

8-16-26 Do You Really? - In The Light Of Christ - Kid's Study Guide

Overview

Paul used to think and act one way... until he met Jesus. Then everything changed! Jesus helped Paul see the truth in a brand-new way. This lesson is about letting Jesus help *us* see our thoughts, what we believe, and the things we do through His eyes.

Big Ideas

- Jesus can change the way we think.
- When we look at things “in the light of Christ,” it means we ask, “What does Jesus think about this?”
- Paul spent time with Jesus and the Bible, and it completely changed his life.
- God wants to change our thinking so we can live more like Jesus.
- The more we know Jesus, the better we can think, believe, and act the way He wants.

Fun Questions to Think About

1. Have you ever changed your mind about something after you learned the truth? What was it?
2. When someone is mean or something goes wrong, what do you usually think first?
3. What is one thing you believe about yourself? Is it something Jesus would say is true?
4. How do you think Jesus wants you to treat people when you're upset?
5. What is one way Jesus has already helped change the way you think or act?

Things You Can Do This Week

- Every morning, pray a simple prayer: “Jesus, help me see today the way You see it.”
- When a not-so-nice thought pops in your head, stop and ask, “What would Jesus think about this?”
- Memorize this short verse with your family: “Let God change the way you think.” (Romans 12:2)
- Draw a picture of Paul meeting Jesus on the road, or of yourself letting Jesus shine light on your thoughts.
- Tell someone one true thing Jesus says about you (for example: “Jesus loves me” or “Jesus forgives me”).

Fun Group or Family Talk Ideas

1. Share a time when you changed your mind about something after learning the truth. What helped you change?
2. Act out the three situations from the message (boss/teacher being hard on you, family conflict, or feeling like you can't do something). Show a “Jesus way” response and a “not-Jesus way” response.
3. Talk about what helps you remember that Jesus loves you and is with you even when things feel hard.
4. Pretend you are Paul after he met Jesus. How would you tell someone about the big change in your life?
5. As a family or group, pick one way you want Jesus to help change your thinking this week, and pray about it together.