



CHILDREN OF LIGHT.

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BIG IDEA – God's light yields love and abundant fruit.

Scripture Focus – Ephesians 5:8 NIV For you were once darkness, but now you are light in the Lord. Live as children of light.

Ever notice how kids imitate their parents? It's natural—they watch, learn, and reflect what they see.

Who smiled first?

Children learn by mimicking their parents! We are smitten when our baby or grandbaby smiles at us, but the truth is they stare deeply at our face and find what we see and feel about them! The most powerful feedback we can give is our genuine love and delight in seeing them.

This exchange is miraculously magical!

It doesn't just work in babies and their parents; it works on everyone.

The power of a smile.

"Scientists and spiritual teachers alike agree that the simple act of smiling can transform you and the world around you. Current research (and common sense) shows us that **a smile is contagious. It can make us appear more attractive to others. It lifts our mood, as well as the moods of those around us.** [Ronald E. Riggio Ph.D.](#)

Can you even imagine that God sees you and smiles? [Zephaniah 3:17](#)

Do you believe that Father God delights in you?

As children of light, it's not just who we are imitating, it's how we are imitating.

In this series **Living the Light**, we are exploring **the powerful Biblical theme of light and darkness.**

- Pastor Larry took us in talking about **the battle going on and the choice each of us has to make.**
- Last week we talked about the **lies of darkness and the truth of a living a “grey life” where truth fades and desires rule.**
- Today we are exploring the phrase the Apostle’s used in their writing to the church – **“Children of Light.”**

Children of Light isn’t just a ’70s band on Sparrow Records!

—it’s a biblical concept to describe **the power of light breaking into a soul born in darkness.**

John links light to love; Paul fuses light to fruit.

FYI – it seems obvious to point out but plants, animals and humans **require** light to live!

The Apostle John’s take on light.

1. Love proves the Light (1 John 2:9-11)

If anyone claims, “I am living in the light,” but hates a fellow believer, that person is still living in darkness. Anyone who loves a fellow believer is living in the light and does not cause others to stumble. But anyone who hates a fellow believer is still living and walking in darkness. Such a person does not know the way to go, having been blinded by the darkness.

- Claiming to live in light yet hating a brother = still in darkness.
- Loving others not only keeps us walking in light but helps keep others from **stumbling.**
 - **skándalon** –the “**trigger of a trap**” (the mechanism closing a trap down on the unsuspecting victim); The bait-stick. This is where we get our word for **scandal!** **Loving others in the light prevents scandals.**
- Hatred blinds and traps the soul in darkness. It’s “*typhlóō*”- having a cloudy perspective. **Hate drops a smoke bomb, which causes blindness.**

Love is light’s visible illumination that you belong to God.

Walk in love → stay in light.

The Apostle Paul’s take on light is complimentary, he fuses light & fruit, **making an ethical contrast** between what **light produces** and what **darkness produces.**

1. Remember What You Were (Ephesians 5:8a)

“For you were once darkness...”

- Not **in** darkness—you **were** darkness.
- **The problem wasn’t our surroundings; it was our condition.**

You can't shine bright until you admit where you've come from.

2. Live Out Who You Are (Ephesians 5:8b–10)

“But now you are light in the Lord. Live as children of light...”

- Light shows your new identity.
- The fruit of light = goodness, righteousness, truth.
- Discover what pleases the Lord.

Light isn't something you carry; it's who you've become.

3. Don't Partner with Darkness (Ephesians 5:11–12)

“Have nothing to do with the fruitless deeds of darkness, but rather expose them.”

- Darkness produces nothing lasting.
- Light reveals truth and cleans corruption.

You can't expose darkness by dabbling in it. Don't desire for your eyes to adjust to the dark, get used to God's pure light.

4. Wake Up and Shine (Ephesians 5:13–14)

“Wake up, sleeper, rise from the dead, and Christ will shine on you.”

- Light awakens what's dead and hidden.
- Revival starts with awakening to Christ's presence.

The world needs more people to be Christ's light to expose the darkness.

Summary

Paul uses “**light**” and “**fruit**” together in **Ephesians 5:8–11** to show us **what light produces** and **what darkness produces**.

1. Light produces visible evidence.

Light reveals and grows life. When Paul says, “The fruit of the light consists in all goodness, righteousness, and truth,” he's showing that a genuine walk in God's light naturally produces visible, life-giving outcomes—like fruit growing in sunlight.

2. Darkness produces nothing.

He calls them “*fruitless deeds of darkness*.”

Darkness hides, sterilizes, and kills growth. Deeds done in darkness don't create anything lasting or nourishing.

