SMITH FOR CHRIST

TEACHING THE WORD · WATCHING THE TIMES

REFLECTION JOURNAL · FIVE DAYS

Romans

Chapter 12

A Living Sacrifice and a Renewed Mind

MEMORY VERSE · ROMANS 12:1–2

"Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect."

THIS JOURNAL BELONGS TO _____

BEFORE YOU BEGIN

This week in Romans 12

After eleven chapters of God's mercy, Paul says, "Therefore." Romans 12 shows what mercy looks like when it walks around in a body — on the altar, in the church family, and even across the table from an enemy. This week, give God your body one day at a time and let Him remake your mind.

How to use this journal

1. Each day, read the passage slowly — out loud if you can.
2. Answer the **Observe** question from the text before you write what it means.
3. Write honestly on the **Reflect** questions. No one grades this.
4. Do the **Respond** step today, not someday. Say the memory verse.
5. Bring this journal to the group. The last page is for the table.

The full Deep Dive, the O·I·A study, the slides and the film for this chapter are on the Romans study page.

WHERE I AM AS I START THIS CHAPTER

What is going on in my life right now that I want to bring to God this week?

DAY 1 OF 5

The Living Sacrifice

READ · ROMANS 12:1–2

OBSERVE — WHAT DOES IT SAY?

What does Paul urge us to present in verse 1, and on what basis does he ask it? What three words in verse 2 describe the will of God?

REFLECT

Paul asks for your body — your eyes, hands, mouth and schedule (v. 1). Which part of you did the old life use most, and what would it mean to hand that part to God today?

REFLECT

Paul says, "do not be conformed to this world, but be transformed by the renewing of your mind" (v. 2). What is shaping your thinking most right now — what you watch, scroll or listen to — and what would it take to let God's word shape it instead?

RESPOND — TODAY

Before your feet hit the floor tomorrow, pray: "Lord, this body is Yours today." Do it every morning this week.

❒ READ IT ❒ PRAYED IT ❒ SAID THE MEMORY VERSE (ROMANS 12:1–2)

DAY 2 OF 5

One Body, Many Gifts

READ · ROMANS 12:3–8

OBSERVE — WHAT DOES IT SAY?

Verses 6–8 name seven gifts. Write each one down, along with the way Paul says it should be used.

REFLECT

Paul says not "to think more highly of himself than he ought to think," but to have "sound judgment" (v. 3). Where do you swing between thinking too much of yourself and too little?

REFLECT

Paul says "we, who are many, are one body in Christ" (v. 5). What does this group lose when you hold back the gift God gave you?

RESPOND — TODAY

Ask one brother who knows you well what gift he sees in you, and use it once this week to serve someone else.

☐ READ IT ☐ PRAYED IT ☐ SAID THE MEMORY VERSE (ROMANS 12:1–2)

DAY 3 OF 5

Love Without a Mask

READ · ROMANS 12:9–13

OBSERVE — WHAT DOES IT SAY?

Verse 9 says love has two opposite reactions. What does it abhor, and what does it cling to?

REFLECT

“Let love be without hypocrisy” (v. 9). Where are you being polite on the outside while keeping score on the inside?

REFLECT

Paul says to keep “practicing hospitality” (v. 13). Who is the new man at the back of the room — at a meeting, in the unit, at church — that you could welcome this week?

RESPOND — TODAY

Do one costly act of love for a brother this week — a meal, a call, a visit — without telling anyone else about it.

☐ READ IT ☐ PRAYED IT ☐ SAID THE MEMORY VERSE (ROMANS 12:1–2)

DAY 4 OF 5

Bless, Weep, Stoop

READ · ROMANS 12:14–16

OBSERVE — WHAT DOES IT SAY?

What does verse 14 tell you to do toward those who persecute you, and what does it tell you not to do?

REFLECT

Paul says to "weep with those who weep" (v. 15). Who in your life is hurting right now, and what would it look like to sit with him instead of trying to fix him?

REFLECT

Paul says to "associate with the lowly" (v. 16). Who do the men around you tend to look down on, and how did Jesus treat people like that?

RESPOND — TODAY

Speak a blessing, out loud or in prayer, over someone who has treated you badly (v. 14).

☐ READ IT ☐ PRAYED IT ☐ SAID THE MEMORY VERSE (ROMANS 12:1–2)

DAY 5 OF 5

Overcome Evil with Good

READ · ROMANS 12:17–21

OBSERVE — WHAT DOES IT SAY?

In verse 20, what are you told to do if your enemy is hungry or thirsty? What does verse 19 say you should never do, and why?

REFLECT

“Never take your own revenge” (v. 19). What grudge are you carrying that God is asking you to hand over to Him?

REFLECT

“If possible, so far as it depends on you, be at peace with all men” (v. 18). In one broken relationship, what part depends on you, and what part can you leave with God?

RESPOND — TODAY

Write down the name of someone who has wronged you. Give the verdict to God in prayer (v. 19), then plan one good thing you can do for that person (v. 21).

☐ READ IT ☐ PRAYED IT ☐ SAID THE MEMORY VERSE (ROMANS 12:1–2)

WHEN THE GROUP MEETS

Questions for the table

FOR THE GROUP · 1

Verse 11 says "not lagging behind in diligence, fervent in spirit." What drains a man's fire for God, and how can we keep each other's fire burning?

FOR THE GROUP · 2

Verse 12 says "rejoicing in hope, persevering in tribulation, devoted to prayer." Which of those three is hardest in your situation right now, and how can this group help you with it?

FOR THE GROUP · 3

Paul already told us that Christ died for us "while we were enemies" (5:10). How does remembering that we were once His enemies make verse 21 possible for us?

MY PRAYER

Father of mercies, here is my body again today — my eyes, my hands, my mouth — and I ask You to…

CUT OUT · CARRY IT · ROMANS 12:1–2

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