

catalyst

IGNITING KINGDOM TRANSFORMATION

TRANSFORMATION GUIDE


SO GLAD
You're here!
TWO RIVERS
CHURCH

How Should I Expect to Use This Tool?

This guide is a companion for the journey we're stepping into together as a church. Catalyst is all about transformation, the kind only Jesus can bring. And this tool is designed to help you walk intentionally with him through that process.

Each week, you'll find an outline for the message, daily Scripture readings, reflection questions with space to respond, and questions for your group. These pages are meant to help you listen to God's voice, reflect on how he's shaping your story, and take meaningful steps as a follower of Jesus.

This isn't about buildings or budgets. It's about people. It's about God at work in you.

Transformation doesn't happen by accident. It happens when we open ourselves to Jesus and respond in faith. So bring this with you on the Weekends. Use it to start your day. Talk about it with your family or your Group. Most of all, ask Jesus what he wants to do in you, and through you.

Welcome to ***Catalyst***. Let's live it out.

Getting the most from the Live It Out guide

We created Live It Out to help you stay connected to Jesus throughout the week, not just on weekends. Whether this is your first time engaging with the guide or it's already part of your routine, here are a few ways to get the most out of it.

1. Think On-Going Conversation vs. Study

Live It Out isn't a traditional Bible study. It's more of a conversation starter between you and Jesus. Each day's reading is intended to spark reflection and inspire transformation. Don't worry about having all the answers, just come open and curious.

> **Tip:** Before you read, ask God to speak to you. Afterward, linger over what stands out.

2. Let the Message Prime the Pump

The weekly guide connects directly to what we're exploring together on the weekends. You'll get the most out of it if you listen to the sermon first, either live, on our website, or via podcast.

> **Tip:** Revisit your notes from the message. What one idea is God still pressing on your heart?

3. Use a Translation That Works for You

We base our teaching and questions on the ESV, but you may find fresh insight by reading the same passage in another translation, such as the NIV or NLT.

> **Tip:** Try reading one passage in two translations side-by-side. What changes? What hits differently?

4. Why We Ask Jesus Questions

You'll notice we end most days with a question to ask Jesus. Why? Because following Jesus is about being relationally connected to him. We believe God speaks through Scripture and his Spirit. So we make space to listen. When you ask Jesus a question, don't rush. Quiet your mind. Write down what you sense, your thoughts, images, or Scripture that comes to mind, or simple "nudges" you can't define.

> **Tip: If you don't "hear" anything, don't worry. Return to the question later during the day or week and see if God has something for you. Share it with a trusted friend or group if you're unsure.**

5. Embrace Spiritual Practices

Often, we invite you to take a practical step, such as prayer, solitude, fasting, generosity, confession, or another action. These aren't just "good habits," they're spiritual practices that help you stay connected to Jesus and put you in a position for the Holy Spirit's power to work in you.

> **Tip: Be patient and don't be afraid to experiment. Just because a practice doesn't seem to make an impact at first doesn't mean God won't use it in you**

Bonus Tips

- ✦ Start your day with it, or carve out a consistent time. Ten minutes is a great place to begin.
- ✦ Write in this guide. Mark what stood out. Circle questions you want to return to.
- ✦ Talk about it with someone else—your Group, your family, or a friend.

> Live It Out isn't about doing more. It's about living more fully awake to Jesus's presence in your everyday life. He's leading, and our role is to follow.

"The Catalyst of a Transformed Life" Titus 3:3-8

Big Idea: Jesus transforms us to spark transformation around us.

We've been rescued from who we were. (v. 3)

Jesus transforms us for a life that reflects his goodness. (v. 4-7)

Transformation always moves outward because it's meant to be lived and shared. (v. 8)

Next Steps:

Live It Out... a daily discipleship guide

Listen to this Week's Sermon
Live It Out Podcast: Catalyst- Week 01

Monday | Read/Listen to Titus 3:3-8

Jesus transforms us to spark transformation around us. How have you experienced personal transformation through God's mercy and grace? What makes that transformation something others can see and benefit from? What about your story might catalyze hope or change in someone else's life?

