



BIG IDEA

The more you walk in the light, the brighter the world you walk in.

WHAT DOES GOD WANT ME TO KNOW?

Tell your best “afraid of the dark” story. Why do you think people are naturally wary of darkness?

Read 1 John 1:5-10. What does this passage teach us about the nature of sin? How does it help us to understand God’s character?

Read Ephesians 5:6-14. What connections are you making between 1 John 1:5-10 and this passage?

What does it look like to “expose darkness” in our world? Our communities? Ourselves?

WHAT IS MY INITIAL REACTION?

Do you feel comfortable bringing your personal darkness to God? Explain.

Why do you think we try to hide our sin rather than confess it to others?

Read James 5:16. What emotions come to the surface when you consider confessing your sin to someone?

Describe a time you confessed a sin to someone else. Was it a good experience for you?

What kind of power does unconfessed sin have in your life?

WHAT AM I GOING TO DO?

Based on the above passages, what do you think it means to “walk in the light”? Support your answer.

What is God teaching you about sin and confession? What are you going to do about it?

Do you have a person in your life that is a safe place for confession?

Are you the kind of person that people can safely confess to without fear of judgment, gossip, etc.?

