

UPCOMING EVENTS:

DISCOVER WESTBRIDGE - OCTOBER 4TH

Want to learn how to get connected here at Westbridge Church. DISCOVER Westbridge is it! Sunday, October 4th @ 4pm. Join us for one hour as we explore who we are and how you can be part of it!

HIGH SCHOOL RETREAT - OCTOBER 15TH-18TH

High School Students! Don't miss the fall retreat! We will be going to Camp Castaway for the WKND. This is on MEA Weekend. Registration open now! Click the QR code for details and to register!



PERSONAL NOTES:

LIFE GROUPS:

CHECK OUT A LIFE GROUP!

LIFE GROUPS are smaller groups of people who commit to meet together consistently for the purpose of growing relationally and spiritually.

Browse all the Life Groups option in the Westbridge Church App and sign up today!

Let us know if you have ANY questions!



MESSAGE NOTES

Heaven, Hell, and Everything In Between // Week 3

*These two forces are constantly fighting each other, so you are not free to carry out your good intentions. **Galatians 5:17***

Hell flourishes in an environment of DARKNESS.

*"I am the light of the world. If you follow me, you won't have to walk in darkness, because you will have the light the leads to life." **John 8:12***

Heaven brings LIGHT into the darkness.

*For once you were full of darkness, but now you have light from the Lord. **Ephesians 5:8***

*So live as people of the light! For this light within you produces only what is good and right and true. **Ephesians 5:8-9***

*Carefully determine what pleases the Lord. **Ephesians 5:10***

*Take no part in the worthless deeds of evil and darkness; instead, expose them. **Ephesians 5:11***

*It is shameful to even talk about the things that disobedient people do in secret. **Ephesians 5:12***

We fear the consequences of CONFESSION because we

don't fully understand the consequences of CONCEALMENT.

*But everything exposed by the light becomes visible - and everything that is illuminated becomes a light. **Ephesians 5:13***

MEMORY VERSE:

*Confess your sins to each other and pray for each other so that you may be healed. **James 5:16***

LIFE GROUPS

DISCUSSION GUIDE

These questions are designed to help groups discuss the weekend teaching while building relationships with each other and growing in our faith!

Sep 24th / 27th, 2026

1

WARM UP

1. What's something you tried to hide as a kid that your parents clearly knew about?

2. Jeremiah described living "lights on, windows open". What do you think that kind of life would feel like?

2

KNOW IT

1. Read **Ephesians 5:8-14**. Paul says, "Now you have light from the Lord". How does that change the way we approach something we're ashamed of?

2. What might it mean to "expose" a hidden struggle in a wise, healthy way?

3. Read **Psalms 32:1-5**. What do you notice about the cost of David's silence and his experience after he confessed?

4. Read **1 John 1:5-9**. What is the promise if we walk in the light and confess?

5. Read **Proverbs 28:13** & **James 5:16**. How do these verses describe the power of confession?

3

SHARE IT

1. "We fear the consequences of confession because we don't fully understand the consequences of concealment." Where have you seen that prove true in your life?

2. What makes it hard to tell someone else when you're struggling: fear of consequences, fear of judgment, or something else?

3. Who has helped make honesty feel safe for you? What did they do well?

4. Share only what you're comfortable sharing: Is there an area of life where you're tempted to handle things alone instead of inviting someone you trust into it?

4

LIVE IT

1. What is one step you could take this week toward living "lights on, windows open"?

2. If you need to bring something into the light, who is a wise, trustworthy person you could talk with? When will you reach out?

3. How can our group respond with both grace and honesty when someone trusts us with a difficult confession?