

## Week 18: "Darkness to Light"

### Week Eighteen: "Darkness to Light"

#### Day One: "You are Light"

**Read:** Ephesians 5:8-11

**Reflect:** List as many synonyms for "light" as you can think of:

List as many synonyms for darkness as you can think of:

**Dig:** What does Psalm 27:1 say about light?

What does Acts 26:18 say about light?

What does 1 Peter 2:9 say about light?

Do human beings tend to love darkness (spiritual darkness) or (spiritual) light? See John 3:19-21 for a biblical answer.

According to Eph. 5:8, are we said to be in the light or to be the light?

What might it mean to be light? See Matthew 5:14 for a biblical answer.

**Apply:** How is God calling you to act today in your sphere of influence so that you light up your piece of the world?

### Week Eighteen: "Darkness to Light"

#### Day Two: "Characteristics of Light"

**Read:** Ephesians 5:8-11

**Reflect:** What "markers" or indications do people think of when describing a "good Christian?"

**Dig:** The author uses "fruit" as a metaphor here. What are some characteristics of fruit? See Matthew 7:15-20 for a biblical answer.

In Eph. 5:9, what three characteristics are mentioned?

What are these contrasted to in Eph. 5:11?

What similarities do you see between this triad (goodness, righteousness and truth) and the triad in Micah 6:8?

What does Ephesians 2:10 tell you about where this fruit comes from and who planned it?

**Apply:** What fruit in the categories of goodness, righteousness and truth do you see growing in your life? (be specific and practical)

## **Week Eighteen: "Light and Darkness"**

### **Day Three: "Pleasing the Lord"**

**Read:** Ephesians 5:8-11

**Reflect:** Who do you try to please?

Are you tempted to be a people-pleaser?

**Dig:** According to Romans 12:1-2, what steps do we take to "test and approve" God's will?

The statement "and find out what pleases the Lord" is a participle which further defines how to live as children of light, rather than a separate command.

Look up Colossians 3:20. Since we are called "children of light", and children please God when they obey their parents, what can we do to please God in our lives?

According to Ephesians 4:20-24, how do we "find out" what pleases God?

**Apply:** Who will you try to please today?

If you choose to please yourself, how bright (full of light) will your life be?

## **Week Eighteen: "Light and Darkness"**

### **Day Four: "Watch Out Who You Hang Out With"**

**Read:** Ephesians 5:8-11

**Reflect:** Who do you spend time with who is a bad influence on you?

What media do you participate in (movies, television shows, magazines, internet) which is a negative influence in your life?

**Dig:** According to Ephesians 5:11, what are we not supposed to do?

According to Ephesians 5:11, what are we supposed to do instead?

Read 1 Corinthians 5:9-11. Exactly who are we supposed to avoid?

According to 1 Timothy 5:20, what are we supposed to do about church members who keep sinning publicly?

**Apply:** What do you need to quit participating in?

What should be exposed or confronted?

## **Week Eighteen: "Darkness to Light"**

### **Day Five: "Lectio Divina"**

**Read:** Ephesians 5:8-11 "For you were once darkness, but now you are light in the Lord. Live as children of light (for the fruit of the light consists of all goodness, righteousness and truth) and find out what pleases the Lord. Have nothing to do with the fruitless deeds of darkness, but rather expose them."

Lectio divina (a Latin expression which means Sacred reading) is done in three stages:

- **reading:** you read the passage slowly and reverentially, allowing the words to sink into your consciousness: after you have memorized the text, write down one word which strikes you and draws your attention and note why you chose that word.
- **meditation:** you allow the passage to stir up memories within you, so that you recognize in it your own experience or that of people who have touched your life: write down memories of events or conversations or other scripture passages.
- **prayer:** you allow the meditation to lead you to prayer -- thanksgiving, humility and petition. Write out a prayer based on the passage.