

GFBC Thursday Night's Scriptural Study
Lesson # 155
Scriptural Reading: Romans 12:1-3 {KJV}
Teaching Verses: 1-2 {NKJV}

February 5, 2026

TEXT – ROMANS 12:1-2

TITLE – SPIRITUAL RENEWAL AND TRANSFORMATION

VV-1-2-{NKJV}-“I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.”

The 2026 GFBC theme is “Keeping It Real.” Each month we will present different subtopics that will prayerfully enable the Holy Spirit to challenge, discipline, and develop us in our Christian walk and our relationship with the LORD.

For the month of February, we will be teaching on “Keeping It Real In Your Spiritual Renewal And Transformation.” Tonight, I want to use for a guiding thought, “**Spiritual Renewal And Transformation.**”

There is a time when every believer is in need of spiritual renewal and transformation of the mind. In the teaching text of the NKJ translation, the Apostle Paul said, “**I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.**”

Notice if you will, verse two begins with the conjunction “And.” A conjunction is the connector in-between two sentences. “And,” at the beginning of verse two alerts the reader that verses one and two are connected by the conjunction “and.” In this case, the living sacrifice preceded the conjunction and, “and,” and connects the presentation of the sacrifice in verse one and connects it with being transformed by the renewing of the mind in verse two.

In other words, the presentation in verse one precedes the transformation in verse two. Look at verse one. In verse one the Apostle Paul pronounces the presentation.

He said, “**I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.**” Because Jesus was the Lamb of God, and as the High Priest {Hebrews 4:14-16}, He offered Himself to Himself as the perfect sacrifice for the sins of the world.

Because of Jesus’ death and shed blood, the sacrifices of bulls, goats, rams, and other animal are eternally obsolete. After the death of Jesus, the teaching text introduces a new command: “**present our bodies a living sacrifice, holy, acceptable unto God.**”

The word living is a participle. A participle is a word with continuous action. In other words, we are commanded to keep on presenting our bodies as a living sacrifice, holy, and acceptable unto God.

When our desire and delight is to be obedient unto the word of God, and we present our bodies as a living sacrifice, holy, and acceptable unto God, the Holy Spirit help, and give us the authority to resist being conformed by the influence of this world. Focusing on presenting our bodies as a living sacrifice unto God enables us to strive to do that which is pleasing unto the LORD.

Watch this! In the Old Testament, one of the roles of the priest was to present sacrificial offerings unto the LORD. Here in Romans 12:1, the Apostle Paul is saying that, we the believers are the officiants. As believers, we are a royal priesthood {I Peter 2:9}.

In the Old Testament, sacrifices were slain before they were presented unto God. But in the New Testament,

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we are to present our bodies as living sacrifices, holy, and acceptable unto God.

To be clear, Romans 12:1 is about practice and presentation; the “And” at the beginning of Romans 12:2, provides the continuing connection of the practice and the purpose of presenting our bodies as a living sacrifice.

The practice of presenting our bodies as living sacrifices, holy, and acceptable unto God that we “may prove what is that good, and acceptable, and perfect, will of God.” As we continue practicing and presenting our bodies as a living sacrifice, holy, and acceptable unto God, we will be transformed by the renewing of the mind as it {the mind} is aligned by the word of God, and the influence of the Holy Spirit.

Spiritual renewal in the life of the believer is critical and necessary in order to maintain freshness in our relationship with the LORD, in prayer, praise, worship, and our witness. You need to get this!

There is a difference between being spiritually refreshed and spiritually renewed. When you are spiritually refreshed, you need to take time off to restore yourself of diminished, drained, and depleted energy. Spiritual renewal on the other hand, is a deeper inward need that transforms the mind, heart, soul, and spirit.

A renewed mind does not conform to the world because it is being transformed into alignment with the will of God. A refreshed mind is a temporary infused “fix.” A renewed mind is an ongoing process. Renewing the mind is like sanctification. It is an incremental step by step, day-by-day process.

In other words, a renewed and transformed mind does not happen overnight! It takes time for the believer to submit and surrender to the word, the will, and the authority of the Holy Spirit.

When you are burnt out, drained, depleted, exhausted, overwhelmed, tired, and weary, you need to be refreshed. When you need spiritual renewal, you need more than time off, time away, or time out. You need to come clean with the LORD.

Spiritual renewal and having your mind transformed requires confession of sins, worship, praying, fasting, forgiving, obedience, quiet time, repentance, clearing the heart, fellowship, deepening your relationship with God, and searching the Scripture daily for the purpose of aligning yourself with the will of God.

The teaching text says, **“Be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.”**

It is the power of the Holy Spirit and the truth of God’s word that does the transforming and renewing of your mind. The purpose of renewing of the mind is to be in compliance with the will of God.

In order to be in compliance with the will of God, you’ve got to search the Scriptures. In Acts 17:10-11, when Paul and Silas taught and preached in the synagogue in Berea, Luke said, **“These were more noble than those in Thessalonica, in that they received the word with all readiness of mind, and searched the scripture daily, whether those things were so.”**

The Bereans search the Scripture daily. There are some Christians that spend more time searching for stuff on Google, Facebook, Tik-Tok, and other social media platforms than searching the Scripture.

Luke said, the Bereans searched the Scripture daily. The Greek word for search is *ana-krino*. *Ana-krino* means examine, investigate, interrogate, or scrutinize.

In other words, the Bereans methodically and meticulously compared, researched, and tested the Scriptures for themselves to authenticate the truth about what they had heard from Paul and Silas regarding the gospel of Jesus Christ.

Anytime you examine, investigate, interrogate, or scrutinize the word of God, the Holy Spirit will deepen God's truth to you. When you examine, investigate, interrogate, and scrutinize God's word, the word of God and the Holy Spirit will transform the renewing of your mind by:

1. Realigning your focus
2. Renewing your faith
3. Rekindling your fire
4. Restoring your fortitude, and
5. Reinvigorating your fervor

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Keeping it real in renewing your mind through God's truth and obedience to His word will always keep you in alignment with the will of God. God's truth and His word are eternally inseparable.

The prophetic fullness of God's word and truth was the manifestation of the living Word. Turn with me to the gospel of John 1:14.

In the King James translation of John 1:14, the Apostle John said, **“And the Word was made flesh, and dwelt among us, and we beheld His glory, the glory as of the only begotten of the Father, full of grace and truth.”**

When the Word was made flesh and dwelt among us, He was not just full of grace or just full of truth. The Word was full of grace and truth.

God's word, grace, and truth are eternally inseparable. The point I'm trying to make in regards to Romans 12:1 is, the process of spiritual renewal begins when you **“present your body as a living sacrifice, holy, acceptable unto God.”**

As the holy presentation is being presented {Romans 12:1}, and accepted by God, the transforming process of the Holy Spirit and the word of God begins renewing your mind. And as you continue examining, investigating, interrogating, and scrutinizing the word of God, the Holy Spirit will transform and renew your mind.

When the word and the Holy Spirit are transforming and renewing your mind, the word and the Holy Spirit will empower you to do the will of God, and He will:

1. Realign your focus
2. Renew your faith
3. Rekindle your fire
4. Restore your fortitude, and
5. Reinvigorate your fervor

The ultimate purpose of the word and the Holy Spirit transforming and renewing your mind, is for you {for us} to, **“prove what is that good, and acceptable and perfect will of God.”**

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