



SERIES OVERVIEW

The book of 1 John uses concepts of light and darkness as metaphor for several things throughout book. In this series we'll see how John encourages us to experience four benefits of living in the light.

IN THIS SERIES

Lesson 1: [Light makes us authentic](#)

Lesson 2: [Light helps us connect](#)

Lesson 3: [Light give us assurance](#)

Lesson 4: [Light brings us discernment](#)

A OVERVIEW

Start with a brief summary of the talking points for this topic. [Watch the video.](#)

- * The book of 1 John uses the word “light” as a theme throughout the letter. In chapter 1, we will see how living in the light exposes the lies we believe, and shows us how to live authentic lives as Christians.

1 God is light (1 John 1:5)

- God has no darkness in him.
- God exposes the darkness in our thoughts, attitudes, and actions.

2 God’s light exposes phony faith (1 John 1:6; Acts 2:37-38)

- “I believe in Jesus, but it doesn’t matter how I live.”
- Authentic faith involves the right info and the right attitude.

3 God’s light exposes phony righteousness (1 John 1:8, 10)

- “I don’t really need God; I’m not that bad.”
- Authentic righteousness means we confess our sins (1 John 1:9)

NOTES

B QUESTIONS

Engage in a discussion to process the info from BOX 1.

- * What did you do when you were scared of the dark as a kid? At what age did you stop being scared of the dark? // What is the best prank you have ever played on someone in the dark?

A God began creation with light. What would life be like without it (no sun, no electricity, etc.)? // Read **1 John 1:5**. Share in your own words what it means that God has no darkness in Him. How does this make God different from everyone else?

B How have you seen Christians living a phony faith (in other words, they don’t care if their actions are honoring to God)? How do you feel when Christians act like that? How have you acted like that? // Read **Romans 6:1-2**. Why do Christians often think that grace gives them permission to sin? Have you ever thought this way? Describe the “right attitude” of faith.

C Read **Luke 18:9-14**. What was Jesus’ problem with the Pharisee? How does he demonstrate phony righteousness? // What are some sins that people tend to minimize and act like they aren’t a big deal? What should we do when we realize we’ve sinned (**1 John 1:9**)?

C TAKEAWAY

Take the challenge to do something with what you’ve learned.

- * **AS A GROUP:** Describe something you’re taking away today (a biblical truth, an insight from the group, etc).

- * **ON YOUR OWN:** List some practical action steps you intend to take as a result of this conversation.

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- * **ADDITIONAL RESOURCES:** Click on the links below to explore this topic further on your own or with a mentor.

[10 sinful responses to sin - GUIDE](#)
[Sin always starts small \(YOUTH\)](#)
[Maturing Faith \(YOUTH\)](#)
[Is my sin unforgivable? \(YOUTH\)](#)
[Getting to the faith moment](#)
[Are there degrees of sin?](#)
[Good guilt and bad guilt](#)

A OVERVIEW

Start with a brief summary of the talking points for this topic. ([Watch the video.](#))

NOTES

* The book of 1 John uses the word “light” as a theme throughout the letter. In chapter 2, we will see how living in the light allows us to truly connect with God and others.

1 **We were created for connection.** ([1 John 1:7](#))

- Connection with God ([1 John 1:3](#))
- Connection with people ([1 John 1:7](#))

2 **The world tempts us to connect in the wrong ways.** ([1 John 2:15-17](#))

- The world tells us to focus on ourselves.
- What the world offers is only temporary.

3 **The light teaches us to connect in the right ways.** ([1 John 2:7-8](#))

- This isn't a new idea. ([Matthew 22:37-40](#))
- Light results in authentic connection with others. ([1 John 2:9-10](#), [4:12](#))

B DISCUSSION

Take the time to talk through the information from Box A.

* What is your favorite social media app? Why? How can social media help a relationship? How can it hurt a relationship?

1 Read [1 John 1:3](#). List how fellowship with God is similar to a relationship with a friend. List how it is different. // Who has more friends, you or your parents? Why do you think this is?

2 Read [1 John 2:16](#). List the three kinds of temptations from this verse. Give real life examples of each one. What does it mean that these things are “fading away” ([2:17](#))? // How can chasing after these temptations hurt your relationships with others?

3 Read [1 John 2:7-11](#). What is God's command for us in these verses? How did Jesus live this command? Why is this the most important command for relationships? What are some practical ways you can follow this command in your friendships?

