goal in the space below:

PRAYER DIRECTION

In your prayer time, focus on the action steps each person wants to take in the area of Mental Health. You may want to have each person pray for the person on their right going around the circle, or pair up in groups of 2.

DIVING DEEPER

Want to dive deeper into your mental health?

- Read and reflect on the **Daily Verses** for Days 15 to 21 (*see below*).
- Read the **Memory Verse** for this session every day this week as part of your quiet time. See if you can have it memorized before your next group meeting.
- Check out Events / Registration on **faccalgary.com** for related Mental Health seminars.
- Read ***The Faith: What Christians Believe, Why They Believe It, and Why It Matters*** by Chuck Colson and Harold Fickett. The Faith is a thought provoking soul-searching, powerful manifesto of the great, historical, and central truths of Christianity that have sustained believers through the centuries.

DAILY VERSES

Read the provided daily verses with an open mind and heart. Read them as a letter written to you and respond each day by answering the following questions:

- *What is this passage telling me about God?*
- *What is this passage telling me about myself?*
- *What is God trying to say to me right now?*

Day 15 – Isaiah 26:3

Day 16 – Philippians 4:6-7

Day 17 – Philippians 4:8-9

Day 18 – Romans 12:2

Day 19 – 1 Corinthians 2:16

Day 20 – James 1:5

Day 21 – Proverbs 19:8

TRANSFORMED

IN MY EMOTIONAL HEALTH

Session 4



SMALL GROUP **DISCUSSION GUIDE**

SESSION 4: TRANSFORMED IN MY *EMOTIONAL HEALTH*



CHECKING IN

- Which of the mental health verses from this past week was the most meaningful to you?
- When you hurt yourself (stub your toe, whack your thumb with a hammer, etc) do you tend to stuff it, yell at it, cry about it, or dance around?



MEMORY VERSE

"Come to Me, all you who are weary and burdened and I will give you rest."
(Matthew 11:28, NIV)



VIDEO

Watch Transformed: Session 4 and follow along in the outline.

TRANSFORMED IN MY *EMOTIONAL HEALTH*

He heals the broken-hearted and bandages their wounds. (Psalm 147:3, TEV)

5 STEPS TOWARD EMOTIONAL HEALTH

- _____ my _____.
*You'll never be emotionally healthy until you face your feelings straight on.
I kept very quiet ... but I became even more upset. I became very angry inside
and as I thought about it, my anger burned.* (Psalm 39:2-3. NCV)

Holding on to hurts is like carrying hot coals in your heart – you're the one who's going to get burned. When you swallow your hurt, your stomach keeps score.

You must be honest with yourself, honest with God and honest with 1 other person.

When I kept things to myself, I felt weak deep inside me. I moaned all day long. (Psalm 32:3)

- _____ those who have _____.

One of the most difficult decisions you'll make in life is this: "Do I want to get well or do I want to get even?"

*It was while we were still sinners that Christ died for us! (Romans 5:8, TEV)
Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. (Ephesians 4:31-32, NIV)*

You have kept a record of my tears. (Psalm 56:8, TEV)

Never pay back evil for evil ... never avenge yourselves. Leave that to God, for He has said that He will repay those who deserve it. [Don't take the law into your own hands.] (Romans 12:17-19, TLB)

- Replace _____ with _____.
Let God transform you into a new person by changing the way you think. (Romans 12:2, NLT)

Jesus, who makes people holy, and all those who are made holy have the same Father. That is why Jesus isn't ashamed to call them brothers and sisters. (Hebrews 2:11, GWT)

If you want to change the way you feel about your life, you have to change the way you think your life. Replace old lies with God's truths.

- _____ on the _____.
Put your heart right ... Reach out to God ... Face the world again, firm and courageous. Then all your troubles will fade from your memory, like floods that are past and remembered no more. (Job 11:13-16, TEV)

Your past is not your future. The old you is not the new you.

Look straight ahead with honest confidence; don't hang your head in shame. (Proverbs 4:25)

- _____ to help _____.

God wants to redeem your pain. He wants to use your experiences to help other people. That's what ministry is all about.

