

Transformed

Session #1: “Metamorphosis”

Romans 12:2 (NIV) **Do not conform 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.**

1. Are humans born “good?” In other words, is it our environment that makes us do wrong?
2. Why does our mind need to be renewed? Why doesn’t God just make it new like our spirit?
3. What are some mind “pollutants?”
4. Read these verses and note the expressions of an “un-renewed” mind:
 - Rom. 1:28
 - Rom. 8:5,7
 - Rom. 12:16
 - II Cor. 4:4
 - II Cor. 11:3
 - Eph. 2:3
 - Eph. 4:17
 - Phil. 3:19
 - Col. 1:21
 - Col. 2:18
 - Titus 1:15
5. Now review these verses and list the benefits of a mind set on the Lord:
 - Isa. 26:3
 - Matt. 22:37
 - Rom. 14:5
 - I Cor. 2:16
 - Phil. 2:5
 - Phil. 4:8
 - Col. 3:2
 - Heb. 8:10; 10:16
 - I Pet. 1:13
 - Rev. 2:23 - "I am He who searches the minds and hearts"

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Session #2: “Flesh or Spirit?”

Romans 8:5-8a (NLT) ⁵ Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. ⁶ So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace. ⁷ For the sinful nature is always hostile to God. It never did obey God’s laws, and it never will. ⁸ That’s why those who are still under the control of their sinful nature can never please God.
⁹ But you are not controlled by your sinful nature. You are controlled by the Spirit if you have the Spirit of God living in you.

1. Is truth relative? In other words, does it depend on the situation?
2. As a follower of Jesus, am I asked to believe things blindly? Am I to bury my head in the sand and deny the “facts?”
3. Is the Bible primarily intended for encouragement or is it something more?
4. In what ways might God’s truth exceed natural truth?
5. Read the following verse and highlight its meaning:
 - 2 Timothy 3:16-17
6. Review these verses and talk about how they might help you in difficult times:
 - Phil 4:13
 - Mark 10:52
 - Romans 15:13
 - 2 Corinthians 5:7
 - 1 John 5:4

 - Add some of your favorite verses.

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Session #3: "What's holding you back?" or "Get rid of stinkin' thinking"

Review these 2 verses with your group:

- Proverbs 23:7a **For as he thinks in his heart, so is he.**
- Hebrews 12:1 **Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us,**

Question for Discussion:

1. What is a "mindset"? What are the factors that formed a mindset in your life?
 - a. Before becoming a believer, what did you think about yourself? What did you think about others? What did you think about God?
2. What are your thoughts about each of these points?

- **You're completely accepted.**

Titus 3:7 (CEV) *Jesus treated us much better than we deserve. He made us acceptable to God and gave us the hope of eternal life.*

- **You're unconditionally loved.**

Isaiah 54:10 (NLT) *For the mountains may move and the hills disappear, but even then my faithful love for you will remain. My covenant of blessing will never be broken," says the Lord, who has mercy on you.*

- **You're totally forgiven.**

Romans 8:1 (NKJV) *There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit.*

- **You're considered extremely valuable.**

1 Corinthians 7:23 (NLT) *God paid a high price for you, so don't be enslaved by the world.*

3. Review the following verses with your group:

Calls for renewal

- II Cor. 4:16 - "our inner man is being renewed day by day" *
- Ephesians 4:23 - "be renewed in the spirit of your mind" *
- Colossians 3:10 - "the new man is being renewed to a true knowledge..."
- Titus 3:5 - "renewing by the Holy Spirit"

Attitudes of a renewed mind

- Isa. 26:3 - "the steadfast of mind Thou wilt keep in perfect peace"
- Jeremiah 17:10 - "I, the Lord, search the heart, I test the mind"
- Rom. 14:5 - "let each man be fully convinced in his own mind"
- I Cor. 2:16 - "we have the mind of Christ"
- Phil. 2:5 - "have this mind in you which was also in Christ Jesus" *
- Phil. 4:8 - "whatever is true, right, pure...let your mind dwell on these..." *
- Heb. 8:10; 10:16 - "I will put my laws into their minds"
- I Pet. 1:13 - "gird your minds for action"
- Rev. 2:23 - "I am He who searches the minds and hearts"