C TAKEAWAY

Help one another apply what you've learned to everyday life.

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[Does it matter what I say online? \(Youth\)](#)

[Use your words for good \(Youth\)](#)

[What do I do when I tempted? \(Youth\)](#)

[How to be a good friend \(Girls\)](#)

[How to pick the wrong friends \(Girls\)](#)

[How do I love people I don't like?](#)

A OVERVIEW

Start with a brief summary of the talking points for this topic. ([Watch the video](#))

NOTES

* The book of 1 John uses the word “light” as a theme throughout the letter. In chapter 3, we see how living in the light gives us assurance of our salvation, offering us confidence based on the answer to three simple questions.

1 **The Big Question: Have you believed in Jesus?** [1 John 3:23](#)

- We start by trusting Jesus. [John 3:16](#)
- Saving faith requires the right info and the right attitude. [Rom 3:22](#)

2 **Evidence #1: Are you obedient?** [1 John 2:3](#)

- As Christians, we live to honor God. [2 Corinthians 5:17](#)
- A lifestyle of unrepentant sin should make us nervous. [1 John 3:9](#)

3 **Evidence #2: Do you love people?** [1 John 3:14](#)

- Jesus told his disciples about this litmus test. [John 13:34-35](#)
- Real love is proven by our willingness to help people. [1 John 3:16-19](#)
- As Christians, we mature by helping people pursue God.

B DISCUSSION

Take the time to talk through the information from Box A.

* What’s the hardest test you have ever taken? What made it so hard? How did you feel going into the test?

1 Read [1 John 3:23](#). Make a list of what we need to know about Jesus in order to be saved? (For help, check out the video [Make sure you get Jesus right](#))

2 Why do you think people struggle with knowing if they really are a Christian? // Read [1 John 2:3](#). How does obeying God give us confidence that we are Christians? // Read [1 John 3:9](#). List some examples of what it means to “make a practice of sinning”.

3 Read [1 John 3:14](#). Who in your life is easy to love? Who is hard to love? Why is it hard to love certain people? // Read [1 John 3:18-19](#). List some practical ways you can show love to difficult people.

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* **ADDITIONAL RESOURCES:** Click on the links below to explore this topic further on your own or with a mentor.

[Digging Deeper for this lesson](#)

[Foundations #1: We start by trusting Jesus](#)

[Foundations #2: We live to honor God](#)

[Foundations #3: We mature by helping people](#)

[A new nature with old habits](#)

[Other believers help us honor God](#)

A OVERVIEW

Start with a brief summary of the talking points for this topic. ([Watch the video](#))

NOTES

* The book of 1 John uses the word "light" as a theme throughout the letter. In chapter 4, we will see how God gives us the discernment we need to evaluate spiritual teaching.

1 Test all spiritual teaching. ([1 John 4:1](#))

- Testing teaching is not a sign of weak faith.
- There will always be false teaching. ([2 Tim. 4:3-5](#))

2 Test teaching by using the Bible. ([1 John 4:2-3](#))

- A legitimate test is not subjective or feelings-based.
- The ultimate test of any teaching is the Bible.

3 Be willing to side with God. ([1 John 4:4-6](#))

- Don't just go with the flow or the majority.
- Be willing to side with God, even if it's unpopular.

B QUESTIONS

Take the time to talk through the information from Box A.

* Have you ever been tricked into believing a story that wasn't true? Describe what happened.

1 Who do you talk to when you have questions about your faith? Do you think it's ok to ask questions about things people teach at church? Why or why not? // Read [2 Tim. 4:3-5](#). Why would people listen to false Bible teachers?

2 What are common ways people test spiritual teaching? How are these good or bad? // Read [1 John 4:2-3](#). What are some of the claims false teachers are making today? (Read [Five Common Heresies](#).) Why is the Bible our best guide for knowing the truth about God?

3 Why are people tempted to just go with the flow with spiritual teaching? Have you ever had to take an unpopular stand regarding spiritual truth? If so, describe. Read [1 John 4:5](#). How can we deal with the challenges of siding with an unpopular truth?

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[Digging Deeper for this lesson](#)

[Five Common Heresies](#)

[What do Mormons believe about God?](#)

[The Bible guides us](#)

[What's with all the different denominations?](#)