3. The metaphor fits the moral logic.

- **Light = source of growth** → what's alive bears *fruit*.
- **Darkness = absence of growth** → what's grey becomes *barren*.

4. Children of light bear resemblance to their Father.

God is light and His children reflect His nature.

The evidence of relationship with the Father isn't secrecy or shame but moral fruit—goodness, righteousness, and truth.

Paul fuses light with fruit because light reveals life and creates growth—just as walking in God's light produces the visible, nourishing evidence of a transformed life.

Application.

To live the light:

- remember your rescue,
- reject the dark, and
- reflect Christ's brilliant light.

In the **DIG DEEPER** notes there is a **structured breakdown of the “One Another’s**. It lists **all the “one another’s”** in the New Testament, displaying the qualities of **light & love**, but it also displays their opposite qualities of **dark & hatred**.

SCRIPTURES

1 John 2:9-11 NLT

If anyone claims, “I am living in the light,” but hates a fellow believer, that person is still living in darkness. Anyone who loves a fellow believer is living in the light and does not cause others to stumble. But anyone who hates a fellow believer is still living and walking in darkness. Such a person does not know the way to go, having been blinded by the darkness.

Ephesians 2:8-14 NIV

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) and find out what pleases the Lord. Have nothing to do with the fruitless deeds of darkness, but rather expose them. It is shameful even to mention what the disobedient do in secret. But everything exposed by the light becomes visible—and everything that is illuminated becomes a light. This is why it is said: “Wake up, sleeper, rise from the dead, and Christ will shine on you.”

DIG DEEPER NOTES



[Children of Light](#) – Band



In 1970, three young high school Christian boys decided to form a singing group and witness to their friends in Torrance, CA. They named themselves the CHILDREN OF THE LIGHT.

By 1976, Dave, Steve and Randy had added Greg and Bobby to the group. Now they are a national touring band, appearing many times with Barry McGuire in concerts and at music festivals.

They write all their songs, play the instruments, and do all the vocal work on their first album for SPARROW called COME ON IN.

Sparrow Records famous Christian Music

Annie Herring, John Michael Talbot, Barry McGuire, Keith Green, Matthew Ward, The Talbot Brothers, The 2nd Chapter of Acts, Children of the Light, Scott Wesley Brown, Jamie Owens-Collins, Phil Keaggy, Sheila Walsh, Michele Pillar, Michael & Stormie Omartian, Steve Taylor, Phil Driscoll, Steve Green, Steve Camp, Rez Band, Dennis Agajanian, Michael Card, BeBe & CeCe Winans, Leon Patillo, Steven Curtis Chapman,



Organisms That Require Light to Live

Plants

- Photosynthesis: Plants use light to convert carbon dioxide and water into glucose and oxygen through photosynthesis. This process is essential for their growth and energy.
- Types of Light: Different plants have varying light requirements. For example, ferns thrive in low light, while dandelions need direct sunlight.
- **Importance of Sunlight for Plant Growth**
- All plants require light for photosynthesis, which is essential for their growth and survival. During photosynthesis, plants convert light energy into chemical energy, producing food in the form of glucose. This process also releases oxygen, which is vital for life on Earth.
- **Types of Light Requirements**
- Plants have different light needs, categorized as follows:

• Light Requirement	• Description
• Full Sun	• Requires at least 6 hours of direct sunlight daily.

- | | |
|--|---|
| <ul style="list-style-type: none"> • Light Requirement | <ul style="list-style-type: none"> • Description |
| <ul style="list-style-type: none"> • Part Sun | <ul style="list-style-type: none"> • Thrives with 3 to 6 hours of direct sunlight daily. |
| <ul style="list-style-type: none"> • Part Shade | <ul style="list-style-type: none"> • Needs 3 to 6 hours of sunlight but requires protection from intense midday sun. |
| <ul style="list-style-type: none"> • Full Shade | <ul style="list-style-type: none"> • Requires less than 3 hours of direct sunlight daily. |

- **Adaptations to Light Conditions**

- Some plants can tolerate low light conditions, often referred to as low-light plants. These plants typically grow in shaded areas in their natural habitats. However, **they may not thrive or produce flowers without adequate light.**
- In contrast, high-light plants need bright, direct sunlight to flourish. **Insufficient light can lead to poor growth, leggy stems, and yellowing leaves.**

Animals

- Direct Dependence: Many animals, such as mammals and reptiles, rely on sunlight to regulate their body temperature and activity levels. For instance, snakes and lizards bask in the sun.
- Indirect Dependence: Nocturnal animals, like bats, depend on organisms that have absorbed sunlight for energy. They feed on plants or animals that have utilized sunlight.