Spiritual Practice: Set aside time for a fast one day this week - perhaps for one meal or for a whole day. Plan it on your calendar. Ask God to nourish your soul as we experience the next 3 weeks focused on transformation.

Ask Jesus, "How have you changed me? What part of my story might you want to use to impact someone else?"

Tuesday | Read/Listen to Ephesians 2:1-10

We've been rescued from who we were. Why is it important to remember who you were before you knew Jesus? Name one specific way you have experienced a change in yourself. What effect does it have on you? How does remembering the past deepen your gratitude today? How might humility about your story build a connection with others?

Ask Jesus, "What do you want me to remember about the grace you've shown me?"

Wednesday | Read/Listen to Luke 8:26-39

Jesus transforms us for a life that reflects his goodness. What stands out to you in this story? How did the transformation of one man impact an entire community? Who has impacted you with their story? What does it look like for you to share your story as a spark for transformation in someone else's life?

Ask Jesus, "Who around me needs to hear about what you've done in me or for me?"

Thursday | Read/Listen to 2 Corinthians 5:14-21

Transformation always moves outward because it's meant to be lived and shared. If you've been made new in Christ, what's different now? What does it mean for you to live as an ambassador of reconciliation today? How does God's grace fuel your purpose in this season? What's one way you've seen the Holy Spirit at work in you, your family, or your Group recently?

Ask Jesus, "How are you shaping me for your good purposes right now?"

Friday | Read/Listen to Psalm 40

Jesus transforms us to spark transformation around us. What do you notice about the attitude of the psalmist here? What about his circumstances? How do your present circumstances impact how you speak about what God has done in your life? How can you live more openly and joyfully as someone who's being transformed?

Ask Jesus, "How do you want me to pray?"

Scripture: Titus 3:3-8

Big Idea: Jesus transforms us to spark transformation around us.

Questions for Connection
(Offer these to help start the conversation)

What transition from one season to another do you look forward to the most? And why?

Who has been the most motivational person in your life? With their influence, what changed in your life?

Pray together before moving into this next section.

Read Titus 3:3-8

How can remembering your past cultivate humility and compassion for others who are still far from God?

In what ways does your story reflect the mercy of God meeting you in your mess? How does your past prepare you to be more transparent and relatable in your relationships today?

What does "washing of rebirth and renewal by the Holy Spirit" mean in your own words?

What are some “good works” that have flowed naturally from your transformation? Have you seen Jesus use those “good works” to have an impact on others?

What does it practically look like to live as a “catalyst” for transformation where you live, work, and play?

Ask Jesus, “What part of my life needs to take the ‘next step’ to further your Kingdom?”

Has anything from Live It Out impacted you over the last week?

Catalyst: Igniting Kingdom Transformation

“God uses ordinary people to ignite kingdom transformation around us.”

How can you encourage one another to “devote yourselves to good works” as we enter into our capital campaign?

Close the group’s time by praying for one another.

"Catalytic Community" Hebrews 10:23-25

Big Idea: Gospel-centered community is a catalyst for kingdom transformation.

The call to community is built on the truth of who Jesus is. (v. 23)

The personal transformation we experience calls us to show up for one another.. (v. 24)

We need consistent connection because we weren't made to follow Jesus alone. (v. 25)

Next Steps:

Listen to this Week's Sermon
Live It Out Podcast: Catalyst- Week 02

Monday | Read/Listen to Hebrews 10:19-25

Gospel-centered community is a catalyst for kingdom transformation. What makes Christian community different from other kinds of connection or belonging? What habits in your life help you stay anchored to Jesus? What might Jesus be asking you to make space for right now? How has God used community to shape your faith or carry you in hard seasons?

Spiritual Practice: Take time this week to practice intercession. Ask God to place someone on your heart. Pray for them, then send a note, text, or word of encouragement sometime this week.

Ask Jesus, "What step are you inviting me to take toward greater connection with others?"

