

# Walking in the Light

## staying close to God

### Start Here

What causes relationships to break?  
What causes broken relationships to be restored?

### Discuss

We all mess up. We say what we shouldn't say, we do what we shouldn't do, we think what we shouldn't think. And sometimes we don't do what we should do! When this happens, we sin against God and other people.

- When you know you have wronged someone else, how do you handle it?
- What do you find most difficult in making amends?
- In what way does your action or inaction in that broken relationship affect your relationship with God?

### Explore the Word

Read together 1 John 1:5-10

- How is God described here?
- What are the benefits of walking in the light?
- What are the implications of claiming we have not sinned? Who loses out when we claim to be without sin?
- How do you keep yourself walking in the light and not in the darkness?
- What promise do you see in verse 9?

### Main Idea

If we don't address our wrongdoing, it will affect the closeness of our fellowship with God and other people. Thankfully, the wonderful promise of God is that we can remain in close fellowship with him through honesty, confession and repentance.

This is not a one-time event, but a lifestyle where we seek to remain in the light with God and in fellowship with him by regularly examining our hearts and confessing where we have fallen short.

### Practice Together Now

**Walk through these three simple steps to remain in the light and in close fellowship with God and others: Ask God to examine your heart, confess your sins, and remember your identity in Christ.**

1. **Ask God to examine your heart**

Psalm 139:23–24 says ‘Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.’ (NIV) David asked God to examine him. One reason is because it is not always obvious to us when we have sinned. That’s why it is important to take time to follow David’s example. Use this verse to pray now and ask God to highlight an area in your life that you must deal with. Be prepared to share with each other those things God points out to you.

### **1. Confess your sins**

1 John 1:9 says, “If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” (NIV)

If you become aware of a sin in your life, humbly confess it and repent.

Take time to do this now. Remember there is no shame in confessing. We all mess up.

Ask him to give you the power to overcome those sins. Accept the divine forgiveness and declare it as yours.

### **1. Remember your identity in Christ**

Romans 8:1 says, “There is therefore now no condemnation for those who are in Christ Jesus.” (NIV)

Constantly remind yourself: You have already been saved and are a precious child of God.

When we mess up, our heavenly Father does not condemn us, but rather he washes us clean again as we confess.

There is joy, peace, blessing and security in remaining in the light and enjoying your position as a child of God.

## **Review your Practice Daily**

1. Repeat the steps above every day.
2. Read and meditate on these verses in your quiet time.
  - Proverbs 28:13
  - Psalms 32:5
3. Send each other a short message of how you have applied this step this week, and how God has helped you.
4. Ask God to help you continue to walk in the light.