

Leave Behind the Darkness for the Sun Shine

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Know your God.

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you. 1 Peter 5:6-7

Know your Enemy.

Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings. 1 Peter 5:8-9

Allow Jesus to restore you.

And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast. To him be the power for ever and ever. Amen. 1 Peter 5:10-11

Steps that we can take to allow Jesus to restore us:

- **Acknowledge the effects of the darkness, then cast your anxiety on the Lord.**
Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.
1 Peter 5:6-7

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. Romans 12:2
- **Resist the devil, standing firm in the faith community.**
Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings.
1 Peter 5:9

Let's Connect

- Have you ever restored something? If so, what was it and what process did you go through to make it better?

Let's Talk About It

Darkness, grief, and loss can have the power to keep us stuck. When we experience a personal relationship with Jesus, we experience a journey of leaving behind the darkness and experience His' restorative light of life. As you stay close in following Him, He leads you to a restored life- making you strong, firm, and steadfast.

1 Peter 5:6-11; Romans 12:2

- Which part of the message impacted or challenged you?
- Read 1 Peter 5:6-7. How does knowing who God is help you to draw close to Him in times of darkness? Have you ever cast all your anxiety on the Lord? What was the outcome?
- When you experience darkness, grief, or loss, do you tend to isolate yourself from others or do you surround yourself with others? What are the natural outcomes of doing each of these? How does 1 Peter 5:8-9, encourage you to surround yourself in Christian community?
- How have you personally experienced Jesus' restoring your life? Please share your journey and process of restoration and wholeness in Christ.

Take a Step

- As you spend time with God this week, acknowledge the effects of the darkness you're experiencing, then cast your anxiety on Him. Ask God if there are any unhealthy patterns that may have led you to experience this darkness. If God highlights anything, choose to repent, and ask Jesus to fill you with the Holy Spirit to follow Him in a new direction away from those unhealthy paths.

Here's My Prayer

- Thank you, Jesus, for caring for me. God, this is the darkness that I'm experiencing now____, and I'm feeling like _____. I need you, Lord. I can't live this life without You. God, reveal to me any unhealthy patterns that I am living with right now that are keeping me in darkness. Speak to me. I want to hear Your voice and I want to know Your will. Give me the strength to walk a new path of leaving behind the darkness and experiencing Your light of hope and newness of life. Thank you, Lord, for being with me. In Jesus powerful name, amen.