Tuesday | Read/Listen to Philippians 1:1-11

The call to community is built on the truth of who Jesus is. How does the faithfulness of Jesus give you strength to stay committed to others, even when it's hard? What are the tangible differences between a community built on shared hope versus shared interests? What would it look like to be more faithful and present with the people God has placed around you? What is God asking you to do about that?

Ask Jesus, "How can I reflect your faithfulness in how I show up for others?"

Wednesday | Read/Listen to Galatians 6:1-10

The personal transformation we experience calls us to show up for one another. How can you intentionally stir someone else toward love and good works this week? Why do you think encouragement is essential in Christian community? Who in your life could benefit from a word of courage, truth, or kindness today that might spark something deeper in them?

Ask Jesus, "Who do you want me to encourage, and how should I do it?"

Thursday | Read/Listen to Acts 2:42-47

We need consistent connection because we weren't made to follow Jesus alone. What habits of the early church challenge or inspire you? Why does consistent gathering matter in a world that tends to value convenience over commitment? How does your presence or absence impact the potential for transformation around you?

Ask Jesus, "What rhythms are you calling me to pursue so I can be more connected to you and your people?"

Friday | Read/Listen to Romans 12:9-21

Gospel-centered community is a catalyst for kingdom transformation. What does sincere love look like in your daily interactions? How does unity and shared mission grow when people live this way together? Where has God given you a doorway to these kinds of relationships? What's one thing God might be asking you to do as you live this out with others?

Ask Jesus, "What's one way I can help build a healthy, encouraging community this weekend?"

Scripture: Hebrews 10:23-25

Big Idea: Gospel-centered community is a catalyst for kingdom transformation.

Questions for Connection

(Offer these to help start the conversation)

When have you seen a community rally around a family or a person? What did that feel like?

Do you like your alone time, or do you always want to be around others?

Before proceeding to the next section, pause and ask the Holy Spirit to guide your discussion.

Read Hebrews 10:23-25

Why is it important to remember that community isn't about similar personal preferences or emotional connections as the driver for being part of a community? How does having the shared confession of Jesus as Lord bind a community closer together than preferences or emotional connections?

How does Jesus' faithfulness ignite us to stay committed to each other and the church, no matter the circumstances? When have you seen the church's people help one another in difficult times?

What does it look like to "stir one another up to love and good works" in practical ways?

Why is encouragement essential, not optional, for Christian community? How can our group become more intentional in encouraging one another?

Why do you think there is such an emphasis on the importance of "not neglecting to meet together"? Have you ever gone through seasons where it was not a priority for you? What was going on in those times?

What would it look like if every person in our group took personal responsibility for the spiritual growth of others? Who in your life needs an invitation into gospel-centered community, and how can you invite them?

How can our group personally support the Catalyst campaign, not just financially, but relationally and missionally?

Catalyst: Igniting Kingdom Transformation

"God uses ordinary people to ignite kingdom transformation around us."

How can we help one another to prioritize gathering regularly even when life is busy?

Close the group's time by praying for one another.

" Everyday Catalysts " Acts 19:8-10

Big Idea: God sends his people into everyday places as a catalyst for transformation.

When people are resistant, we continue to simply tell Jesus' story. (v. 8-9)

Our job is to proclaim the good news, God brings the transformation. (v. 10)

We're called to make an impact where we live, work, and play.

Next Steps:

Listen to this Week's Sermon
Live It Out Podcast: Catalyst- Week 03

Monday | Read/Listen to Acts 18:1-19:10

God sends his people into everyday places as a catalyst for transformation. What stands out to you about Paul's approach in Corinth and Ephesus? What does his persistence and consistency teach you about Gospel faithfulness? How is your community positioned to be a witness where you live, work, or play?

Spiritual Practice: Take a prayer walk sometime this week - with others or by yourself. Plan it on your calendar. Walk through your neighborhood, workplace, school, or local park while quietly praying for transformation in the people and places you encounter.

Ask Jesus, "Where are you calling me to keep showing up with Gospel presence and purpose?

