



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?

God is more than capable to handle our sin. The problem is that we tend to keep our sin in the dark, while we claim that nothing is wrong. Sin is deceptive and keeps us from experiencing a life of walking in the light. God is faithful, just and forgiving- that means that whenever we bring our sin to him, his light brings healing, freedom and forgiveness.

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

Ephesians 5 shows us how exposing the deeds of darkness helps us to become children of light. Walking in the light doesn’t mean that we never mess up, it just means that we are constantly bringing our darkness to God through confession to him and others. In this way, we remain in the light, even as we struggle with our own personal darkness.

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

WHAT IS MY INITIAL REACTION?

These next questions can get personal. You may want to have your group split up into pairs or trios in order to talk through these questions. They may feel more comfortable sharing answers to some of these questions with one or two people.

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?





LIFE GROUPS

LEADER GUIDE

WHAT AM I GOING TO DO?

Based on what 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 someone in your life that is a safe place for confession?

If any of your group members answer “no” to this question, don’t leave them hanging. Follow up with them after the meeting to learn more about how you can provide support to them in this area. It may not be appropriate for you to be that safe place, but you can help them get connected to someone who will support them in this way.

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

Believers need to be safe places for others, but many times this isn’t the case. If we are to be children of the light, we need to provide the forgiveness and faithfulness to our brothers and sisters as God provides to us when we bring our confessions to him.

