

# Choose Life-Transforming Resolutions

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**Tabletalk** *(For family devotions and Life Group discussions)*

## Introduction:

**Text:** 1 Thessalonians 5:23

1. Textual Analysis
2. Theologians call this text “Progressive Sanctification”
3. Providentially this text is an invitation from God
4. The best life-transforming resolution

## Question: Why is heart renovation absolutely necessary?

### A. Negative Reasons:

1. Jeremiah 17:9
2. Mark 7:21

### B. Positive Reasons:

1. Isaiah 57:15
2. Matthew 5:8

### C. Insights for Living:

#### 1. Your body renovation requirements:

- a. Control what you eat, and what eats you.
- b. Offer your body to God (Romans 12:1)

#### 2. Your heart renovation requirements:

- a. Be transformed by the renewing of your mind (Romans 12:2)
- b. Love God totally (Matthew 22:37)

1. Share some of your resolutions for 2020 and beyond.

2. How can you become a winsome personality to reflect the glory of God to others, according 1 Thessalonians 5:23?

3. Discuss for practical applications:

“God invites you to join Him in working out the renovation of your whole personality--spirit, soul, and body.”

4. Discuss and apply why heart renovation is absolutely necessary from these Scriptures:

a. Negative Reasons: Jeremiah 17:9; Mark 7:21

b. Positive Reasons: Isaiah 57:15; Matthew 5:8

5. Reflect on the Insights for Living on point C of the sermon outline.

PRAY!