



Power From on High

Series: Power From On High

Text: Acts 22:30-23:1

Title: The Power of the Conscience

Date: Feb. 1, 2026

Lesson: 122

Acts 22:30–23:3 But on the next day, wishing to know for certain why he had been accused by the Jews, he released him and ordered the chief priests and all the Council to assemble, and brought Paul down and set him before them.

“the chief priests and all the Council” (Sanhedrin)

Acts 23:1 Paul, looking intently at the Council, said, “Brethren, I have lived my life with a perfectly good conscience before God up to this day.”

“looking intently” [atenizo]

“Brethren”

Acts 4:8 Then Peter, filled with the Holy Spirit, said to them,
“Rulers and elders of the people,

“I have lived my life”

“before God”

“up to this day”

“conscience” (perfectly good)

How does the conscience work?

Romans 2:14–15 For when Gentiles who do not have the Law do instinctively the things of the Law, these, not having the Law, are a law to themselves, 15 in that they show the work of the Law written in their hearts,

their **conscience** bearing witness and their thoughts alternately accusing or else defending them,

Genesis 4:1–3 Now the man had relations with his wife Eve, and she conceived and gave birth to Cain, and she said, “I have gotten a manchild with the help of the Lord.” 2 Again, she gave birth to his brother Abel. And Abel was a keeper of flocks, but Cain was a tiller of the ground. 3 So it came about in the course of time that Cain brought an offering to the Lord of the fruit of the ground. 4 Abel, on his part also brought of the firstlings of his flock and of their fat portions. And the Lord had regard for Abel and for his offering; 5 but for Cain and for his offering He had no regard. So Cain became very angry and his countenance fell.

Two approaches to worship

Abel's sacrifice -

Cain's sacrifice -

6 Then the Lord said to Cain, “Why are you angry? And why has your countenance fallen?

Why does God ask questions?

7 “If you do well, will not your countenance be lifted up?

A few important questions:

Was Cain's conscience working well?

How do we know?

Was it good that his countenance fell?

Who was responsible for Cain's anger and depression?

**Our misery is largely _____,
produced by the proper function of the conscience as it
accuses us for rejecting God's will.**

What is God's solution?

“do well”

“lifted up”

What if we don't heed our conscience?

And if you do not do well, sin is crouching at the door; and its desire is for you, but you must master it.”

Heeding our conscience will _____
us from sin.

Acts 23:1 Paul, looking intently at the Council, said, “Brethren, I have lived my life with a perfectly good conscience before God up to this day.”

Four conditions of the conscience:

1. It can become _____.

A defiled conscience is contaminated by sin and no longer judges rightly.

Titus 1:15 To the pure, all things are pure; but to those who are defiled and unbelieving, nothing is pure, but both their mind and their **conscience are defiled.**

2. It can be _____.

A seared conscience is dull and desensitized.

1 Timothy 4:1–2 But the Spirit explicitly says that in later times some will fall away from the faith, paying attention to deceitful spirits and doctrines of demons, 2 by means of the hypocrisy of liars **seared in their own conscience** as with a branding iron,

John 16:1–2 “These things I have spoken to you so that you may be kept from stumbling. 2 “They will make you outcasts from the synagogue, but an hour is coming for everyone who kills you to think that he is **offering service to God**.

3. It can be _____

The weak conscience is under-taught and overly scrupulous.

1 Corinthians 8:7 However not all men have this knowledge; but some, being accustomed to the idol until now, eat food as if it were sacrificed to an idol; and their **conscience being weak** is defiled.

4. It can be _____

The purified conscience has been cleansed and aligned with God’s truth.

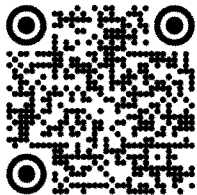
Hebrews 9:14 how much more will the blood of Christ, who through the eternal Spirit offered Himself without blemish to God, **cleanse your conscience** from dead works to serve the living God?

Hebrews 10:22 let us draw near with a sincere heart in full assurance of faith, having our **hearts sprinkled clean from an evil conscience** and our bodies washed with pure water.

Is your conscience getting _____ or
_____ sensitive?

Discussion Guide

1. Elaborate on the importance is our conscience based on today's sermon?
2. What lessons do we learn from the story of Cain and Abel that challenges today's typical view of depression?
3. What do we mean when we say that sadness and feeling downcast are good and have a purpose?
4. When you feel the misery of guilt, sadness, or inner unrest, do you immediately reach for distraction and relief, or do you ask, "Is my conscience doing its God-given work, calling me back to 'doing well'?"



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ANSWERS: self-inflicted, protect, defiled, seared, weak, purified, more, less