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Session #4: Footholds, Strongholds, and Demonic Assignments/attachments

Read together:

Ephesians 4:26-27 (NLT) **Don't let the sun go down while you are still angry, 27 for anger gives a foothold to the devil.**

2 Corinthians 10:4-6 **For though we walk in the flesh, we do not war according to the flesh. 4 For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, 5 casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,**

Isaiah 23:11 **He stretched out His hand over the sea, He shook the kingdoms; The Lord has given a commandment against Canaan To destroy its strongholds.**

Read this statement and discuss:

When you give the devil a foothold in your life, he takes a stronghold. What does that mean-- If you give Satan control of one little part of your life, he will soon take over the whole thing. You give him a foothold into your life, and he turns it into a stronghold.

Discussion:

1. Does the idea of satanic or hellish power scare you?
2. How you ever experienced or witnessed a manifestation of demonic activity?
3. What do you think is the difference between demonic "possession" versus "oppression?"
4. Do we give the devil too much credit for his power?

Talk about the following principles of defeating the enemy and not allowing access:

Stongholds:

Strongholds are built upon deception and lies that we've accepted into our minds.

So how do you counter a lie? With the Word of God

Ephesians 6:17, "...the sword of the Spirit, which is the word of God."

Hebrews 4:12 For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.

2 Corinthians 10:3-5, "For though we walk in the flesh, we do not war after the flesh: (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strongholds;) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ."

1 John 3:5 **And you know that Jesus came to take away our sins, and there is no sin in him.**

Hebrews 8:12 **And I will forgive their wickedness, and I will never again remember their sins.**

Sealing off access points:

- **Sin**...any sin but especially the private, “secret” sin which are so many times in the fantasy realm, or sexual expression of our lives. “you’re only as sick as your secrets”; repent, ask for and receive forgiveness

- **Break any connections** to satanic influence including things as simple as:
 - Idols...even gifts from others
 - Astrology/horoscopes
 - Palm reading/fortune telling
 - Ouija boards/games
 - Cartoons with excessive “magic”
 - Certain books
 - Mystical meditation
 - Drugs
 - ...others ???

Review these verses:

1 John 4:4 **You are of God, little children, and have overcome them, because He who is in you is greater than he who is in the world.**

Mark 3:15 NLT **giving them authority to cast out demons.**

Mark 6:7 **and He called the twelve to *Himself*, and began to send them out two by two, and gave them power over unclean spirits.**

James 4:7 **Therefore submit to God. Resist the devil and he will flee from you.**

Romans 16:20 **And the God of peace will crush Satan under your feet shortly. The grace of our Lord Jesus Christ *be* with you. Amen.**

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Session # 5: “EXAMINING Generational Curses”

- What baggage was passed from generation to generation in your family?
- What blessings were passed on?

Review:

Exodus 20:5b-6 - ...”For I, the Lord your God, am a jealous God, punishing the children for the sin of the fathers to the third and fourth generation of those who hate me.”

Vs. 6 – “but showing love to a thousand generations of those who love me and keep my commandments.”

- Is there a difference between a “curse” and family “baggage”?
- What do you think is the origin of curses in your family?

Consider this statement:

A sin without repentance becomes iniquity;

Iniquity becomes a pattern of behavior in which sin is automatic and a curse if formed.

Ten Common Curses to Watch For in Your Family—which ones do you recognize in your lineage?

1. FEAR: people flee at the drop of a hat.
2. BLINDNESS: blind to spiritual things.
3. LYING/DECEPTION: this began in the Garden of Eden.
4. FALSE KNOWLEDGE: witchcraft, Satanism, the occult,
5. DEATH: the tendencies associated with death – murder, suicide, or homicide.
6. CARNAL SIN: sexual sin, affairs, and pornography.
7. GREED, SELFISHNESS, and JEALOUSY: this is man’s possessiveness.
8. A TENDENCY TOWARD PAIN – self-pity.
9. ANGER and AGGRESSIVENESS: anger, bitterness, and revenge.
10. LAZINESS and PROCRASTINATION:

How do you break the generational curse pattern in your family?

