

# SERMON NOTES

How God Transforms Us

Romans 12:1-2: Trent Thompson

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*February 1, 2026*

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**We become like what we love:**

**Love is cultivated by attention:**

**Jesus is uniquely able to cultivate love from attention:**

**What is inside us is stronger than what is outside us:**

**God motivates us with the reward of wisdom:**

**We become like what we love:**

**Love is cultivated by attention:**

**Jesus is uniquely able to cultivate love from attention:**

**What is inside us is stronger than what is outside us:**

**God motivates us with the reward of wisdom:**

## APPLYING GOD'S WORD (For LifeGroups)

LifeGroups are a place to commit to Christ-Centered relationships and grow in our faith together. Learn more at [westshorefree.org/lifegroups](http://westshorefree.org/lifegroups).

1. What is one change you've seen in yourself this last year for which you are thankful to God? What is one you are asking for this year?
2. Have you ever given significant thought to how change happens in the Christian life? If so, how would you explain it? How does that match with your lived experience?
3. Have a different member of your group read each of the following passages out loud and summarize what they teach us about how God changes us.
  - 2 Corinthians 3:18
  - 2 Peter 1:3-4
  - 1 John 3:2
  - Romans 12:2
4. Did anything stand out to you from this week's sermon? Why?
5. What is your favorite way to give attention to God? How have you seen this create love for Him that makes you like Him?
6. Where do you need wisdom right now? If wisdom comes from being transformed by God, what is the best way to get the wisdom you need?

**Memory Verse:** "Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect." - Romans 12:2

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