

Deep Practice Leaders Guide

Text: 1 John 1:5–10

Sermon Title: *Walking in the Light*

Big Idea: God’s light reveals the truth about our sin and His grace — and calls us to walk in honesty, confession, and fellowship.

SESSION FLOW (60–75 min)

1. Welcome & Prayer (5 min)

- Leader opens with a warm welcome.
 - Pray for open hearts to receive God’s truth and courage to step into the light.
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2. Reflection on Last Week’s Practice (10–15 min)

- Ask: “*What specific step did you commit to last week? How did it go?*”
 - Encourage honesty — the goal is progress, not perfection.
 - If someone struggled, affirm the value of even recognizing where they fell short.
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3. Scripture Reading (5 min)

- Read **1 John 1:5–10** aloud slowly.
 - Option: Read it twice — once from NRSV (your usual) and once from another translation (e.g., NIV) for fresh hearing.
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4. Story the Scripture (10 min)

- Without looking, invite someone to restate the passage in their own words.
 - Let others fill in any missing details.
 - This helps the group “own” the passage in memory.
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5. Teaching Recap (10–15 min)

Use your sermon points as a brief refresher:

GOD IS LIGHT

- God's nature is fixed; He is the perfect standard for truth and moral behavior.
- *Illustration:* GE airplane engine plant "perfect part" standard.

DEFINE SIN

- Sin = anything that doesn't measure up to or align with God's standard.
- One-sentence memory definition: "*Sin is anything — in thought, word, or action — that falls short of or refuses to align with God's perfect standard.*"

IF-THEN STATEMENTS (*TRS-80 programming illustration*)

- **Negative:** Saying vs. doing (v. 6), self-deception (v. 8), denial of sin (v. 10).
- **Positive:** Walking in the light (v. 7), confession & forgiveness (v. 9).

NEGATIVE PROGRESSION

- Saying but not doing → self-deception → denial of God's truth.

POSITIVE PROGRESSION (*reverse order*)

- Confession → forgiveness & cleansing → fellowship → walking in the light.

TWO PATHS

- Walking in light = fellowship, truth, cleansing.
- Walking in darkness = deception, denial, broken fellowship.

6. Discussion Questions (15–20 min)

Observation (Head)

1. What does John mean when he says "God is light"? How does the rest of the passage flow from that statement?
2. Which of the five "if-then" statements stands out to you the most? Why?

Interpretation (Heart)

3. Why do you think John emphasizes confession as central to walking in the light?

4. How does seeing God as the perfect standard help us understand the seriousness of sin — and the depth of His grace?

Application (Hands)

5. Where are you most tempted to hide in “darkness” instead of walking in the light?

6. What might confession look like for you this week — to God and, if appropriate, to another believer?

7. Deep Practice Commitment (10 min)

Step 1: Reflect

- Quietly before God, ask: *“Lord, where do I need Your light to shine this week?”*

Step 2: Write It Down

- Each participant writes a clear, specific practice they will take this week. Examples:
 - I will confess a specific sin to God each evening before bed.
 - I will ask a trusted friend to hold me accountable in an area I’ve been hiding.
 - I will intentionally spend 10 minutes each morning asking God to search my heart.

Step 3: Share

- Invite each person to share their commitment with the group (or with a partner if more comfortable).
- Encourage group members to pray for one another during the week.

8. Closing Prayer (5 min)

- Pray over the group’s commitments, asking God to help each person walk in His light, experience His forgiveness, and enjoy true fellowship.