

**INTRO**

- What physical activity are you doing in this time of social distancing?

Text: 1 John 1:5-2:11 (best to read this in parts as per the guidelines below)

**READ, REFLECT & RESPOND****GOD IS LIGHT**

**Read 1:5.** In Scripture, Light symbolizes God's truth, holiness and presence. The effect of light is not just to make people see, but to enable them to walk by that light. John helps us understand what it means to walk in the light; what it means to have an authentic relationship with God.

**WALKING IN DARKNESS (What Not To Do)**

**Read 1:6-10.** We walk in darkness whenever we disregard, diminish, or deny sin's presence in our lives. When we do this, we are in danger of denying the faith, deceiving ourselves and make God out to be a liar. God takes sin seriously. We should too.

*\*Qu: what are some bad strategies you've used dealing with your sin?*

**COMING INTO THE LIGHT (What To Do)**

**Read 2:1-2.** John gives us a better strategy for dealing with sin: acknowledge & confess your sin and then receive God's forgiveness and cleansing. God has made full provision for us through His Son.

*\*Qu: God is light and light exposes darkness. Does that comfort you or scare you? Why?*

God exposes our sins not to judge us but to cover us. What is uncovered, God can cover (Pr 28:13).

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*"The way to have fellowship with a God who is light is not to deny the fact or effects of sin, but to confess our sins and thankfully appropriate God's provision for our cleansing." — John Stott*  
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**WALKING IN THE LIGHT (What To Keep Doing)**

**Read 2:3-11.** John gives us very practical ways to test if we are indeed authentically walking with God:

- *Obeying* (v4) - true love for God is expressed in our moral obedience.
- *Abiding* (v6) - walking in the way of Jesus means reorienting our lives around Him.
- *Loving* (v10) - loving others

How are you doing on these tests? Remember, if you feel exposed in one of those areas, it's because God loves you and wants to forgive and free you from continuously failing in that area.

The favourite picture the Bible has of our relationship with God is that of **walking with God**. Walking speaks of relationship, pilgrimage, shared purpose and a sustainable pace.

*\*Qu: in this particularly unusual time, how might you describe your current walk with God?*

**PRAY**

- Use UP-IN-OUT to guide your prayer to pray for one another, as well as our city.

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*\*Reminder: in a large group setting, it is not necessary that everyone answers every question —you probably don't have time for that! But you do want to make sure everyone has an opportunity to answer a question. Try and get different people to answer different questions.*