

Week 19: "Darkness to Light II"

Day One: "Expose Deeds of Darkness"

Read: Ephesians 5:11-14

Reflect: Imagine having a special spotlight focused on you that would expose to others your thoughts, motives, and actions. What things would you prefer to remain in the dark or to stay hidden?

Dig: What are the 'fruitless deeds of the dark' that Paul is referring to? (See verses 3-5)

What is our natural inclination when we live contrary to God's commands and engage in such activities? (See Gen. 3:-6-10 and John 3:20)

In contrast to this, note the two commands that are given in Ephesians 5:11 regarding fruitless deeds.

Sound Challenging? Remind yourself of who (and whose) you are, by reading 1 Peter 2:9.

Apply: Ask the Spirit to reveal to you areas of darkness in your life and then to enable you to step out of darkness into his wonderful light.

Week Nineteen: "Darkness to Light II"

Day Two: "Fruitless Deeds"

Read: Ephesians 5:11

Reflect: Is it possible to think that your deeds and actions are fruitful and good when in fact they are fruitless?"

Dig: Following up on the questions posed above, read the following passages:

- 1 John 2:9

- David's prayer in Psalm 19:12

- The prophetic words to the church at Sardis in Revelation 3:1 & 2.

Apply: Allow the Holy Spirit to shine his spotlight on you as you pray the words of Psalm 139:23 and 24, and ask God to lead you in the way everlasting.

Week Nineteen: "Darkness to Light II"

Day Three: "Bearing Fruit"

Read: Ephesians 5:11, John 15:1-17

Reflect: Some of the activities we engage in may not be disobedient but may be fruitless. Can you identify such activities in your life?

Dig:

- Read what Jesus has to say about bearing fruit (John 15:16) and how he treats 'branches' that don't bear fruit. (John 15:2)

- From a botanical perspective, what factors are needed for a plant to bear fruit?

- Extend this analogy to your life in Christ by reading John 1:4, 1 John 1:5, John 4:13-14, and John 15:4.

Apply: Consider how you can expose yourself to more 'Son' light and living water today... and then do it.

Week Nineteen: "Darkness to Light II"

Day Four: "Stepping Into the Light"

Read: Ephesians 5:13-14

Psalms 36:9

Reflect: Can you think of a time when you thought you saw something, but then upon turning on the light you realized it was something altogether different?

Dig: Read Ephesians 5:13 and Psalm 36:9

How does God's light enable us to see the following more clearly and truly?

- Fruitless deeds of the darkness

- Fruitful work of the Spirit

Note the translation of Ephesians 5:13 in these versions:

But everything exposed by the light becomes visible-and everything that is illuminated becomes a light. TNIV

But all things become visible when they are exposed by the light, for everything that becomes visible is light. NASB

What significance does this have for you as you 'step into the light'?

Finally, note the order of events in verse 14. What must happen in order for Christ's light to shine on us?

Apply: Praise God for the truth of 2 Corinthians 4:6 and then put into practice Matthew 5:16.

Week Nineteen: "Darkness to Light II"

Day Five: "Lectio Divina"

Read: Ephesians 5:11-14 "Have nothing to do with the fruitless deeds of darkness, but rather expose them. For it is shameful even to mention what the disobedient do in secret. But everything exposed by the light becomes visible, for it is light that makes everything visible. That is why it is said: "Wake up, O sleeper, rise from the dead, and Christ will shine on you."

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 that 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.