(God) comforts us every time we have trouble, so when others have trouble, we can comfort them with the same comfort God gives us. (2 Corinthians 1:4, NCV)

When someone becomes a Christian, he becomes a brand new person inside. He is not the same anymore. A new life has begun! (2 Corinthians 5:17, TLB)

DISCOVERY QUESTIONS

- God never wastes a hurt. Your greatest ministry will come from your deepest pain. Would anyone like to share a personal story of how God brought emotional healing into your life? This is great practice for sharing faith with non-believing friend.
- The Bible says, "When I kept things to myself, I felt weak deep inside me. I moaned all day long." (Psalm 32:3, NCV) Why do you think we would rather hide the things that have happened to us instead of revealing them to someone?
- Why is it hard to forgive when we've been wronged? What happens if we choose not to forgive? What could happen if we do forgive?
- The Bible says, "Be made new in the attitude of your minds." (Ephesians 4:23, NIV) Pastor Rick said, "If you want to change the way you feel about your life, you have to change the way you think about your life." What is one thought you need to change about yourself?

PUTTING IT INTO PRACTICE

Where do you want to be 3 months from now with your emotional health? What is 1 thing you will do to take step in that direction? Not 1 thing you could do, or might do, but 1 thing you will do. Review Pastor Rick's video outline to help you with ideas. We know that goals that are not expressed are very rarely met, so share your goal with 1 other person in your group.

Write your 3-month Emotional Health goal in the space below:

PRAYER DIRECTION

If anyone shared a hurt or needs prayer, be sure to pray for those things during your prayer time. If you're short on time or your group members would feel more comfortable sharing with 1 other person, you might want to pair up and pray for each other.

DIVING DEEPER

Want to dive deeper into your emotional health?

- Read and reflect on the **Daily Verses** for Days 22 to 28.
- Read the **Memory Verse** for this session every day this week as part of your quiet time. See if you can have it memorized before your next group meeting.
- Read ***Life's Healing Choices*** by John Baker. Based on the 8 beatitudes of Jesus, this book offers freedom from our hurts, hang-ups, and habits through 8 healing choices that promise true happiness and life transformation.
- Jesus desires to bring healing from the bondage of emotional wounds. If something is on your mind, please talk to your leader or speak to a Pastor. Jesus promises to bring true wholeness.

DAILY VERSES

Read the provided daily verses with an open mind and heart. Read them as a letter written to you and respond each day by answering the following questions:

- *What is this passage telling me about God?*
- *What is this passage telling me about myself?*
- *What is God trying to say to me right now?*

Day 22 – Matthew 11:28-30

Day 23 – John 14:27

Day 24 – Psalm 23:1, 4

Day 25 – Deuteronomy 33:27

Day 26 – Romans 8:1

Day 27 – Nehemiah 8:10

Day 28 – Psalm 91:1-2

TRANSFORMED

IN MY RELATIONAL HEALTH

Session 5



SMALL GROUP **DISCUSSION GUIDE**

SESSION 5: TRANSFORMED IN MY RELATIONAL HEALTH



CHECKING IN

- Which of the emotional health verses from this past week was the most meaningful to you?
- When it comes to personal conflict, are you a skunk or a turtle? Turtles withdraw quietly into their shells until the trouble is past. When skunks are in conflict, they let everybody know it.



MEMORY VERSE

Above all, love each other deeply, because love covers over a multitude of sins. (1 Peter 4:8)



VIDEO

Watch **Transformed: Session 5** and follow along in the outline.

TRANSFORMED IN MY RELATIONAL HEALTH

2 KINDS OF FRIENDS

- _____ friends are the result of _____.
- _____ friends are the result of _____.

A mirror reflects a man's face, but what he is really like is shown by the kind of friends he chooses. (Proverbs 27:19, TLB)

The righteous choose their friends carefully. (Proverbs 12:26)

5 KINDS OF PEOPLE TO AVOID AS CLOSE FRIENDS

- _____ people.
Our friends, we command you in the name of our Lord Jesus Christ to keep away from all believers who are living a lazy life ... (2 Thessalonians 3:6, TEV)

- _____ people.
Don't make friends with people who have hot, violent tempers. You might learn their habits and not be able to change. (Proverbs 22:24-25, TEV)
- _____ people.
I told you not to associate with immoral people. Now I did not mean (unbelievers) who are immoral or greedy or are thieves, or who worship idols. To avoid them you would have to get out of the world completely. What I meant was that you should not associate with a person who calls himself a believer but is immoral or greedy or worship idols or is a slanderer or drunkard or thief. Don't even sit down to eat with such a person. (1 Corinthians 5:9-11, TEV)
- _____ people.
Do not eat the food of a stingy man ... for he is the kind of man who is always thinking about the cost. "Eat and drink," he says to you, but his heart is not with you. (Proverbs 23:6-7, NIV)
- _____ people.
Don't team up with those who are unbelievers. (2 Corinthians 6:14a, NLT)

CHOOSE CLOSE FRIENDS WHO WILL ...