Humans

- Health Needs: Humans also require light for various bodily functions. Lack of sunlight can lead to health issues, including depression and weakened immune responses. Sunlight is crucial for vitamin D production and overall well-being.

Ecosystem Impact

- Food Chain: Plants are primary producers, forming the base of the food chain. Animals, including humans, depend on plants for oxygen and food, highlighting the interconnectedness of life and light.



A structured breakdown of the “One Another’s” with their strongest positive emotional/spiritual responses (LIGHT) and their negative/opposite counterparts (DARK), mirroring the dynamic between the “fruit of the Spirit” and “works of the flesh.”

1. Love one another

LIGHT: Deep affection, sacrificial care, belonging, joy

DARK: Hatred, indifference, hostility, contempt

2. Be devoted to one another

LIGHT: Loyalty, steadfastness, familial warmth

DARK: Betrayal, neglect, emotional detachment

3. Honor one another above yourselves

LIGHT: Respect, admiration, humility

DARK: Pride, dishonor, belittling, self-exaltation

4. Live in harmony with one another

LIGHT: Peace, unity, trust

DARK: Discord, division, suspicion

5. Build up one another

LIGHT: Encouragement, affirmation, empowerment

DARK: Tearing down, criticism, cynicism

6. Be likeminded towards one another

LIGHT: Shared purpose, alignment, mutual understanding

DARK: Strife, stubbornness, rivalry

7. Accept one another

LIGHT: Inclusion, welcome, grace

DARK: Rejection, exclusion, prejudice

8. Admonish one another

LIGHT: Courageous love, truth-telling, restorative correction

DARK: Flattery, silence in sin, harsh condemnation

9. Greet one another

LIGHT: Warmth, connection, openness

DARK: Coldness, avoidance, hostility

10. Care for one another

LIGHT: Compassion, attentiveness, nurture

DARK: Apathy, neglect, exploitation

11. Serve one another

LIGHT: Selflessness, generosity, humility

DARK: Self-centeredness, entitlement, domineering spirit

12. Bear one another's burdens

LIGHT: Empathy, solidarity, shared strength

DARK: Isolation, indifference, abandonment

13. Forgive one another

LIGHT: Release, mercy, reconciliation

DARK: Bitterness, vengeance, grudges

14. Be patient with one another

LIGHT: Forbearance, calm endurance, grace under strain

DARK: Irritation, intolerance, quick temper

15. Be kind and compassionate to one another

LIGHT: Gentleness, tenderness, emotional warmth

DARK: Cruelty, hardness, indifference

16. Speak to one another with psalms, hymns, and spiritual songs

LIGHT: Joyful worship, mutual edification, inspiration

DARK: Corrupt talk, discouragement, mockery

17. Submit to one another

LIGHT: Mutual respect, deference, trust

DARK: Rebellion, arrogance, power struggle

18. Look to the interests of one another

LIGHT: Thoughtfulness, genuine concern, shared vision

DARK: Selfish ambition, disregard, neglect

19. Bear with one another

LIGHT: Enduring grace, tolerance, steadfast love

DARK: Impatience, rejection, intolerance

20. Teach one another

LIGHT: Growth, curiosity, mentoring

DARK: Ignorance, withholding truth, deception

21. Comfort one another

LIGHT: Consolation, empathy, solace

DARK: Coldness, dismissal, cruelty

22. Encourage one another

LIGHT: Hope, courage, uplift

DARK: Discouragement, despair-spreading, tearing down

23. Exhort one another

LIGHT: Motivation toward righteousness, urgency, stirring faith

DARK: Apathy, enabling sin, complacency

24. Stir up one another to love and good works

LIGHT: Inspired action, passion, godly provocation

DARK: Apathy, laziness, temptation to evil

25. Show hospitality to one another

LIGHT: Warm welcome, generosity, belonging

DARK: Coldness, exclusion, stinginess

26. Employ the gifts for the benefit of one another

LIGHT: Fruitfulness, purpose, shared blessing

DARK: Hoarding, neglecting gifts, self-glorification

27. Clothe yourselves with humility toward one another

LIGHT: Modesty, teachability, harmony

DARK: Pride, arrogance, condescension

28. Pray for one another

LIGHT: Intercession, spiritual solidarity, love

DARK: Prayerlessness, spiritual neglect, resentment

29. Confess your faults to one another

LIGHT: Vulnerability, honesty, healing

DARK: Concealment, hypocrisy, defensiveness