

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

Overview

This message explores the radical shift that occurs when we view our thoughts, beliefs, and actions through the lens of Christ. Using Paul's conversion and his three years in Arabia—where he re-studied the Old Testament in light of Jesus—as the central example, the sermon shows that true transformation begins when lifelong beliefs are submitted to Christ. The result is a renewed mind (Romans 12:2) that produces changed living.

Main Points

- Shifting lifelong beliefs is difficult and requires humility, trust, and recognition that change is needed—much like major surgery.
- Paul's Damascus-road encounter forced a complete reorientation of his zeal. He withdrew for about three years in Arabia, preaching as he went but primarily allowing Jesus to reveal Himself through the Scriptures he already knew thoroughly.
- Biblical evidence that Paul saw Christ in the Old Testament includes 1 Corinthians 10:1–4 (the Rock was Christ), Galatians 3:16 (the offspring is Christ), and 2 Corinthians 3:14–16 (the veil is removed only in Christ).
- Three diagnostic questions:
 1. Do you really view your **thoughts** in the light of Christ?
 2. Do you really view your **beliefs** in the light of Christ?
 3. Do you really view your **actions** in the light of Christ?
- Peter's transformation after denial illustrates the same shift: from self-reliant performance to dependence on Christ's finished work and the Holy Spirit.

Reflection Questions

1. What long-held beliefs or thought patterns do you sense God is inviting you to shift?
2. When difficult situations arise (criticism at work, family conflict, self-doubt), do you interpret them first through your flesh or through the light of Christ?
3. Why do you believe what you believe about yourself, your past, and God's plan for you? Which of the "core drivers" (control, belonging, emotional relief, or past pain) most shapes those beliefs?
4. How would your daily responses change if you filtered every potential action through the question, "What would Jesus think and do here?"
5. Are you currently allowing the Word to renew your mind, or are you still conforming to the world's patterns of thinking?

Application

- Begin each day by asking the Holy Spirit to illuminate your thoughts with Scripture (Psalm 119:105).
- When a strong thought or reaction surfaces, pause and intentionally ask: "What does Jesus think about this situation and about me in it?"
- Identify one negative belief you have embraced (about yourself, a relationship, or your future) and replace it with a specific truth from Scripture.
- Follow Paul's pattern: create intentional space to let Jesus reveal Himself through the Word rather than relying only on human teachers or past experience.

- Respond practically: if you have never surrendered to Christ, begin there. If you are already a believer, pray Romans 12:2 into your life and ask God to transform specific areas of thinking.

Group Discussion Prompts

1. Share a time when God shifted a long-held belief or way of thinking in your life. What made that change possible?
2. Look at the three example situations in the message (boss criticism, family conflict, self-doubt about calling). How would responding “in the light of Christ” look different from a fleshly response?
3. Which of the core drivers of belief (control, belonging, emotional regulation, or past pain) do you most easily fall into? How does the gospel speak to that driver?
4. Peter went from denying Jesus to boldly proclaiming Him. What practical difference does it make when our confidence moves from our own strength to Christ’s finished work?
5. What is one concrete step you can take this week to let the Word renew your mind in a specific area?

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