



Lesson Study Guide: Sunday, March 29, 2026

OUT OF THE SHADOWS: A LESSON ON TRANSFORMATION

Romans 12:1-2 – John 4

I. A Woman in the Shadows

Old Testament

Malachi 3:1(a)
Isaiah 7:14
Isaiah 9:6

New Testament

St. John 4:3-7
St. John 1:1, 14-15
St. Matthew 1:23
St. John 1, 2, 3

II. A Divine “Must”

II Kings 17

St. John 4
St. Luke 9:51-56
Acts 9:5-8
Acts 9:15
St. John 4:4-ff

III. Out Of Your Shadows

I John 1:7
II Corinthians 5:17
Philippians 3:3-14
Hebrews 12:1-2
Romans 12:1-1



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Romans 12:1-2 – John 4

“I beseech you, by the mercies of God, that you present your bodies a living sacrifice; holy, acceptable to God, which is your reasonable service; And be not conformed to this world, but be TRANSFORMED by the renewing of your mind that you may prove what is that good and acceptable and perfect will of God.”(Rom. 12:1-2 (NKJ)

“So here’s what I want you to do, God helping you: Take your everyday, ordinary life...your sleeping, eating, going to work, and walking around life, and place it before God as an offering. Embracing what God does for you is the best thing you can do for Him. Don’t become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You’ll be changed from the inside out. Readily recognize what He wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity. God brings the best out of you, develops well-informed maturity in you.” (Rom. 12:1-2 – Message Bible)