



November 22 — Walk in the Light

Weekly Reading: 2 Peter 1–1 John 2

Life Group Passage: 1 John 1:5–10

Main Point

Because God is light, those who belong to Him walk honestly in His light—confessing sin, trusting Christ’s cleansing, and sharing genuine fellowship.

Key Verse

“If we walk in the light as he himself is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin.”

1 John 1:7

Life Group — The Flow

- 15 minutes — Conversation and relationship-building
- 5 minutes — Looking Back
- 5 minutes — Introduction, Background, and Christ Connection
- 30 minutes — Study and Apply
- 5–7 minutes — Application Exercise
- 10 minutes — Pray Through the Passage and Prayer Requests
- 5 minutes — Conclusion

If Time Is Limited...

Focus on:

- Main Point and Key Verse
- Background and Christ Connection
- Read 1 John 1:5–7
- Passage 1 questions 1 and 3
- Read 1 John 1:8–10
- Passage 2 questions 1 and 4
- Application Exercise
- Pray Through the Passage
- Final Takeaway

Looking Back — 5 Minutes

Last week, Peter reminded us that God has entrusted His varied grace to every believer so that we can love, welcome, and serve one another for His glory.

Discuss one or more:

- What did you intentionally steward for someone else’s good this week?
- Did you discover an opportunity to serve that you might normally have overlooked?
- Where did you need to depend on God’s strength instead of your own?

Transition to Introduction

“Peter called us to let God’s grace move through us toward others. John now takes us deeper into the kind of honest relationship with God that makes genuine fellowship possible.”

Introduction — 5 Minutes

Ask

- Describe a time you tried to find your way through a dark room without turning on a light. What happened?

Follow-Up

- Why are we sometimes willing to stay in the dark even when light is available?

Say

“Most of us know how quickly a familiar room becomes difficult to navigate when the lights go out. We move more slowly, misjudge what is around us, and sometimes run directly into something that was there all along.”

“John uses light and darkness to describe something far more important than physical visibility. God is light. To know Him is to leave behind a life built on hiding, denial, and darkness. Walking in the light means learning to live openly before the holy God who already knows us completely.”

Transition to Background

“John’s language becomes especially powerful when we remember that he is writing as an eyewitness who wants believers to share real fellowship with God and with one another.”

Background

First John was written to strengthen believers in the truth about Jesus and help them discern the difference between genuine fellowship with God and empty spiritual claims.

At the opening of the letter, John emphasizes that he and the other apostles had heard, seen, and touched the Word of life. Christianity is not built on secret knowledge or private spiritual experience; it rests on the real Son of God who entered history.

Beginning in verse 5, John repeatedly uses the phrase “if we say.” He confronts claims people might make about knowing God while their lives contradict those claims. His purpose is not to make sincere believers obsess over perfection, but to expose the difference between walking honestly in God’s light and pretending sin does not matter.

Transition to Christ Connection

“If God’s light exposes our sin, what keeps that exposure from becoming hopeless condemnation? John’s answer is Jesus.”

Christ Connection

Verse 7 points directly to “the blood of Jesus his Son” that cleanses from sin. The holy God does not lower His standard or call darkness light. Instead, He provided cleansing through the sacrificial death of His Son.

The gospel therefore frees Christians to be honest. We do not have to deny, excuse, rename, or hide our sin in order to remain acceptable to God. Christ has already dealt decisively with our guilt.

Confession is not a way of repeatedly earning salvation. It is the ongoing posture of people who live in the light—agreeing with God about sin, turning from it, and relying on His faithful provision in Christ.

Transition to Study and Apply

“John begins with the character of God Himself: God is light. That truth becomes the standard by which every claim to fellowship must be measured.”

Study and Apply — 30 Minutes

Unpack the biblical text to discover what Scripture says and how we can apply it in our lives this week.

Passage 1 — 1 John 1:5–7

Walk in the Light

Read the Passage – Have a volunteer read 1 John 1:5–7.

Read aloud from your preferred Bible translation.

Commentary

Use the following commentary to prepare ahead of time. As you lead, summarize the key insights rather than reading everything word-for-word.

Verse 5. John summarizes the apostolic message: “God is light, and there is absolutely no darkness in him.” Light pictures God’s holiness, truth, purity, and goodness. Darkness represents sin, falsehood, and everything opposed to His character.

John’s statement is absolute. Darkness is not a hidden corner of God’s character, and evil is never something God must overcome within Himself. He is perfectly holy and completely trustworthy.

Verse 6. John then exposes a contradiction: claiming fellowship with God while “walking in darkness.” To walk describes an ongoing pattern or direction of life. John is not saying that Christians never sin; verses 8–10 make clear that they do.

The contradiction is a settled pattern of embracing darkness while insisting that nothing is wrong spiritually. A person cannot meaningfully claim close fellowship with the God who is light while persistently choosing a life opposed to His character.

Verse 7. The alternative is to “walk in the light as he himself is in the light.” Walking in the light does not mean sinless perfection. It means living honestly before God, allowing His truth to expose and direct us rather than retreating into denial.

John names two results: fellowship with one another and cleansing through the blood of Jesus. Honest fellowship with God creates the possibility of honest fellowship among His people. We no longer have to build relationships around pretending we have no need for grace.

The cleansing comes from Christ, not from our moral performance. The light exposes what is wrong, but Jesus provides the cleansing we cannot provide for ourselves.

Guide Discussion

You do not need to cover every question. Use those that best help your group engage with the passage.

- 1. Good for Students.** What does John’s statement that “God is light” teach us about His character?
- 2. Discuss.** What is the difference between a Christian who sins and someone who is “walking in darkness” while claiming fellowship with God?
- 3. Deeper Dive.** Why might walking honestly in God’s light actually deepen fellowship among believers rather than make relationships more threatening?
- 4. Reflective — Index Card.** Where are you most tempted to manage appearances rather than let God’s truth fully expose what is happening in your heart?

Teaching Insight

Say

“Walking in the light is not pretending we have finally become flawless. It is refusing to build our lives around darkness. Because Jesus cleanses sinners,

believers are free to live honestly before God and increasingly align their lives with His truth.”

Transition to Passage 2

“John now confronts one of the most common ways people avoid the light: convincing themselves that their sin is not really there or is not really serious.”

Passage 2 — 1 John 1:8–10

Confess, Don't Pretend

Read the Passage – Have a volunteer read 1 John 1:8–10.

Read aloud from your preferred Bible translation.

Commentary

Use the following commentary to prepare ahead of time. As you lead, summarize the key insights rather than reading everything word-for-word.

Verse 8. John writes, “If we say, ‘We have no sin,’ we are deceiving ourselves, and the truth is not in us.” Denying sin does not make us spiritually mature; it makes us self-deceived.

The gospel begins with the truth that we need rescue. That remains important after conversion. Christians grow not by becoming increasingly skilled at hiding sin, but by becoming increasingly quick to recognize it and bring it into God’s light.

Verse 9. John gives the alternative to denial: confession. To confess is to acknowledge sin truthfully before God—to agree with Him about what He calls sin rather than defending, minimizing, or renaming it.

The assurance of verse 9 rests in God’s character: “He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.” Forgiveness is not grounded in the intensity of our regret but in the faithfulness and justice of God, who has provided atonement through Christ.

For believers, confession is not an attempt to get saved again. It is the honest response of children who want to walk in unhindered fellowship with their Father and turn from what is contrary to Him.

Verse 10. John intensifies the warning. To claim “we have not sinned” does more than misunderstand ourselves; it contradicts God’s testimony about the human condition and effectively makes Him a liar.

God’s Word gives us a more truthful view of ourselves than our instincts do. Spiritual health therefore requires humility—the willingness to let God define what is true about us and the confidence to respond with confession because His grace is greater than what the light reveals.

Consider This — The Inspection Light

Picture a vehicle that looks flawless under ordinary parking-lot lighting. Move it under a bright inspection light, however, and tiny scratches, swirls, and imperfections that were easy to miss suddenly become visible.

The light did not create those flaws; it revealed what was already there. God’s truth works similarly in our lives. His light exposes what we would rather overlook—not to destroy those who belong to Christ, but to lead us out of denial and toward cleansing, repentance, and freedom.

God’s light is not our enemy. For those who are in Christ, being exposed by the truth is an invitation to stop hiding and walk in the cleansing grace Jesus provides.

Guide Discussion

You do not need to cover every question. Use those that best help your group engage with the passage.

1. **Good for Students.** What different responses to sin does John contrast in verses 8–10?
2. **Discuss.** Why is self-deception often easier than honest confession?
3. **Deeper Dive.** How does verse 9 keep confession from becoming either casual (“sin does not matter”) or crushing (“God could never forgive this”)?
4. **Reflective — Index Card.** Is there something you have been more tempted to excuse, minimize, or hide than to honestly bring before God? You do not need to share it aloud.

Teaching Insight

Say

“The mature Christian is not the person with the most polished image. Mature believers learn to agree with God quickly when He exposes sin and to run toward the cleansing Christ provides rather than back into darkness.”

Transition to Application Exercise

“Instead of asking one another to disclose private sins, let’s make space to personally respond to the light God has brought through His Word.”

