

# life groups

NLC Life Group Through the Bible Study

Week of November 5, 2017

Sermon: 1 John—Walking in the Light



NEW LIFE  
CHURCH

# Life Group Schedule

**15 MIN** Eat, Meet & Greet

**15 MIN** Ice Breaker Game: **People Bingo**. Print enough copies of the last page of this document for each person in your group. Supply pens or pencils for everyone. Encourage the participants to talk to everyone as they try and complete their card. If one of the items listed on the bingo card relates to the person they are talking with, have that person sign their name in that box. End the activity after 10 minutes and review some of the interesting facts the group has discovered about each other.

## **OPENING PRAYER**

### **45–60 MIN 1 John—Walking in the Light**

- Audience of 1 John: Believers, written as a circular letter—a letter written to a variety of different churches and congregations, not just one in particular, addressed to a lot of different people at once.
- Purpose: To expose false teaching of Gnosticism, a complex heresy. Gnostics believed that all matter, including the human body, is bad and all spirit is good.
  - › The Gnostics denied He was the Son of God and denied His death and resurrection. They seceded from the church and sent out missionaries to propagate their new beliefs, creating confusion with the Christ-followers. Some believers began to question their salvation, eternal life, the truth.
- John writes this book to address concerns of a group of believers who had gotten off track, were confused, questioning their walk with God, insecure and lacking confidence.
  - › John’s purpose is to bring people back to who God really is and how they can be confident in their walk with God.

#### **TAKE TURNS READING 1 JOHN 1:5-10 (NIV)**

- v.5 “God is Light”—There is no darkness in God. It is tempting to believe that God is sovereign but maybe not good.
- v.6: The were claiming God but not living like God. Some who had drifted over into Gnosticism would harm their bodies, sinning because they no longer believed there were consequences.
- v.8: We are natural-born sinners. We have a sin condition.
- V.9: We can be free, pure, clean before God, and confident.

#### **GOD IS LIGHT**

- Characteristics of Light
  - › Light Illuminates, reveals, exposes. It means “to shine a light on something,” enabling us to see things that were once in the dark.

- › Light also exposes the darkness. It becomes easier to see dirt, dust, dinginess, and blemishes.

**ASK SOMEONE TO READ EPHESIANS 5:13-14 (NLT)**

- › God brings light to the darkness. God made creation before He created light, so it was at first all dark, and then God said, “Let there be light and there was light.”
- › God’s Word is also referred to as a light.

**HAVE SOMEONE READ PSALM 119:105 (KJV)**

- › God’s word gives us revelation—spiritual light. The Holy Spirit can turn the light on in us and illuminate wisdom and revelation.
- › Light Reflects. Light reflects off of objects.
- Just as the moon just reflects the light from the sun, so we are to reflect the light of God to a world that tends to only see darkness.
- › We do not originate the light. We can only reflect the light or let the light shine through us.

**HAVE OTHERS READ MATTHEW 5:14-16 (NIV) AND PHILIPPIANS 2:15 (NLT)**

- › Light shines brightest in the darkness. We are to reflect the purity of God to the darkness around us.
- Light Energizes
  - › Light is a form of energy and power. In the morning it helps us wake up and feel alert. Dimmer lights at night cue us to go to sleep and stay asleep.
- Light is an amazing phenomenon—like a wave, almost indescribable.
  - › Light is the fastest thing in the universe—186,282 miles per second. A light-year is how far a beam of light travels in one year—almost six trillion miles.
- God can give you a spiritual energy and a powerful life that you could never have on your own.
  - › Jesus said, “My food is to do the will of the Father.”
  - › Doing God’s will and walking in the light will energize you in a way that doing your own will cannot.

**ASK SOMEONE TO READ JOHN 10:10 (NIV)**

**THREE GREEK WORDS FOR “LIFE”**

- Bios—“Period of life” or “the course of your life,” where we get the word “Biology.”
- Psuche—The human side of life, the natural side—the kind that can be lost, saved, destroyed, or laid down.