- _____ me mentally.
He who walks with the wise grows wise. (Proverbs 13:20a, NIV)

As iron sharpens iron, so one man sharpens another. (Proverbs 27:17, NIV)
- _____ me emotionally.
A friend loves at all times, and a brother is born for adversity. (Proverbs 17:17, NIV)

Bear one another's burden. (Galatians 6:2, NKJV)
- _____ me spiritually.
Encourage one another and build each other up. (1 Thessalonians 5:1, NIV)

Spur one another on toward love and good deeds.
(Hebrews 10:24, NIV)

How can I attract those kinds of friends? By being that kind of friend.

HOW TO BUILD HEALTHY FRIENDSHIPS

Get interested in _____.

Unfriendly people care only about themselves. (Proverbs 18:1, NLT)

Let each of you look out not only for his own interests, but also for the interests of others. (Philippians 2:4, NKJV)

- Don't be a _____.
Do everything without complaining and arguing, so that no one can criticize you. Live clean, innocent lives as children of God, shining like bright lights in a world full of crooked and perverse people.
(Philippians 2: 14-15, NLT)
- Be a _____.
Be quick to listen and slow to speak. (James 1:19, CEV)

Counsel in the heart of man is like deep water; but a man of understanding will draw it out. (Proverbs 20:5, KJV)
- Accept people _____.
Accept one another ... just as Christ accepted you.
(Romans 15:7, NIV)

A friend loves at all times. (Proverbs 17:17a, NIV)
- Help people _____.
Honour one another above yourselves. (Romans 12:10, NIV)
Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. (Philippians 2:3, NLT)
- Be _____.
Rejoice with those who rejoice, and weep with those who weep.
(Romans 12:15, NKJV)

- Stick with them in _____.
There are "friends" who pretend to be friends, but there is a friend who sticks closer than a brother. (Proverbs 18:24, TLB)

Two are better than one because ... if one falls down, his friend can help him up. But pity the man who falls and has no one to help him up! (Ecclesiastes 4:9-10, NIV)

- Share _____ with them.
Go back home and tell everyone how much God has done for you. The man then went all over town, telling everything that Jesus had done for him. (Luke 8:39, CEV)

"Do to others as you would have them do to you." (Luke 6:31, NIV)

"I do not call you servants any longer Instead, I call you friends." (John 15:15, TEV)

DISCOVERY QUESTIONS

- The Bible says, "Spur one another on toward love and good deeds." (Hebrews 10:24) We all need spiritual encouragers in our lives. Who is a spiritual encourager to you? What are some ways they encourage you?
- Review the 3 qualities of a close friend: people who challenge you mentally, support you emotionally, and strengthen you spiritually. Remember, to find that kind of friend, you need to be that kind of friend. Which of these characteristics do you need to develop in your own life?
- Which of Pastor Rick's 8 ways to build healthy friendships is the most important to you and why?

PUTTING IT INTO PRACTICE

Where do you want to be 3 months from now with your relational health? What is 1 thing you will do to take step in that direction? Not 1 thing you could do, or might do, but 1 thing you will do. We know that goals that are not expressed are very rarely met, so share your goal with 1 other person in your group.

Write your 3-month emotional health goal in the space below:

PRAYER DIRECTION

Do you have any friends who don't know Jesus Christ? Pray for their salvation with your group. Pray together about your 3-month goal to build healthy relationships.

DIVING DEEPER

Want to go deeper in your relational health?

- Read and reflect on the **Daily Verses** for Days 29 to 35.
- Read the **Memory Verse** from this session every day this week as part of your quiet time. See if you can have it memorized before your next group meeting.
- Read ***The Relationship Principles of Jesus*** by Tom Holladay. Based on an exhaustive study of what Jesus did and said about relationships, this book guides readers on a 40-day journey that will bring new health and riches to their marriages, families, friendships, and all the relationships in their lives.

DAILY VERSES

Read the provided daily verses with an open mind and heart. Read them as a letter written to you and respond each day by answering the following questions:

- *What is this passage telling me about God?*
- *What is this passage telling me about myself?*
- *What is God trying to say to me right now?*

Day 29 – John 15:5

Day 30 – Matthew 5:7

Day 31 – Matthew 5:9

Day 32 – Luke 6:35

Day 33 – 1 Peter 4:8

Day 34 – Psalm 147:3

Day 35 – 1 Peter 5:7

TRANSFORMED

IN MY FINANCIAL HEALTH

Session 6



SMALL GROUP **DISCUSSION GUIDE**

SESSION 6: TRANSFORMED IN MY *FINANCIAL HEALTH*



CHECKING IN

- Which of the relational health verses from this past week was the most meaningful to you?
- When it comes to money are you more of a saver or a spender?



