

***“For you were once darkness, but now you are light in the Lord. Live as children of light, for the fruit of the light consists in all goodness, righteousness and truth.”***

***Ephesians 5:8-9***

*These verses remind us to live our lives with integrity and righteousness, embodying the qualities of goodness and truth, we are called to be deacons of truth and goodness in our actions and interactions with others, just as light exposes darkness and reveals what is hidden. We bring light and positivity into the world around us and set an example for others to follow by living as children of light.*

*Think about it this way, just like a fruit tree bears fruit that is a reflection of its inner qualities, we are encouraged to bear fruit in our lives that reflects the goodness, righteousness, and truth that we possess within us. We contribute to a more harmonious and peaceful world and nurture our own spiritual growth and fulfillment by focusing on these virtues in our thoughts, words, and deeds. So, let us strive to be children of light, shining brightly with the fruits of goodness, righteousness, and truth in everything we do. The phrase “For you were once darkness, but now you are the light in the Lord” encapsulates the drastic change that occurs when one embraces Christ, transitioning from a life entrenched in sin and separation from God to a new existence illuminated by God’s truth and righteousness. This metamorphosis signifies a complete identity overhaul, making a departure from the shadows into the radiance of God’s presence.*

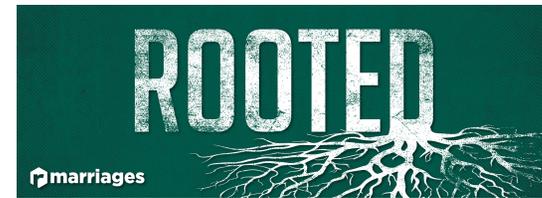
*Living as “children of light” is not merely a suggestion but a directive for believers to embody their newfound identity fully. It beckons individuals to mirror God’s character and moral purity in their daily lives, serving as beacons of light in a world often shrouded in moral ambiguity. The call to action is clear: let the transformation within manifest in outward expressions of goodness, righteousness, and truth. These qualities are not just ideals, but tangible outcomes of a life aligned with God’s will, visible markers of a life lived in the light.*

*To walk in the light, we must consistently embrace the transformation that comes from being in a relationship with Christ. This includes letting go of the works of darkness and allowing the Holy Spirit to bring about change within us. We reflect Christ to the world around us by actively choosing to live in purity, righteousness, and truth. It is a daily decision to walk in obedience and surrender to God, allowing His light to shine through us in all that we do.*

***“And giving joyful thanks to the Father, who has qualified you to share inheritance of his holy people in the kingdom of light. For he has rescued us from dominion of darkness and brought us into the kingdom of the Son he loves, in whom we have redemption, the forgiveness of sins.”***

***Colossians 1:12-14***

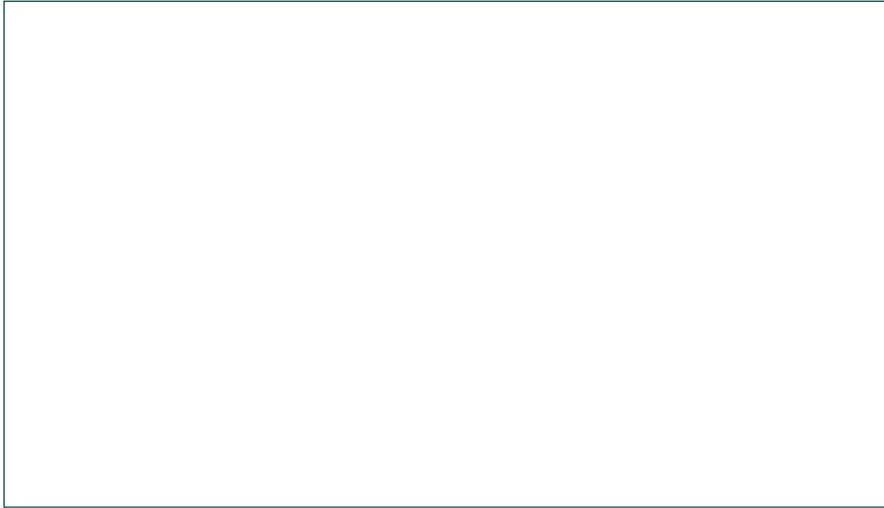
STUDY  
COMPANION  
WEEK THREE



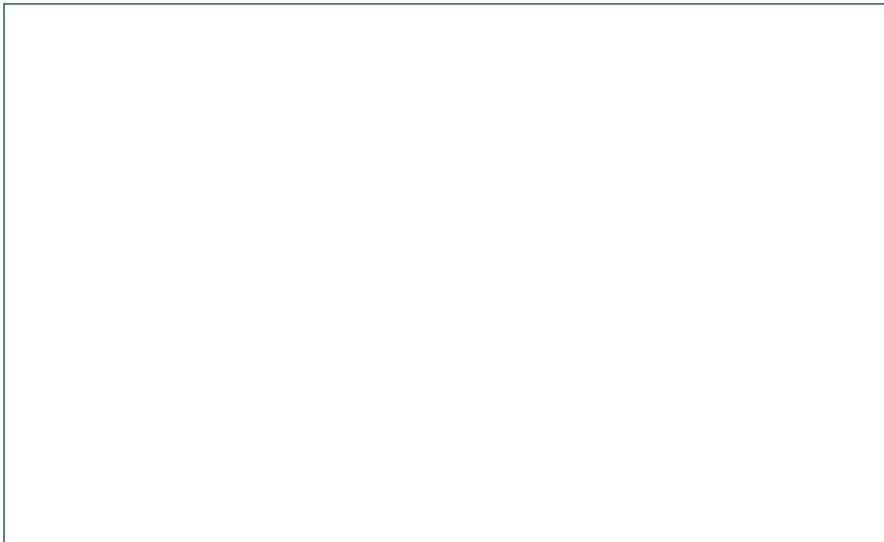
"WALK WORTHY"

## MESSAGE NOTES & VERSES

WHAT STEPS CAN YOU TAKE THIS WEEK TO  
APPLY WHAT YOU LEARNED AS A COUPLE?



OUR PRAYERS



THIS WEEK'S MEMORY VERSE:

*"He has delivered us from the domain of darkness and transferred us to the kingdom of His beloved Son, in whom we have redemption, the forgiveness of sins."*

*Colossians 1:13-14*

NOTES

