

**TITLE AND NUMBER:** 179. Walking in the light

**REFERENCE AND KEY VERSE(S):** 1 John 1:5-7

This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all. If we claim to have fellowship with him yet walk in the darkness, we lie and do not live by the truth. But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.



**LOOKING FURTHER:** 1 John 2:9-11; Matthew 5:14-16; Galatians 5:22-23

### What does this Bible passage tell us?

In Bible Study 171, the theme was God as light coming into our hearts through Jesus. In this passage, the apostle John explores further how we need to live in that light.

John was writing against a background of the spread of misleading influences in the Church. He had been one of Jesus' closest friends and wanted to pass on to his readers the good news that Jesus himself had given to him and the other disciples – that God is light, there is nothing of the dark about Him. He was warning his readers to have nothing to do with dark deeds but to stay in the safety of God's light. If we claim to walk with God but our lives do not show it, we are living a lie and not the truth. However, if we live in the light, we share God's life and the blood of Jesus, shed on the cross, cleansing us from our sin.

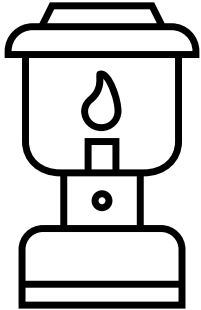
So how can we avoid living in the dark? This is nothing to do with the physical darkness of night - this can be a time of peace and closeness to God. Living in the dark refers to anything that we do, think or say which we would not want other people - and especially God - to know about. These might be things of which, deep down, we are ashamed, things which harm others and ourselves.

How then, can we live in the light? Firstly, by not getting involved in wrong-thinking or wrong-doing. Secondly, by concentrating within ourselves on all that is wholesome, that brings joy and love into the lives of others and ourselves and is pleasing to God: honesty, kindness, patience, goodness, self-control. Light brings life. God is light. Let us walk in that light and have life in all its fullness.

### Reflections:

- Have you ever noticed that some people seem to shine? What do you think it is in them that makes them like this?
- Do you sometimes think that you are surrounded by darkness? What can you change in your life to replace your darkness with God's light?
- Look at the fruit of the Spirit in Galatians 5:22-23. How would concentrating on some of these help you to live more fully in the light?

Write or draw something you read in this Bible Study that stood out to you.



Do you have any questions about this week's Bible Study?



How does this week's message apply to your life?



What can we learn about God from this week's passage?



What would you like to ask God this week?



Has God responded to your prayers this week in the way you had hoped for? It's okay to talk to God about this.

