

Introduction

Last week, we learned Jesus came into this darkened world to reveal to the Jewish people and us believers what God looked like in the flesh. This week, we discover Jesus's light also helps us discover the darkness that may be hidden in our own hearts and lives.

(Discussion

- Read Luke 12:2-3. Reflect on these verses and discuss how they affect you emotionally. Why do these verses cause fear in people? Have you experienced a secret being brought into the light? How did it affect you?
- 2. Read Jeremiah 17:9-10. Discuss a time in your life when you were not aware of a sinful emotion, thought or action and how the light of Scripture or Holy Spirit revealed it. What steps did you take after the revelation?
- 3. Discuss how you would react if someone knew a secret about you and threatened to blackmail you. What would loosen the blackmailer's hold on you? Can the enemy of our soul hold us captive if we bring our failures out into the open?
- 4. Read Mark 7:21-23 and Luke 6:45. Think over the past couple days and ask "What have my words and actions portrayed about my heart?" Now read 1 John 1:5-10. Discuss how the light of Jesus and His forgiveness can free us from a life of bondage to selfishness and sin. Discuss your understanding of why Scripture says Jesus "came to set the captives free."

- Do Something

 1. During a quiet time this week, pray the words from **Psalm 139:23-24** and listen for the Holy Spirit's response.
- 2. Ask a trusted Christian friend if they recognize any dark behavior in your life. Consider any dark behavior they may point out, and ask God if He agrees. If He does, confess the darkness [1 John 1:9], and take steps to improve your heart.
- 3. Pray for a friend or family member who is walking in darkness. Ask God for wisdom in how to reach out with Christ's love to this person and obey the Spirit's prompting.

Resources

- Derek Wilder's book, Freedom: How Grace Transform Your Life Now, helps his readers learn how to find freedom from other people, failure, their past, difficult circumstances and more.
- 2. A book highly recommended by Prairie Lakes Church staff is Emotionally Healthy Spirituality by Peter Scazzero.
- The Great House of God by Max Lucado explains how God's greatest desire is to be your dwelling place, the home for your heart.