



Week 6- "The Light"

At the beginning of a New Year we tend to look at the areas of our lives that we want to change and grow in. We seem to know that there are areas in our life that need to change. In this week's message we explore what Christianity teaches, not about how we can change ourselves, but how we can lean into how God changes us.

1. Do you have someone in your life that you would say 100% knows you?
2. What emotions rise in you when you think about sharing honestly hidden struggles, shame, or guilt you feel?

Read 1 John 1:1-9

3. How have you seen hidden sin, shame, guilt, or hurts from the sins of others impact your relationship with God and those closest to you?
4. Are you able to identify when your sins or the sins of others are defining who you are?
5. How would your life and relationships change if you walked in the light and trusted that Jesus and His righteousness defines who you are?
6. Discuss the idea that keeping sin, shame, guilt, hurts, resentment, anger, bitterness, and self protection a secret could be a denial of the gospel.
7. How does the gospel help you have the courage to walk in the light with God and someone else?

The gospel: "That you are more sinful than you ever dared believe, yet more loved than you ever dared hope, and in Jesus forgiven, and more whole than you ever dared imagine."

8. What step can you take this week to begin or continue to walk in the light with a safe person?

If we are honest, we can say we are all addicted to ourselves, to our pride, and our version of sin. We also haven't walked through life without hurting others, or being deeply hurt by someone else. If we want to know how to change, John says "to walk in the light as He is in the light... that if we confess our sins, he is faithful and just to forgive our sins, and purify us from all unrighteousness."

Dane Ortlund puts it this way: "Believe the gospel. Find a trustworthy friend. Bring that brother or sister into your fallenness in a redemptive but humiliatingly transparent way. Humble yourself down into the death of honesty and see what life blossoms on the other side. Find yourself feeling bathed afresh in the gospel of grace. And as you dare to go deeper into honesty and deeper into the experience of the cleansing blood of Christ, watch your heart relax into the growth you long for."