Romans 12:1-2

Therefore = reaches back through chapters 1-11

I urge you = appeal with authority

by the mercies of God - justified, sanctified, glorified

to present = offering ourselves to Him - decisive commitment - covenant

your bodies - all that you are - complete you!

living sacrifice - we need to live like we have died (self)

voluntary - bond-servants - free given our lives

holy sacrifice - set apart - sanctified

it is our spiritual service of worship = it is rational and reasonable to do this for Him

true worship = obedience

don't be conformed to this world - don't let this world shape you - your actions, attitudes, dress, thoughts

be transformed = by renewing of our mind = changed from the inside out - only will happen through the indwelling of the Holy Spirit and the Word of God

result = prove the will of God