

EPISODE 1

RED THREAD

**The Question That Changes
Everything**

WHAT BLOOD ARE YOU DRINKING?

*This workbook is your Damascus Road journey.
Be honest. Be thorough. Let the Spirit do His work.*

ESAU'S STEW

Compromise

BABYLON'S CUP

Corruption

JESUS CHRIST

Covenant

ONE TRUE LIGHT MINISTRIES

Calling believers to authentic faith

onetrulight.org

PERSONAL REFLECTION

Before You Begin

PERSONAL REFLECTION: "WHAT AM I DRINKING?"

Before we begin, answer honestly:

What truly sustains your faith right now?

Fill in the blank:

- When I'm stressed, I turn to: _____
- When I need comfort, I seek: _____
- When I make decisions, I prioritize: _____
- The voice I listen to most is: _____

Honest Assessment - Rate yourself (1-10):

- How satisfied am I with my spiritual life? _____
- How dependent am I on Jesus Christ alone? _____
- How much do I rely on systems/institutions? _____

THE THREE BLOODS - IDENTIFICATION

Which blood(s) have you been drinking? (Check all that apply)

💧 ESAU'S STEW (Compromise)

- I trade long-term calling for short-term comfort
- I say "I'm about to die" when I'm just uncomfortable
- I prioritize physical needs over spiritual inheritance
- I've made choices I deeply regret but can't undo

My "red stew" (what I'm trading my birthright for):

💧 BABYLON'S CUP (Corruption)

- I trust religious systems more than personal relationship with Jesus Christ
- I seek position/status in Christian circles
- I'm more concerned with looking spiritual than being transformed
- I'm trapped in a camp/tribe that fights other Christians

My "Babylon" (what corrupted system I'm drinking from):

† JESUS CHRIST'S COVENANT (Life)

- Jesus Christ alone is my source of life
- I'm daily dependent on Him, not just believing facts about Him
- I abide in Jesus Christ and He in me (John 15:4-5)

THE 3 Ps - PERSONAL INVENTORY

These three desires drive humanity's rebellion against God: POWER, POSITION, PROVISION

POWER

Control, dominate, authority

POSITION

Status, reputation, standing

PROVISION

Security, comfort, wealth

Where are the 3 Ps showing up in YOUR life?

POWER

What am I trying to control instead of surrendering to God?

POSITION

Where am I seeking status, reputation, or approval?

PROVISION

What material security am I chasing instead of trusting God?

REFLECTION QUESTION:

Which of the 3 Ps has the strongest grip on you right now? Why?

THE PENDULUM EFFECT - WHERE AM I SWINGING?

The enemy keeps believers swinging between false extremes



Both extremes are Babylon. Jesus is the narrow way.

Identify YOUR pendulum:

The enemy keeps me swinging between:

_____ (extreme 1) ←→ _____ (extreme 2)

Examples of pendulums I've been trapped on:

- Legalism ←→ License
- Works-based salvation ←→ Cheap grace
- Cessationism ←→ Charismatic excess
- Political tribalism (left ←→ right)
- Doctrinal camps fighting each other
- Other: _____

JESUS CHRIST IS NOT ON THE PENDULUM.

He is the narrow way that transcends both false extremes.

REFLECTION QUESTION:

How has pendulum swinging kept you from authentic faith in Jesus Christ?

THE TRINITY'S WORK - UNDERSTANDING

THREE PERSONS • ONE GOD • ONE UNIFIED MISSION

The Father planned it. The Son purchased it. The Spirit supplies it.

THE FATHER (Sender)

Planned, loved, drew, sent the Son

THE SON (Savior)

Obeyed, died, rose, purchased salvation

THE SPIRIT (Supplier)

Summons, seals, sanctifies, supplies

Fill in what each Person does:

THE FATHER (The Sender)

What did the Father do for my salvation?

Key Scripture to memorize: John 3:16

THE SON (The Savior)

What did Jesus Christ accomplish on the cross?

Key Scripture to memorize: John 19:30 ("It is finished")

THE HOLY SPIRIT (The Supplier)

What does the Spirit supply to me daily?

Key Scripture to memorize: Philippians 1:19

REFLECTION:

How does understanding the Trinity's unified work change your view of salvation?

