

STUDENT DISCUSSION GUIDE

EMPOWERED – Session 7

Empowered for Transformation

Acts 9:1–22

SESSION FOCUS

The Holy Spirit transforms lives.

Acts 9 tells the story of Saul—a man moving forcefully in the wrong direction until Jesus interrupts his life completely. What follows is not merely behavior modification, but deep spiritual transformation.

This session explores how the Holy Spirit continues transforming ordinary people today through conviction, surrender, healing, grace, and ongoing spiritual formation.

The goal is not perfection.

The goal is openness to the ongoing transforming work of God.

OPENING REFLECTION

Take a few quiet moments before beginning.

- Why do people often struggle to believe deep change is possible?
- What kinds of experiences shape people over time?
- What is the difference between behavior change and deeper transformation?
- Where do people most long for healing or growth?

Personal Notes:

SCRIPTURE READING

Read Acts 9:1–22 slowly.

As you read, notice:

- Saul's condition before the encounter
- how Jesus interrupts him
- and how transformation begins unfolding.

Pay attention to emotional movement throughout the story.

KEY IDEA

The Holy Spirit transforms people through encounter, conviction, surrender, grace, and ongoing spiritual formation.

PART 1: GOD OFTEN INTERRUPTS OUR DIRECTION

(Acts 9:1–9)

Saul was not searching for transformation.

Yet Jesus interrupts his direction completely.

Reflection Questions

1. Why do people often resist change?
2. What kinds of experiences interrupt assumptions or direction?
3. How does Saul's story challenge hopelessness about transformation?

Personal Notes:

PART 2: CONVICTION BEFORE CLARITY

(Acts 9:8–9)

Saul experiences blindness, disorientation, and uncertainty.

The Holy Spirit often reveals truth before healing or clarity fully arrives.

Reflection Questions

4. What is the difference between conviction and condemnation?
5. Why do people resist uncomfortable truth?
6. How can honesty become part of spiritual growth?

Personal Notes:

PART 3: TRANSFORMATION HAPPENS IN COMMUNITY

(Acts 9:10–19)

God sends Ananias to Saul.

Transformation often involves encouragement, prayer, relationship, and community.

Reflection Questions

7. Why is vulnerability often difficult?
8. How can healthy Christian community support transformation?
9. Who has helped strengthen or encourage your faith?

Personal Notes:

PART 4: TRANSFORMATION CHANGES PURPOSE

(Acts 9:20–22)

Saul's direction, purpose, and identity begin changing.

The Holy Spirit transforms not only behavior, but the entire orientation of life.

Reflection Questions

10. Where do people most long for transformation?
11. Why can slow growth become discouraging?
12. How does trusting God's ongoing work create hope?

Personal Notes:

PERSONAL REFLECTION

Take a few quiet moments to reflect honestly.

- Where do you most need transformation right now?
- What fears or resistance make change difficult?
- How might the Holy Spirit already be working in your life?

Personal Response:

CLOSING PRAYER

Pray for:

- healing
- openness
- surrender
- patience

- and ongoing transformation.
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OPTIONAL PRACTICE FOR THE WEEK

This week:

- Re-read Acts 9:1–22 daily
- Pray honestly about areas needing growth or healing
- Encourage someone who may feel discouraged or stuck
- Pray:

“Holy Spirit, continue the work You have begun in me.”

FINAL THOUGHT

Transformation is not instant perfection.

It is the ongoing work of the Holy Spirit forming ordinary people into the likeness of Jesus over time.
