



VALLEY REAL LIFE

Ephesians - Living In the Light

Last Week

Did anyone struggle or felt relieved with last week's lesson on living in Grace?

Opener

Have you ever been truly afraid of the dark? What about the dark made you afraid?

Questions

In your own words, what does it mean to live in the light? How do you know you're truly walking in the light instead of trying to appear like you are?

Why do you think it's difficult to bring areas of your life out of the dark into the light?

When have you seen God uses yours or someone else's weakness/vulnerability to impact someone else? How did that moment change the way you see God's power?

Have you experienced healing or transformation by confessing something to God or others? Was there something that helped you take the step of confession?

What steps can you take to "make the most of every opportunity" as described in Ephesians?

Scripture Discovery:

Have yourself, another group member, or all group members read the following Scripture out loud

Ephesians 5:8-17 (NLT)

For once you were full of darkness, but now you have light from the Lord. So live as people of light! For this light within you produces only what is good and right and true. Carefully determine what pleases the Lord. Take no part in the worthless deeds of evil and darkness; instead, expose them. It is shameful even to talk about the things that ungodly people do in secret. But their evil intentions will be exposed when the light shines on them, for the light makes everything visible. This is why it is said, "Awake, O sleeper, rise up from the dead, and Christ will give you light." So be careful how you live. Don't live like fools, but like those who are wise. Make the most of every opportunity in these evil days. Don't act thoughtlessly, but understand what the Lord wants you to do.

What does this passage tell us about God?

- What does this passage tell us about people?
- How do you need to apply this passage to your life?
- And who are you going to tell?

Pray