- Zoe—The absolute fullness of life. The highest form of life given to those who have been born again in Jesus.
    - › An eternal life. A divine life. A supernatural life. The life that God intends for us to live.
  - God is light. He tells us to walk in the light as he is in the light.
    - › God wants us to have confidence in our walk with Him, but every now and then we lose our assurance that God is with us, and we become uncertain of the light that we carry.
- Q1.** Is this you? Has it been hard for you to walk your faith out lately? Have you struggled with shame or confusion, or you feel you've somehow gotten off track?

### HOW DO WE WALK IN THE LIGHT?

#### 1. With Fellowship

**1 JOHN 1:7 (NIV)** “But if we walk in the light, as he is in the light, we have fellowship with one another”

- One of the ways to preserve the deep unity and relationship with God is to have deep unity and relationship with others.
  - › Many of the believers this book was addressed to were separating from community with one another.
  - › We want to continue to be a church that feels like family but also inclusive of new people from all different backgrounds.
  - › We all need fellowship—life groups is where it's at.

**Q2.** You probably already know that we all need fellowship, because you're in a life group right now! But who do you know who's *not* in fellowship?

#### 2. With Transparency

**1 JOHN 1:8 (NIV)** “If we claim to be without sin, we deceive ourselves and the truth is not in us.”

- EX: Adam and Eve sinned and what did they do? They hid.
- Walking in the light means being honest about your darkness. Come out of hiding. No more secrets.

**HAVE SOMEONE READ MARK 4:22-23 (NLT)**

- When we walk in darkness, we not only make mistakes but we keep them hidden. Darkness Conceals. Light Reveals. Darkness brings blindness. Light brings sight.

**Q3.** What happens when you walk around in the dark? How about spiritually? What brought you out of the darkness?

- When you walk in the dark you are slow and hesitant. Not confident.
- Walking with God requires being honest and stepping into the light.
  - › You will not grow in your walk with God until you quit playing games and get real with God and with others. God already knows you. He knows everything about you.

**HAVE SOMEONE READ PROVERBS 28:13**

- The best way to let God’s light shine through you is transparency. If you want to be transformed you have to be transparent.

3. With Confession

**HAVE OTHERS READ 1 JOHN 1:9 AND JAMES 5:16**

- Confession is not telling God something he doesn’t already know, but in the Greek it means “to say the same thing,” or “to agree.”
  - › When we confess our sins to God, we are agreeing with God that we have messed up!

**Q4.** When we are real with others about how we’ve messed up, we find healing. Why is that?

**Q5.** What happens when we share our deepest secrets with others—things we’ve done, or things that have been done to us, that have caused us to carry guilt, shame or rejection all these years?

**HAVE SOMEONE READ 1 JOHN 2:1-2 (NIV)**

**Q6.** We don’t want to call anybody out here or make you feel afraid, ashamed or unsafe, but if you’re dealing with something that you feel like you’ve just been hiding, or hidin from, or you can’t bring it out into the light for whatever reason, we encourage you to talk to one person about it tonight before you go home.

**Q7.** If you still can’t do that, maybe talk to your life group leader about having coffee or lunch with them this week to talk to them about it.

**OTHER SCRIPTURES**

**JOHN 8:12 (NLT), 1 THESSALONIANS 5:5 (NIV), EPHESIANS 5:8-14 (NLT), REVELATION 22:5 (NIV), JOHN 1:4-5 (NIV)**

**ANNOUNCEMENTS**

- Please refer to your local campus worship guide for relevant announcements.

<p><b>Has brown eyes</b></p>	<p><b>Has made the longest journey</b></p>	<p><b>Has eaten the weirdest food</b></p>	<p><b>Plays tennis</b></p>
<p><b>Is wearing blue</b></p>	<p><b>Speaks a foreign language</b></p>	<p><b>Knows what a muntjak is</b></p>	<p><b>Plays a musical instrument</b></p>
<p><b>Has two or more pets</b></p>	<p><b>Has been to the most foreign countries</b></p>	<p><b>Hates broccoli</b></p>	<p><b>Has two or more siblings</b></p>
<p><b>Name begins with an "S"</b></p>	<p><b>Loves Chinese food</b></p>	<p><b>Loves to ski</b></p>	<p><b>Knows what a quark is</b></p>
<p><b>Loves soccer</b></p>	<p><b>Likes to get up early</b></p>	<p><b>Favorite TV show is Friends</b></p>	<p><b>Is over 6ft tall</b></p>