THE THREE S's - SPIRIT'S WORK IN MY LIFE

SUMMONING • SALVATION • SANCTIFICATION

The Spirit's three-fold work in every believer

1. SUMMONING (Before Salvation)

When/how did the Spirit first call you to Jesus Christ?

Or if not yet saved: Are you sensing the Spirit's summoning right now? What is He showing you?

2. SALVATION (At Salvation - Regeneration + Sealing)

Describe your salvation moment (born again + sealed):

Key Truth: You were regenerated AND sealed at the same moment by the Spirit. New birth and eternal security happened together.

3. SANCTIFICATION (After Salvation - Ongoing)

How is the Spirit transforming you NOW?

What do I need the Spirit to supply TODAY?

- Guidance into truth
- Power to resist temptation
- Fruit of the Spirit
- Understanding of Scripture
- Help in my weakness
- Other: _____

YOUR DAMASCUS ROAD MOMENT

Paul's scales fell when he encountered Jesus.

What "scales" need to fall from YOUR eyes?

What have I been blind to?

- My compromise (Esau's stew)
- My trust in corrupted systems (Babylon's cup)
- My pendulum swinging instead of walking with Jesus Christ
- My dependence on the 3 Ps instead of God
- My neglect of the Holy Spirit's work
- Other: _____

The Spirit is SUMMONING me to see:

THE LIGHT IS SHINING. THE SCALES ARE READY TO FALL.

This is your Damascus Road moment.

My Damascus Road response:

What am I committing to do differently starting TODAY?

DAILY QUESTIONS - WEEK 1 PRACTICE

Answer these **FOUR** questions every day this week:

DAY 1 - Date: _____

1. What am I drinking today? _____
2. Where am I compromising? _____
3. What systems am I trusting? _____
4. Am I abiding in Jesus Christ alone? _____

DAY 2 - Date: _____

1. What am I drinking today? _____
2. Where am I compromising? _____
3. What systems am I trusting? _____
4. Am I abiding in Jesus Christ alone? _____

DAY 3 - Date: _____

1. What am I drinking today? _____
2. Where am I compromising? _____
3. What systems am I trusting? _____
4. Am I abiding in Jesus Christ alone? _____

DAY 4 - Date: _____

1. What am I drinking today? _____
2. Where am I compromising? _____
3. What systems am I trusting? _____
4. Am I abiding in Jesus Christ alone? _____

DAY 5 - Date: _____

1. What am I drinking today? _____
2. Where am I compromising? _____
3. What systems am I trusting? _____
4. Am I abiding in Jesus Christ alone? _____

SCRIPTURE MEMORY CARDS

Cut these out and carry them this week. Meditate on them daily.

JOHN 6:35

"Jesus said to them, 'I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst.'"

1 CORINTHIANS 2:14

"The person without the Spirit does not accept the things that come from the Spirit of God but considers them foolishness, and cannot understand them because they are discerned spiritually."

2 CORINTHIANS 13:14

"The grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all."

HEBREWS 12:2

"Looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God."

GALATIANS 5:16

"But I say, walk by the Spirit, and you will not gratify the desires of the flesh."

EPHESIANS 1:13-14

"In him you also, when you heard the word of truth, the gospel of your salvation, and believed in him, were sealed with the promised Holy Spirit, who is the guarantee of our inheritance."

MY DAMASCUS ROAD COMMITMENT

TODAY I CHOOSE CHRIST'S CUP ALONE

Today's Date: _____

I ACKNOWLEDGE:

- I have been drinking from the wrong cups
- The Spirit is summoning me to Jesus Christ
- Jesus Christ alone is the Bread of Life
- I need the Father's love, the Son's blood, and the Spirit's supply

I COMMIT TO:

- Stop drinking from Esau's cup (compromise)
- Come out of Babylon's system (corruption)
- Drink from Jesus Christ's cup alone (covenant)
- Answer the four daily questions this week
- Walk by the Spirit, not by the flesh
- Look unto Jesus, the author and finisher of faith

MY SPECIFIC COMMITMENT:

Accountability partner: _____

Signature: _____ Date: _____

"Looking unto Jesus, the author and finisher of our faith"

- Hebrews 12:2