



Romans 12:1-2 is based on a right view of **God** and His **wisdom** in Romans 11:33-36.

*Do not conform to this **world*** – the word ‘aion’ means ‘age.’ The ‘age’ is the fallen, unredeemed **philosophy** of life. It’s the whole pile of the **world’s** stuff.

*Do not conform to this world **any longer*** – the assumption is that it **is** happening, so God says **stop** it.

**Conform** – the act of assuming an **outward** expression that does not come from within, putting on an act

**Be transformed** – changing your outward appearance to match what you are **within** (Matthew 17)

We are to be transformed on the outside to **match** the redeemed new creation we are by the grace of God on the inside.

*By the **renewing** of your mind – **renovation***; to have your thinking completely altered. It is not about the emotion or how you feel, it is all about the **mind**.

Psalms 119:11; Colossians 1:28, 3:10, 3:16; James 1:22-25

The renewed mind is a mind that is saturated and controlled by the **Word of God**.

The truth is our souls are so full of garbage from this world that we don’t even recognize our **need** for God’s food.

Jeremiah 15:16

*“There is a spiritual diet without which **no** Christian can be strong, healthy and fruitful. And that is a diet of the Word of God.” – J. Piper*

## REAP Method

The first thing you do is simply **pray**. Not intercession. Asking God to meet with you today.

- You cannot **skip** this step.
- If the living God does not **open** our hearts to the Word of God, we can read it 100 hours a week and never see the glory of what it says.

**Read** the passage. Don’t study it, just read it.

As the Spirit brings a verse home to you, just **mark** it, and keep going.

Pick **one** of the verses you marked.

**R = Read** Write that verse out.

**E = Examine** Write down simply what it is saying.  
What is the Bible communicating here?

**A = Apply** Write the answer to “How am I going to be different because of this?”

**P = Pray** Write out your prayer

Put a **title** on top of that portion of the page that sums up the truth you learned.

A **transformed** life is about an individual doing life in Christ with a mind being **renewed** by the Spirit of God through the Word of God day by day by day.

If you aren’t already in the Word regularly or don’t have a way to digest what you read, take this invitation and this tool and hold fast to the Word of God...

- For the sake of **faith** (Romans 10:17)
- For the sake of **joy** (John 15:11)
- For the sake of your **freedom** (John 8:31)
- For the sake of your **holiness** (John 17:17)
- For the sake of your **life** (Matthew 4:4)