Tuesday | Read/Listen to 1 Peter 3:8-17

When people are resistant, we keep telling Jesus' story. In a few words, how would you describe Peter's attitude or tone here? How does that compare with your typical attitude when you face resistance? Why is it important to stay centered on Jesus' story, even when culture or people push back? What does it look like to live in a way that causes others to ask about your hope? How can you prepare to speak about Jesus more naturally?

Ask Jesus, "Give me clarity and grace to speak about you when the moment comes."

Wednesday | Read/Listen to Isaiah 55:1-13

Our job is to proclaim the good news, God brings the transformation. What stands out to you about the way God describes his Word and its effect? How does this passage shift your mindset about sharing truth when you don't see immediate results? Where have you been faithful to speak or live the Gospel but are still waiting on fruit? How does trusting God with the outcome free you from pressure or discouragement?

Ask Jesus to help you stay faithful in and trust him with the results.

Thursday | Read/Listen to Jeremiah 29:1-14

We're called to make an impact where we live, work, and play What do God's instructions to the exiles reveal about how he works through his people? Where has God placed you right now, and what might he want to do through you there? What's the difference between being present and being intentional? What small action could bring good to someone in your neighborhood, workplace, or school? Pray specifically for your neighborhood, your coworkers, or the people you'll interact with this weekend.

Ask Jesus to help you see them with his eyes.

Friday | Read/Listen to Matthew 28:16-20; Acts 1:6-8

God sends his people into everyday places as a catalyst for transformation. How do both passages describe Jesus' mission and your role in it? What stands in the way of living with this kind of clarity and calling? What would it look like for your family, Group, or community to live like you've been sent there with good news? Where is God giving you influence that you might be overlooking?

Ask Jesus, "How are you calling me to be part of what you're doing through Catalyst?"

Scripture: Acts 19:8-10

Big Idea: God sends his people into everyday places as a catalyst for transformation.

Questions for Connection

(Offer these to help start the conversation)

If your neighborhood had a slogan based on how people lived there, what would it be?

Where's the most unusual place you've ever had a meaningful conversation about Jesus?

Have someone pray that the Holy Spirit leads your discussion.

Read Acts 19:8-10

What's one space (where you live, work, go to school, and hang out) in your life where you'd love to see kingdom transformation? What would change in that environment?

What stands out to you about Paul's response to resistance in the synagogue? Why is it important not to panic or push harder when people resist the Gospel? What tends to happen when we push harder?

Can you think of any examples where relationships became fractured because someone wanted to win an argument? Have you personally ever experienced this? How does keeping the focus on Jesus (instead of arguments or opinions) shape our witness?

How do you naturally respond when someone speaks negatively about you to others? How does Paul's response inspire you to possibly respond differently?

Paul stayed consistent in his mission for two years. Where could Jesus be leading you to "be in for the long haul"? What would it take to be consistent with your words and actions in this mission in the long term?

How does the vision of saturating our 9-county region with Gospel presence inspire or stretch you? As a group, how can we participate in the Catalyst vision? If you live near or in Oak Ridge, could he be calling you to be a part of this campus? Or where could he be leading you to pour in more at your campus?

Catalyst: Igniting Kingdom Transformation

"God uses ordinary people to ignite kingdom transformation around us."

Take a moment to pray specifically for boldness, faithfulness, and fruitfulness in our everyday spaces.

Close the group's time by praying for one another.

Notes

Be A *Catalyst!*

As you finish this guide, ask yourself,

"What has God stirred in me?

What truth has moved from something I heard to something I now carry?"

Over these weeks, you've been invited to see your life as a spark, something Jesus can use to bring change in the lives of others. Being a catalyst isn't about doing something dramatic. It's about showing up each day ready for Jesus to work through you.

Where do you need to make sure you are showing up each day?

Who needs to see your faith in action today?

Over the next 40 months, aim to live with that kind of intention. Pay attention to the people around you. Step into conversations with courage. Use what God has done in you to point others to hope. Live like someone who believes transformation is possible, because it is. That's the kind of life Jesus uses to ignite transformation.





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