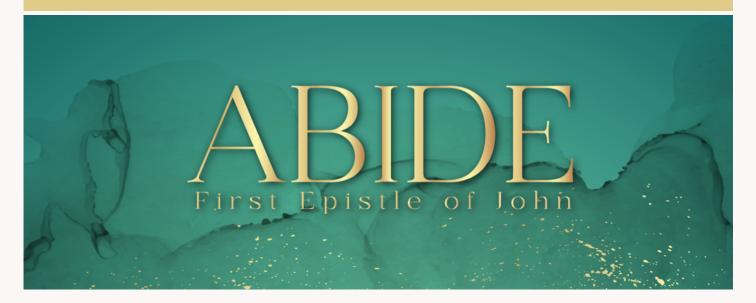
#### **ROCK WOMEN**



# **WEEK ONE**

"GOD IS LIGHT"

### DAY 1

- 1. Begin your study time with prayer.
- 2. Read 1 John 1:5-10. In verse five, what is the message that John announces to the readers of this book?
- 3. What does John say we cannot do in verse six if we claim to have fellowship with God?
- 4. In addition to granting us fellowship with God, who else do we gain fellowship with as we walk in the Light, according to verse seven?
- 5. What is it that cleanses us from all our sin?
- 6. When we sin what are we instructed to do and what do we gain as a result?
- 7. What does John say happens if we claim we have not sinned?
- 8. Write out this week's memory verse on a notecard or a piece of paper and post it somewhere you will see it often (e.g bathroom mirror, car, desk, kitchen sink, etc.).

#### Scripture Memory:

"This is the message we have heard from Him and announce to you, that God is Light, and in Him there is no darkness at all."

~1 John 1:5

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#### ROCK WOMEN

## DAY 2

- 1. Begin your study time with prayer and read 1 John 1:5-10.
- 2. What does 1 John 1:5 specifically say is not found in God and what does Zephaniah 3:5 say He will not do?
- 3. True light cannot have any hint of darkness to it or it is not light. In Scripture "Light" is often a metaphor for purity, holiness, or truth and darkness is symbolic of sin, injustice or impurity. What does Isaiah 51:4 say His justice will be for us? How does this impact your view of or trust in God to know that there is no ill will, evil motive, or injustice in Him?
- 4. How does Matthew 4:16 describe us before Christ came into the world and what is the word used to describe Him in this passage?
- 5. In Acts 26:18 & 23 what reason does the apostle Paul give for the Light coming into the world?
- 6. Write out this week's memory verse below:

## DAY 3

- 1. Begin your study time with prayer and read 1 John 1:5-10.
- 2. Though the "Light" has come into the world, not all will accept Him. What does the Gospel of John 1:5 say about those in darkness beholding the Light?
- 3. In 2 Corinthians 4:3-4, what does Satan (referred to as the "god of this age") do in attempt to prevent people from coming to an understanding of the light of the Gospel?
- 4. According to John 3:19-20, why do Satan's efforts to blind us work? Why are we not willing to come to the Light?
- 5. Satan's actions work together with the evil desires of our own hearts to hinder us from coming to Christ. True repentance requires humility. We must be willing to abandon darkness and walk in the Light. Have you done this? Take a moment and pray for those you know who still walk in darkness. Pray that the Lord would open their eyes to see the Light and would remove the desire to walk in darkness from their hearts.
- 6. Write out this week's memory verse below:

#### **ROCK WOMEN**

### DAY 4

- 1. Begin your study time with prayer read 1 John 1:5-10.
- 2. What are reasons you need light? What does light do for us in everyday life?
- 3. What does Ephesians 5:13 say happens to things when they are exposed to light?
- 4. One of the functions of light is to expose the darkness. When we walk in the darkness this can be uncomfortable, and sometimes downright painful. It may provoke in us a desire to hide from the Light, however, what do Psalm 90:8, Hebrews 4:13, and 1 Peter 4:5 say about our ability to do so?
- 5. How does knowing nothing is hidden from His sight impact you? How might keeping this in mind influence your behavior, attitude, and the words you speak?
- 6. Write out this week's memory verse below:

### DAY 5

- 1. Begin your study time with prayer and read 1 John 1:5-10.
- 2. Where does the Gospel of John 1:5 say the light shines?
- 3. Not only does light expose things, but it also illuminates what would otherwise be darkness. There are times we feel we walk in the midst of the darkness of sin or the darkness of confusion, not knowing which way to turn. What does God say we should do even as we walk among or through the darkness in Isaiah 50:10?
- 4. How does darkness appear in the presence of God in Psalm 139:11-12?
- 5. As we wrestle through difficult decisions and circumstances what does God promise us in Job 12:22, Psalm 112:4, Daniel 2:22, and Isaiah 42:16? If there's an area of your life in which you need clarity, take a moment to ask the Lord to give it to you.
- 6. We can certainly go to God in prayer as we walk through dark and uncertain times, but what else according to Psalm 119:105 & 130 and Proverbs 6:23 illuminates our path?
- 7. Write out this week's memory verse below: