

A Life that is Real
Session 2: Walking and Talking
1 JOHN 1:5-10; 2:1-6

INTRODUCTION

If we are in fellowship with God, our lives will back up the things we say. Walking involves progress, and Christians are to advance in the spiritual life. Just as a child must learn to walk and overcome many difficulties in doing so, a Christian must learn to “walk in the light.”

UNDERSTANDING

1 JOHN 1:5-10 NLT

5 This is the message we heard from Jesus and now declare to you: God is light, and there is no darkness in him at all. 6 So we are lying if we say we have fellowship with God but go on living in spiritual darkness; we are not practicing the truth. 7 But if we are living in the light, as God is in the light, then we have fellowship with each other, and the blood of Jesus, his Son, cleanses us from all sin.

8 If we claim we have no sin, we are only fooling ourselves and not living in the truth. 9 But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness. 10 If we claim we have not sinned, we are calling God a liar and showing that his word has no place in our hearts.

What are some ways we might be content to leave certain areas of life in the dark? Why is this impossible for those who are truly following Jesus?

READ 1 JOHN 2:1-2 NLT

1 My dear children, I am writing this to you so that you will not sin. But if anyone does sin, we have an advocate who pleads our case before the Father. He is Jesus Christ, the one who is truly righteous. 2 He himself is the sacrifice that atones for our sins—and not only our sins but the sins of all the world.

What is a sacrifice someone else made that particularly impacted you? How did it change the way we relate to that person?

How should Christ's full and final sacrifice change the way we relate to him? How should it compel us to love and serve others?

1 JOHN 2:3-6.

3 And we can be sure that we know him if we obey his commandments. 4 If someone claims, "I know God," but doesn't obey God's commandments, that person is a liar and is not living in the truth. 5 But those who obey God's word truly show how completely they love him. That is how we know we are living in him. 6 Those who say they live in God should live their lives as Jesus did.

How do these verses instruct believers to walk in the light of Christ? Why are our words alone insufficient?

MAIN POINT

To walk in the light of Christ means we put into practice everything we say we believe.

PRAYER

Take some time to repent of the ways you have chosen darkness over light. Ask the Lord, through His Word and Spirit, to dispel the darkness that tempts you. Ask for the power, courage, and trust to walk in the light with Him, putting into practice everything He has said.