Read:

2 Corinthians 3:18 **But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord.**

Review this verse:

Matthew 3:10 – “The axe is already at the root of the trees, and every tree that does not produce good fruit will be cut down and thrown into the fire.”

How do you break this type of curse off of yourself and your family?

- We break the generational curses by cutting the family tree at its roots, going below the surface of the ground.
- When you cut the roots and destroy them, the tree will die.
- Otherwise, the generational curse, like any other vegetation will sprout leaves again and remain.

- 1) Acknowledge and confess the iniquities of your forefathers.
- 2) Ask God to forgive and cleanse this away.
- 3) Submit your will to God – BE OBEDIENT!
- 4) Use the authority and name of Jesus.
Declare the power of His blood.
- 5) Then declare and recognize that your generational curses are broken.
Romans 6:6 – “For we know that our old self was crucified with him so that the body of sin might be done away with, that we should no longer be slaves to sin.”
- 6) Speak blessings over your life and the lives of your children.
Ephesians 1:3 – “Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ.”
- 7) KNOW YOU ARE FREE INDEED!
John 8:36 – “So if the Son sets you free, you will be free indeed.”

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Session #6: Pass on Generational Blessings!

Philippians 4:8-9

Review this verse:

2 Corinthians 5:17 **Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.**

Questions:

- What does it mean that in Christ all things have become new?
- If Christ has made us new, why do we feel so bad or stuck sometimes?

Consider this statement:

When I came to Christ, I became the change agent for future generations of family or friends; that is why the enemy constantly attacks His work in my life.

Let's talk about how you can pass generational blessings on to your family and what they are:

1. WALK IN LOVE:
Eph. 5:1-2. **Therefore be imitators of God as dear children. ² And walk in love,**
2. WALK IN FAITH:
2 Corinthians 5:7 For we walk by faith, not by sight.
3. BE JOYFUL:
1 Thessalonians 5:16-18 –**“Be joyful always; pray continually; Give thanks in all circumstances, for this is God’s will for you in Christ Jesus.”**
4. BE TENDERHEARTED:
Ephesians 4:32 – **“Be kind and tenderhearted (compassionate) to one another, forgiving each other, just as in Christ God forgave you.”**
5. WALK IN PEACE:
John 14:27 NLT — **“I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don’t be troubled or afraid.**
6. BE TRUTHFUL
Ephesians 6:14 – **“Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place.”**
7. BE RESPECTFUL:
1 Peter 2:17 – **“Show proper respect to everyone: Love the brotherhood of believers, fear God, honor the king.”**
8. BE RIGHTEOUS:
1 John 3:7 – **“Dear children, do not let anyone lead you astray. He who does what is right is righteous, just as he is righteous.”**
9. DO WHATEVER IS LOVELY:
Psalm 119:103 – **“How sweet are your words to my taste, sweeter than honey to my mouth.”**
10. BE CONSISTENT:
Proverbs 18:21 – **“our words are life or death”**
Philippians 4:13 – **“I can do all everything through him who gives me strength.”**

Review these verses:

Philippians 4:8 – “Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things.

Vs. 9 – Whatever you have learned or received or heard from me – put into practice. And the God of peace will be with you.”

John 8:36 – “So if the Son sets you free, you will be free indeed.”

Galatians 5:22-23 NLT But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, ²³gentleness, and self-control. There is no law against these things!

Extra DISCUSSION QUESTIONS:

1. What are some ways you can pass on blessings to your family and future generations?
2. Are there things that you are trying to change from previous generations in your family?
3. Discuss some of the challenges that you face that may not be a blessing to future generations in your family?
4. What did you learn today that was helpful?
5. Talk about how you stop generational curses in your family.
6. Where do you get your cues in life?
7. Where do you get your guidance?
8. What do you base your life and decisions on?
9. How many minutes a week do you read your Bible?
10. How much time do you spend watching TV? On social media?
11. Where are you getting your values?