



WEEK FEB 28- MAR 6

MAIN IDEA

Jesus is the light of the world..

CHECK IN (HIGHS & LOWS) 15 min

A great, quick way to catch the highlights of what is happening in the lives of the people in your group is to take turns quickly sharing the “highs & lows” of your week. High: What was the highlight of your week? Low: What was the low point of your week?

SETTLE IN (ICE BREAKER) 10 min

Start your time with open prayer. Set a timer for five minutes and leave it open for anyone to pray for what’s on their mind. Here are some potential topics:

- For Jesus to be the source of our spiritual fulfillment
- For our group to respond to God’s promptings
- For you to identify the areas Jesus’ light needs to shine in the darkness

LOOK IN (OBSERVATION) 15 min

1. Read John 8:12. What is a role Jesus plays for the world according to this passage?
2. What is Jesus saying his followers will possess?
3. Read John 3:19-20. Why do some people choose darkness over the light according to this passage?

4. Read 1 John 1:5-10, 2:8-10. What is a result of living in the light according to these passages?
5. Read Matthew 5:14-16. What is Jesus saying about us as disciples in this passage?

LOOK UP (UNDERSTANDING) 20 min

1. How is Jesus the light of the world?
2. How does following Jesus give us the “light of life”?
3. How have you seen Jesus shine light into your life?
4. According to the two 1 John passages, how would your life be different from the rest of the world if you are walking in the light of Jesus?
5. Read Ephesians 5:8-11. Based on the Bible’s teachings of light vs. darkness, what are things we can identify in ourselves and others that a part of someone is still in darkness?

GEAR UP (APPLICATION) 20 min

1. It can be scary or temporarily painful to move from darkness to light. What has kept or currently keeps you back from bringing your full self into the light?
2. What are healthy goals and boundaries to set to make sure you continue to let Jesus illuminate every part of your life?
3. The more Jesus ushers us fully into the light, we become a light to others and to our world. What is a way you hope you can be a light in the lives of others?

STEP UP (HOMEWORK) 5 min

Confession is an important practice if we are to bring dark things into the light. Two things we can do this week to implement this discipline:

1. Spend some time confessing your sins to God. This can be painful but imagine God’s grace meeting you every time you confess (1 John 1:5-10).
2. Ask someone you trust if you can confess some sins to them. There is power and accountability when we verbally confess our sins to another brother or sister in Christ (James 5:16).