MEMORY VERSE

Honour the Lord with your wealth, with the first fruits of all your crops, then your barns will be filled to overflowing and your vats will brim over with new wine. (Proverbs 3:9-10)



VIDEO

Watch Transformed: Session 6 and follow along in the outline.

TRANSFORMED IN MY *FINANCIAL HEALTH*

7 HABITS FOR FINANCIAL HEALTH

- I must trust God as my _____ and _____.
Everything comes from [God] and exists by His power and is intended for His glory. (Romans 11:36, NLT)

Remember the Lord your God, for it is He who gives you the ability to produce wealth. (Deuteronomy 8:18, NIV)

- I must keep _____.
Riches can disappear fast ... so watch your business interests closely. Know the state of your flocks and your herds. (Proverbs 27:23-24, TLB)
- I must give the first _____ back to God.
The purpose of tithing is to teach you always to put God first in your lives. (Deuteronomy 14:23b, TLB)

Honour the Lord by giving Him the first part of all your income, and He will fill your barns [to overflowing]. (Proverbs 3:9-10, TLB)

- I must _____ and _____ for the future.
The wise man saves for the future, but the foolish man spends whatever he gets. (Proverbs 21:20, TLB)

Money that comes easily disappears quickly, but money that is gathered little by little will grow. (Proverbs 13:11, NCV)

*Develop your business first before building your house.
(Proverbs 24:27, TLB)*

- I must set up a _____ to get myself out of debt.
Don't withhold repayment of your debts. (Proverbs 3:27, TLB)

Let no debt remain outstanding. (Romans 13:8a, NIV)

- I must _____ my spending.

Plan carefully and you will have plenty; if you act too quickly, you will never have enough. (Proverbs 21:5, TEV)

Stupid people spend their money as fast as they get it. (Proverbs 21:20, TEV)

- I must _____ what I have.

Godliness with contentment is a great gain. (Timothy 6:6, NIV)

It is better to be satisfied with what you have than to be always wanting something else. (Ecclesiastes 6:9, TEV)

*Keep your life free from love of money, and be content with what you have, for [God] has said, "I will never leave you nor forsake you."
(Hebrews 13:5, ESV)*

"Don't worry Your heavenly Father already knows perfectly well [what you need] and He will give [it] to you if you give Him first place in your life and live as He wants you to." (Matthew 6:31-33, TLB)

You have to decide if you are going to trust God or yourself with your finances. Are you going to do it your way or are you going to do it God's way?

DISCOVERY QUESTIONS

- What difference does it make when you consider that your money is on loan from God?
- How might your financial habits change if you asked yourself every day, "How does God want me to spend His money?"
- Why do money issues cause so much stress in people's lives? What would life look like if we put our trust in God instead of our finances?
- Why do you think so many people find it hard to budget? What tools have you found helpful in "telling your money where it should go?"

PUTTING IT INTO PRACTICE

Where do you want to be 3 months from now with your financial health? What is 1 thing you will do to take step in that direction? Not 1 thing you could do, or might do, but 1 thing you will do. If you're married, be sure to talk with your spouse and come to an agreement on your financial goal. Share your goal with 1 other person in your group.

Write your 3-month financial health goal in the space below.

PRAYER DIRECTION

Pray for your group's prayer requests. Be sure to remember to pray for any financial needs that might have been expressed in your time together as a group.

DIVING DEEPER

Want to go deeper in your financial health?

- Read and reflect on the **Daily Verses** for Days 36 to 42.

- Read the **Memory Verse** for this session every day this week as part of your quiet time. See if you can have it memorized before your next group meeting.
- Check out the ***Living [Within] Your Means*** course offered through FAC. Learn more and register online: **faccalgary.com** under NEXT STEPS > CLASSES > Financial Freedom

DAILY VERSES

Read the provided daily verses with an open mind and heart. Read them as a letter written to you and respond each day by answering the following questions:

- *What is this passage telling me about God?*
- *What is this passage telling me about myself?*
- *What is God trying to say to me right now?*

Day 36 – Proverbs 11:25

Day 37 – Matthew 6:32-33

Day 38 – Malachi 3:10

Day 39 – Proverbs 3:9-10

Day 40 – Hebrews 13:5

Day 41 – 2 Corinthians 9:8

Day 42 – Luke 6:38

TRANSFORMED

IN MY VOCATIONAL HEALTH

Session 7



SMALL GROUP **DISCUSSION GUIDE**

SESSION 7: TRANSFORMED IN MY VOCATIONAL HEALTH



CHECKING IN

- Which of the financial health verses from this past week was the most meaningful to you?
- If you could have any job in the world, what would it be and why?



