



Sermon Notes

Acts 21:37–22:5 (ESV)

³⁷As Paul was about to be brought into the barracks, he said to the tribune, “May I say something to you?” And he said, “Do you know Greek?

³⁸Are you not the Egyptian, then, who recently stirred up a revolt and led the four thousand men of the Assassins out into the wilderness?”

³⁹Paul replied, “I am a Jew, from Tarsus in Cilicia, a citizen of no obscure city. I beg you, permit me to speak to the people.”

⁴⁰And when he had given him permission, Paul, standing on the steps, motioned with his hand to the people. And when there was a great hush, he addressed them in the Hebrew language, saying: ¹“Brothers and fathers, hear the defense that I now make before you.”

²And when they heard that he was addressing them in the Hebrew language, they became even more quiet. And he said:

³“I am a Jew, born in Tarsus in Cilicia, but brought up in this city, educated at the feet of Gamaliel according to the strict manner of the law of our fathers, being zealous for God as all of you are this day.

⁴I persecuted this Way to the death, binding and delivering to prison both men and women,

⁵as the high priest and the whole council of elders can bear me witness. From them I received letters to the brothers, and I journeyed toward Damascus to take those also who were there and bring them in bonds to Jerusalem to be punished.

February 1, 2026

(Answer key located on the last page)

THREE KEYS TO BEING CALM IN THE CHAOS

1. _____ Before You Proceed (Acts 21:37-40)

Principle: When conflict comes, don't react immediately. Pause. Take a _____. Think before you speak. _____ before you respond.

Action Step: This week, when someone upsets you, commit to a _____-second pause before you respond.

2. _____ Common Ground (Acts 21:39–22:2)

Principle: You can't reach people by attacking them. You reach people by finding _____.

Action Step: Think of someone you're in conflict with. This week, find _____ things you have in common with that person.

3. _____ Your Testimony (Acts 22:3-5)

Paul told his story honestly. He said, "I _____ the followers of Jesus to their death." Then he shared the turning point: "But on my way to Damascus, _____ met me."

Principle: Your story is _____. Your past is proof of Jesus' power to change lives.

Action Step: Write out your testimony in three parts: (1) What was your life like _____ Jesus? (2) How did you _____ Jesus? (3) How has Jesus _____ your life?

PERSONAL REFLECTION:

Which of the three keys (Pause, Pursue, Proclaim) is hardest for you? Why?

Think about a current conflict or stressful situation in your life. How can you apply one of these keys this week?

COMMITMENT:

I commit to:

- Pause for 10 seconds before responding when upset
- Find common ground with someone I'm in conflict with
- Write out my testimony and share it with someone this week
- Pray daily for God's peace in my current storm

NEXT STEPS:

1. Watch or rewatch the sermon: <https://bit.ly/4ayOhjR>
2. Share your testimony with at least one person

Answer Key

I. PAUSE Before You Proceed

Pause | breath | pray |10 |

II. PURSUE Common Ground

pursue | common | ground | three

III. PROCLAIM Your Testimony

proclaim | persecuted | Jesus | powerful | before | meet | changed

The Good News

Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, (Romans 5:1)

The Bad News

for all have sinned and fall short of the glory of God,

(Romans 3:23)

The Ugly News

For the wages of sin is death, ... (Romans 6:23a)

The Great News

... but the gift of God is eternal life in Christ Jesus our Lord.

(Romans 6:23a)

Guess What?

You can become a Christian right now and experience salvation and the gift of eternal life through God's Son the Lord Jesus Christ! Simply Pray this Prayer Right Now! "God thank you for Jesus Christ who died on the cross for my sins.

Thank you for receiving what Jesus did for me on the cross as payment for my sins. Please forgive me for my sins. Right now I accept Jesus into my heart and ask that he become my Savior and Lord! Amen!"

If you declare with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved. (Romans 10:9–10)

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