



June 8 - Transformation

Even if you've never been to a CrossFit gym – most likely you've heard of them. The phenomenon of CrossFit has become a nationwide success story and stories of the lives changed abound. This summer at Rainbow Trail Lutheran Camp, the Bible study is taking some of the key elements of CrossFit and applying them to our faith journey...which is not only a great idea for kids – but for all of us as well! So, join us this weekend as we start our Cross+Fit journey!

Scripture:

Micah 6:6-8

What can we bring to the Lord? Should we bring him burnt offerings? Should we bow before God Most High with offerings of yearling calves? ⁷ Should we offer him thousands of rams and ten thousand rivers of olive oil? Should we sacrifice our firstborn children to pay for our sins? ⁸ No, O people, the Lord has told you what is good, and this is what he requires of you: to do what is right, to love mercy, and to walk humbly with your God.

Romans 11:33-12:2

Oh, how great are God's riches and wisdom and knowledge! How impossible it is for us to understand his decisions and his ways! ³⁴ For who can know the Lord's thoughts? Who knows enough to give him advice? ³⁵ And who has given him so much that he needs to pay it back? ³⁶ For everything comes from him and exists by his power and is intended for his glory. All glory to him forever! Amen.

¹And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice - the kind he will find acceptable. This is truly the way to worship him. ²Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

Questions:

- How would you describe transformation to someone else? Does your definition show up in your own life?
- How has your walk with Jesus transformed your life? If it hasn't – what's stopping it?
- Do you believe real transformation is possible in your life? If not – what makes you say that? If so, what's one step you could take to place yourself in a posture of transformation with Jesus?

Reading for the Week:

- **Monday:** 2 Corinthians 4:16-18
- **Tuesday:** Jeremiah 29:11
- **Wednesday:** Acts 1:8
- **Thursday:** 2 Peter 1:3-11
- **Friday:** Psalms 51:10-12