

APPLICATION

- Are you a follower of Christ? Do you believe God has given you eternal life? How can you walk with God and live in the light every day?
- Does your belief in God correlate with how you live? In what area/s do you need to repent and walk in the light? What are you going to do about it this week?
- How can you guard yourself against false teachings? Do you have a time and place for daily Bible reading and prayer? How can you go deeper in the Word this week?

PRAYER

- Thank God for who He is and what He has done for you. Ask Him to illuminate your life and expose anything that does not please Him. Commit to walk in the light every day.
- Pray that you would only believe the truth and not be swayed by false or unbiblical teachings. Pray that you would know God more through His Word and He would be the foundation of your life.
- Pray that you would be a beacon of God's light and love to others. Pray that as you walk in the light, others will see your example and follow Christ, too.



WEEK 1

Living in the Light

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WARM-UP

- Would you consider yourself a morning person or a night owl? Why?
- Recall an instance when you lied and got caught. What happened?
- How can you tell when a person is serious about his/her commitment? Give an example.



WORD

⁵This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all. ⁶If we claim to have fellowship with him yet walk in the darkness, we lie and do not live by the truth. ⁷But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin. 1 JOHN 1:5-7

The Apostle John wrote this letter to Christians to challenge false ideas that were spreading in the church at that time. Some people were saying that belief doesn't have any correlation with behavior—that we can know God and yet continue to live in sin. In this letter, John addressed this false teaching, which we still need to guard against. In this lesson, we will look at three truths from the first chapter of this letter.

1 God is light.

This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all. 1 JOHN 1:5

John begins his correction by giving a key truth we should all hold on to: God is light. This means that God is 100% pure, holy, and perfect. In Him, no darkness exists and no darkness can exist. He is never wrong. Because He is light, He is the chief illuminator—when He is present, He exposes and expels darkness and sin. How does the imagery of light and darkness help you understand a bit more about who God is?

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2 Without God, we walk in darkness.

If we claim to have fellowship with him yet walk in the darkness, we lie and do not live by the truth. 1 JOHN 1:6 (READ ALSO 1 JOHN 2:9-11.)

God is light, but we are the exact opposite—we are sinful, evil, and living in a dark world. Only through Jesus' sacrifice on the cross can be made new and have fellowship with God. If we do have fellowship with God, John says that our lives should reflect this. But those who continue to sin show that they've never known God. Why can't true believers *walk in the darkness*? How can we *live by the truth*?

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3 To walk with God is to walk in the light.

But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin. 1 JOHN 1:7

If we are truly walking with God, then we are walking in the light and living to please Him. As Christians, this doesn't mean we don't sin any longer. But it does mean that our lives are not characterized by sin, and when we do sin, we confess our sins to God and He forgives us (1 John 1:9). Because of Jesus' shed blood on the cross, we have been purified from all sin and we can have fellowship with God and with other believers. How does a true understanding of our sinfulness and our need for God result in a changed life? How did your life change when you understood this?

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