

## Lesson 2: No Darkness

### Icebreaker:

Ask someone in the group to put ten marbles in a cup. Then blindfold them and ask them to put the marbles into the cup again (but make it harder by moving the marbles and the cup after they are blindfolded). Ask the obvious question: "Which way was easier? Why?"



### Alternative:

Ask if anyone has ever been in complete darkness. What did it feel like? What problems did it create? Were you glad when you were able to be back in the light?

This session's video describes how walking in the light of Christ is different than walking in the dark.

## Watch the Video

### Discussion Questions:

1. In creation, why do you think God create light first (Genesis 1:3)?
2. Why do you think John chose to use the image of light to describe God (1 John 1:5)?
3. How does John's phrase "walking in the light" describe living the Christian life (1 John 1:7)?
4. Do you agree with the statement, "Too often we say we are "defeated" by this or that sin. No, we are not defeated; we are simply disobedient!" (From *The Pursuit of Holiness* by Jerry Bridges) Why or why not?
5. What are some practical ways you have found helpful to "train yourself to be godly" (1 Timothy 4:7)?
6. What are ways we can encourage each other to walk in the light of Christ?

1 John 1:5-8 (NIV84)

This is the message we have heard from him and declare to you:  
God is light; in him there is no darkness at all.