MEMORY VERSE

Whatever you do, work at it with all your heart, as working for the Lord, not for men. (Colossians 3:23, NIV)



VIDEO

Watch Transformed: Session 7 and follow along in the outline.

TRANSFORMED IN MY VOCATIONAL HEALTH

"What profit is it to a man if he gains the whole world, and loses his own soul?" (Matthew 16:26, NKJV)

7 BIBLICAL ATTITUDES FOR A HEALTHY WORK LIFE

- I must start working _____ wherever I am.
Whatever you do, work at it with all your heart. (Colossians 3:23, NIV)
- This is a job _____ from God.
"Whoever can be trusted with very little can also be trusted with much ... If you have not been trustworthy with someone else's property, who will give you property of your own?" (Luke 16:10-12, NIV)
- God is _____.
Work hard so God can say to you, "Well done." Be a good workman, one who does not need to be ashamed when God examines your work. (2 Timothy 2:15, TLB)

- My _____ determines my _____.
The diligent find freedom in their work; the lazy are oppressed by work.
(Proverbs 12:24, MSG)

Neve be lazy in your work, but serve the Lord enthusiastically.
(Romans 12:11, TLB)

- I must understand who I'm really _____.
Work hard and cheerfully at whatever you do, as though you were working for the Lord rather than for people. Remember that the Lord will give you an inheritance as your reward, and the Master you are serving is Christ.
(Colossians 3:23-24, NLT)

- I must concentrate on building _____.

- I must care about _____.
Whatever you do, do it with kindness and love. (1 Corinthians 16:14, TLB)
Don't be concerned only about your own interests, but also be concerned about the interests of others. (Philippians 2:4, GWT)

Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of love. (Ephesians 4:2, NLT)

- I must exceed what is _____.
Servants, do what you're told by your earthly masters. And don't just do the minimum that will get you by. Do your best. (Colossians 3:22, MSG)

"If anyone requires you to go one mile, go two miles with him." (Matthew 5:41, NJB)

- I must expand my skills with _____.
If the axe is dull and its edge unsharpened, more strength is needed but skill will bring success. (Ecclesiastes 10:10, NIV)

- I must dedicate my work to be used for _____.
Commit your work to the Lord, and then your plans will succeed.
(Proverbs 16:3, NLT)

We are Christ's ambassadors. (2 Corinthians 5:20a, NLT)

DISCOVERY QUESTIONS

- What does it look for you to live for the glory of God in your workplace? What are some practical ways you can turn your work into an act of worship?
- Think of 1 person you know who could use some encouragement in their work this week. What can you do to help them?
- The Bible says, "We are Christ's ambassadors." (2 Corinthians 5:20) What does an ambassador do? Whose interests does an ambassador represent? How can you be Christ's ambassador in your workplace?
- How many of the things that are frustrating you at work right now would be no big deal if you chose to see God as your boss? What is 1 thing you think would change in your perspective and attitude towards your work?

PUTTING IT INTO PRACTICE

Where do you want to be 3 months from now with your vocational health? What is 1 thing you will do to take step in that direction? Not 1 thing you could do, or might do, but 1 thing you will do. Share your goal with 1 other person in your group.

Write your 3-month financial health goal in the space below:

PRAYER DIRECTION

Spend some time praying for each other's jobs and the roles each of you play in that setting.

DIVING DEEPER

Want to go deeper into your vocational health?

- Read and reflect on the **Daily Verses** for Days 43 to 49.
- Read the **Memory Verse** for this Session every day this week as part of your quiet time. See if you can have it memorized before your next group meeting.

- Check out Events / Registration on **faccalgary.com** for a seminar on Job Search Strategies, Resume Writing, Interview Skills, and Introduction to LinkedIn.

DAILY VERSES

Read the provided daily verses with an open mind and heart. Read them as a letter written to you and respond each day by answering the following questions:

- *What is this passage telling me about God?*
- *What is this passage telling me about myself?*
- *What is God trying to say to me right now?*

Day 43 – Proverbs 16:3

Day 44 – Deuteronomy 8:18a

Day 45 – Proverbs 3:5-6

Day 46 – Proverbs 2:6-7

Day 47 – Proverbs 15:22

Day 48 – James 1:2-3

Day 49 – Colossians 3:23-34

Would you like to become all that God intended you to be?
Unlocking the promises in God's Word and following His
instructions will transform your life in 7 key areas ...
from the inside out.

*"Do not conform to the pattern of this world but be
transformed by the renewing of your mind"*

(Romans 12:2)

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