



Sacrifice

Session 10 • Romans 12:1-13



ENGAGE

PREPARE: Display **Pack Item 2** (Poster: *Outline of Romans*) and **Pack Item 6** (Poster: *Key Verse: Romans 12:1*). Write the following words on the board or a large sheet of paper: *money, time, recognition, fame, promotion, profit, and pride.*

READ: Direct attention to the opening paragraph on page 85. Highlight the two questions, “What’s in it for me?” and “What can I do to help?”

ASK: Which question—“What’s in it for me?” or “How can I help?”—tends to shape your thinking most, and why? (p. 85)

SHARE: Point out “Exhortations about the Christian Life” on **Pack Item 2** (Poster: *Outline of Romans*). Note that Romans 12 presents a shift in the book of Romans:

- “With [a] theological foundation in place, Paul turned his attention in the final chapters of Romans—including chapter 12—to the practical implications of salvation. Having laid the theological groundwork, he now urged his readers to live out their faith in daily life. In doing so, they would display the gospel to the world around them.” (p. 85)

TRANSITION: In Romans 12, Paul focused on a practical application of the foundational doctrines he described in Romans 1–11. This session is a good reminder that He wants believers to live out their salvation, not just rely on head knowledge.

EXPLORE THE TEXT

READ: Invite a volunteer to read **Romans 12:1-2** as the group listens for what Paul describes as “true worship.”

ASK: How often do you use instruction manuals or “how-to guides” when working on things? Why?

CONTEXT: Discuss responses. Affirm that some folks rely solely on instruction manuals, while others are more “do it yourself” people. Share that in Romans 12, Paul moved to the “how-to” part of his letter.

SAY: After laying some solid theological groundwork about salvation, he began teaching the Romans how to live out their faith in a real way each day.

SHARE: Direct attention to **Pack Item 6** (Poster: *Key Verse: Romans 12:1*) and read the verse together as a group. Highlight what Paul meant by becoming a living sacrifice:

- **(12:1)** Both Jews and Gentiles in Rome were familiar with sacrifice, whether in the Jerusalem temple or pagan temples. Unlike animals offered without choice, believers willingly become living sacrifices. This is true worship—not a Sunday event or a place to go, but a daily, intentional life of submission to God.

EXPLAIN: Explain being conformed and being transformed.

- **(12:2)** Paul encouraged his readers to not be “conformed to this age.” The Greek word translated “conformed” refers to a pattern or a mold. Paul did not want them to be squeezed into a worldview that was hostile to God. Instead, he encouraged them to “be transformed.” The Greek word for “transformed” shares a root with our English word *metamorphosis*. This transformation takes place by the power of the Holy Spirit (Rom. 7:6; 8:27).

ASK: What obstacles might prevent us from offering our lives to God as “living sacrifices”? (p. 87)

READ: Invite a volunteer to read **Romans 12:3-8**, encouraging the group to identify the specific spiritual gifts in the verses. State that the church is made up of diverse people who are called to serve Christ by sharing their spiritual gifts.

SHARE: Note that an understanding of spiritual gifts begins with a focus on humility.

- **(12:3)** As brothers and sisters in Christ, we are vulnerable to pride—becoming conceited or arrogant when we view

ourselves as more gifted than others. This mindset can lead us to see ourselves as more important than fellow members of the body. Paul’s call to humility guards us against slipping into selfish pride.

DISCUSS: Why is it important for each believer to serve within the church? What results can we expect if believers fail to use their gifts in the church? (p. 87)

READ: Read aloud **Romans 12:9-13** as the group listens for Paul’s imperatives related to sacrificial love.

GUIDE: Give each adult an index card and pen. Direct them to make a list of the imperatives in Romans 12:9-13. Using **Pack Item 6** (Poster: Key Verse: Romans 12:1) and the lists made by each adult, lead the group to compare how Romans 12:1 relates to Romans 12:9-13.

SHARE: Summarize the following to emphasize that the Christian life should be walked out in a practical way each day:

- **(12:9-13)** As we put our spiritual gifts into practice, we are reminded that our service is never solitary. We serve alongside other believers in the church, guided by biblical imperatives that direct our shared labor. When embraced, these foundational commands deepen our unity as we serve Him together.

DISCUSS: Encourage adults to review again the lists of practical imperatives Paul shared in these verses. Lead a brief discussion on how believers can live out each imperative today.

ASK: How can you be more diligent and intentional in your service to the Lord and His people? (p. 87)

SAY: *Sacrificial love for others calls for our lives to give evidence of the grace God has given us. We can't just talk about our faith. We have to demonstrate it in a way that the world can see it is real and meaningful. In this way we are not conformed to the way of the world but transformed to be more like Christ.*

PRAY: Encourage adults to spend a few minutes in silent prayer, asking God to reveal areas where they are not living out their faith as effectively as they should. Also, direct them to ask God for the wisdom they need to show their faith to others, pursuing transformation instead of settling for conformation.

CHALLENGE

SUMMARIZE: Review these points from this week's Bible study passage:

- As believers, our lives are to be shaped by God, not by worldly influences.
- Believers are to serve alongside each other, exercising their God-given gifts.
- As believers practice sacrificial love in their relationships, their lives give evidence of God's grace.

TESTIMONY: Encourage adults to read and reflect on the **Apply the Text** activity on page 87. Allow one or two volunteers to share their approaches to presenting themselves as living sacrifices to God. Direct them to describe the difference between worshipping

God, which is true worship, and worshipping worship itself.

DISCUSS: Write the following words on the board: *Transformation, Spiritual Gifts, and Practical Faith*. Remind adults these are the key ways Paul talked about the Christian life in Romans 12:1-13. Encourage adults to review the **Apply the Text** questions on page 91. Challenge them to respond to these items in prayer during the week.

PRAY: Share the following quote by Oswald Chambers: "Beware of harking back to what you once were when God wants you to be something you have never been."¹ Close in prayer, asking God to help each adult move forward with Him this week.

1. <https://utmost.org/classic/what-next-classic/>

AFTER THE SESSION

Send each member in the group an individual text or email during the week. Remind them of the session's memory verses, Romans 12:1-2. Suggest they use the verses as a reflection throughout the week and continue working to memorize them. Challenge them to consider where they are in terms of spiritual transformation and practical application of faith.