Application Exercise — 5–7 Minutes

Expose • Confess • Walk

Supplies: Index cards and pens

Invite members to work through these prompts privately. No one will be asked to share what they write.

1. Expose

- What attitude, pattern, motive, or sin has God’s Word been bringing into the light?
- Write it honestly before God without softening or excusing it.

2. Confess

- What would it sound like to agree with God about that sin and receive the cleansing Christ provides?
- Write a one- or two-sentence prayer of confession.

3. Walk

- What concrete step of repentance or obedience would move you toward the light this week?

- This might include making something right, removing access to a temptation, asking for appropriate accountability, changing a pattern, or replacing a lie with Scripture.

Say

“The goal is not public exposure or shame. Walking in the light begins with honest fellowship with God. Bring what He reveals to Him, trust the cleansing of Christ, and take the next faithful step into the light.”

Transition to Pray Through the Passage

“John grounds honest confession in God’s character and Christ’s cleansing. Let’s respond to Him with adoration, confession, gratitude, and obedience.”

Pray Through the Passage — 10 Minutes

Led by the Prayer Champion

Read each verse and prayer prompt aloud. Allow a few moments between prompts for personal reflection and prayer.

If time is limited, use one or two prompts rather than all four. The goal is meaningful prayer through the passage, not completing every prompt.

Prompt 1 — Adoration (have people pray this prompt out loud)

Who God Is

1 John 1:5 — “God is light, and there is absolutely no darkness in him.”

- Praise God because He is perfectly holy, true, and pure. There is no darkness, deception, or evil in His character.

Prompt 2 — Confession (can be silent)

Where We Need Him

1 John 1:9 — “If we confess our sins...”

- Confess the specific sin, attitude, or pattern God has brought into the light. Agree with Him honestly rather than minimizing or defending it.

Prompt 3 — Gratitude (have people pray this prompt out loud)

What He Has Done

1 John 1:7 — “The blood of Jesus his Son cleanses us from all sin.”

- Thank Jesus that the light does not leave believers condemned and helpless. His blood provides real cleansing for sinners who could never cleanse themselves.

Prompt 4 — Response / Obedience (have people pray this prompt out loud)

How We Will Obey

1 John 1:7 — “If we walk in the light as he himself is in the light...”

- Ask God for courage to walk honestly in His light this week and to take the specific step of repentance or obedience you identified.

Prayer Requests, Praises, and Follow-Up

- Ask the group for updates from the previous week’s prayer requests and celebrate answered prayers.
- Invite members to share honestly at whatever level they are comfortable so the group can support one another through prayer and practical care.
- Ask whether anyone needs prayer for courage, wisdom, or strength to walk faithfully in an area God is bringing into the light—without requiring anyone to disclose details.
- Record requests and praises, share them with the group during the week, and follow up at the next gathering.

Transition to Conclusion

“The gospel gives us a better option than hiding. We can step into God’s light because the same God who exposes sin has provided cleansing through His Son.”

Conclusion — 5 Minutes

Final Takeaway

God is light, and His people are called to walk in the light. We do not do that by pretending we have no sin, but by living honestly before Him, confessing what He reveals, and trusting the cleansing Jesus provides.

This Week's Challenge

Respond — What Will I Do?

Return to your “Expose • Confess • Walk” card sometime this week in a quiet moment with God.

- Pray the confession you wrote.
- Thank Christ specifically for His cleansing grace.
- Take the concrete step of repentance or obedience you identified.

Reflect — What Is God Showing Me?

Consider:

- Where am I most tempted to protect my image instead of pursue holiness?
- How do I usually respond when Scripture exposes something uncomfortable?
- Do I think confession is evidence of spiritual failure or part of walking faithfully with God?
- How could greater honesty before God strengthen my relationships with other believers?

Review — How Will I Keep God's Word Before Me?

Review 1 John 1:9 throughout the week:

“If we confess our sins, he is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.”

When God brings sin to mind, practice responding with confession rather than delay, excuse, or denial.

Read — How Will I Prepare for Next Week?

Continue with the church's Year of Prayer New Testament Reading Plan.

Next Week's Reading: [1 John 3–3 John](#)

As you read, notice how truth and love belong together and how genuine faith becomes visible in the way believers treat one another.

Closing Prayer

“Holy God, You are light, and there is no darkness in You. Thank You that Your truth exposes us honestly and that the blood of Jesus cleanses us from sin. Forgive us for the ways we hide, minimize, excuse, or deny what You call sin. Give us humble hearts that are quick to confess and confident in Your grace. Help us walk in the light this week with honesty, repentance, and deeper fellowship with You and with one another. In Jesus' name, amen.”