

Walking in the Light: Conviction and Fellowship

True fellowship with God means walking in His light

CONVICTION

The Fundamental Message: God Is Light (v. 5)

This is the message we have heard from Jesus and declare to you: God is light, and there is absolutely no darkness in Him.



Light

Represents perfect holiness, truth, purity, revelation, and exposure.



No twilight zone

There is zero compromise or darkness in God.



Main Point

God's holy character is the non-negotiable starting point for any real fellowship with Him.

Lie #1 – Fake Fellowship (v. 6)

"I have fellowship with God but I walk in darkness."



God's Response

You are lying and not practicing the truth.



The Meaning of "Walk"

Refers to your ongoing daily lifestyle and habits.

The Beautiful Reality of Walking in the Light (v. 7)

If we walk in the light as He is in the light



Real fellowship

We have deep sharing and community with one another.



Constant cleansing

The blood of Jesus continually cleanses us from all sin.

Lie #2 – Denying Sin (v. 8)

Denying the reality of sin in our lives is self-deception.



Claim

I have no sin.



God's Response

You are deceiving yourself.

Lie #3 – Denying Our Sinful Actions (v. 10)

I have not sinned.

01 The Claim
I have not sinned.

02 God's Response
You are making God a liar and His word is not in you.

03 Main Point
Denying our actual sins ignores the Bible, the gospel, and the need for the cross.

The Gospel Promise: Confession & Cleansing (v. 9)

If we confess our sins (honestly agree with
God about them)



God is faithful and righteous
He will forgive us our sins.



Complete Restoration
He will cleanse us from all unrighteousness.

The Holy Spirit's Role in Conviction

The Holy Spirit shines God's light into our hearts and convicts us where we are walking in darkness.

Prompts Confession

He leads us to confess so we can be cleansed and enjoy true fellowship with God and others.



John 16:8-11

Jesus said the Holy Spirit would convict the world of sin, righteousness, and judgment.



For Believers

The Spirit continues this work by using God's Word to show us where we need to walk in the light.



Key Distinction – Conviction vs. Condemnation

Remember: “There is now no condemnation for those in Christ Jesus” (Romans 8:1)

Aspect	Conviction (from the Holy Spirit)	Condemnation (from the enemy)
Nature	Specific, gentle, and hopeful	Vague, heavy, and shaming
Result	Leads to confession, freedom, and restored fellowship	Leads to hiding, despair, guilt, and deeper darkness
Promise	Leads to greater assurance	Leads to deeper darkness

Application and Conclusion: Walking in the Light

Daily Confession
Take 60 seconds
each night to
confess your
sins honestly
to God.

**Guided
Reflection**
Invite the Holy
Spirit to shine
His light and
show you where
you need to walk
in the light.

**Step Out
of Darkness**
Trust in the
blood of Jesus
to cleanse you
right now.

Foster Fellowship
Build real, lasting fellowship
with God and His people.

Final Challenge
Confess your sins, walk
in the light, and enjoy true
fellowship with God and
His people.

Application for the week

The Spiritual Discipline of Confession

The act of bringing sin into the light to restore fellowship and walk freely.

1

Confession to God

A daily practice of agreeing with God about our sin (1 John 1:9). It is not penance, but honest conversation with a loving Father.

2

Confession to One Another

A practice for healing and growth (James 5:16), breaking sin's power through accountability and prayer.

3

Conviction vs. Condemnation

Understand the difference—Conviction (Spirit-led) is specific, hopeful, and restorative; Condemnation (enemy-led) is vague, heavy, and shaming.

4

Practical Rhythm

Daily: 60-second confession to God.
Weekly: Share a struggle with a trusted, mature friend for prayer.