



Genesis 3

Behold - July 12, 2026

Message Recap

Every day we're looking at something that is shaping us. From the story of Narcissus to Moses' shining face to Adam and Eve in the garden, Scripture reveals a powerful spiritual principle: **we become what we consistently behold.**

The enemy has always fought for our attention before our actions. He knows that wherever our gaze settles, our lives eventually follow. Our culture constantly trains us to look inward...to compare, perform, and seek validation. But God calls us to look upward. Instead of living for likes, He invites us into something much deeper: being fully known and fully loved.

The invitation isn't simply to spend less time on our phones, it's to spend more time beholding Jesus. As we fix our eyes on Him, He transforms us from the inside out.

Icebreaker / Personal Reflection

- **Icebreaker:**
Scroll back exactly one year in your photos. Describe to the Group the first picture you land on?
- **Reflection:**
What part of the message resonated with you the most?

Discussion Questions

1. Pastor Byron said, "**You become what you behold.**" Where have you seen that principle play out in your own life—for better or worse?
2. Pastor Byron described social media as comparing our "**bloopers to everyone else's highlight reel.**" How does comparison subtly affect your contentment, confidence, or relationships?
3. Genesis says Adam and Eve immediately became aware of themselves and hid. Why do you think shame naturally causes people to hide...from God, from others, or even from themselves? What kinds of "fig leaves" do people still use today?
4. Why do you think it's so easy to believe that happiness or contentment is always one achievement, purchase, relationship, or milestone away? How have you experienced that cycle personally?

5. The message emphasized that transformation comes from replacing our focus, not just removing distractions. What spiritual practices have helped you intentionally "behold God" in seasons when you felt spiritually healthy?

For Additional Study

Romans 12:1–2

- According to this passage, how is transformation different from behavior modification?
- What role does renewing our minds play in spiritual growth?
- How can our daily habits either support or hinder that renewal?

Colossians 3:1–4

- Paul tells believers to "set your minds on things above." What does that practically look like in today's world?
- What earthly things most often compete for your attention?
- What's one specific habit you could change this week to help keep your eyes fixed on Christ?