

Walking in the Light

1 John 1: 5-10

I. God is Light (v. 5)

a. If we want to understand God, let us look at this description of HIM.

i. What is Light?

1. Light Reveals – It helps us to see what otherwise is hidden in the dark.

a. Likewise, God gives us understanding – helps us to grasp what was once beyond our grasp.

i. James 1:5 – gives us wisdom

2. Light Measures - Surveyors use light to measure distances and angles, to see whether they are up or down, high or low, right or left. They have an instrument with a small telescope on it which uses light as a measurement – the line of light is the point of reference from which to start.

a. Likewise, God is our point of reference to which we should compare everything (WWJD).

i. Sadly, we use the world's standards by which to start. Look at the state of marriages in our society – if you are not happy, then get out. We see this lack of commitment in every aspect of life – wonder why? Our children see that we don't stay committed to things so why should they? We need to get back to the basics – use God as our point of reference.

ii. Psalm 19:14 – what is pleasing to God?

3. Light Energizes – Light brings growth and health. It is said that 20 minutes of sunshine each day greatly increases our serotonin levels which gives us a sense of well being and happiness. Studies have shown that light deprivation causes illness, depression, etc. And have you ever known plants and food to grow in the dark?

a. Likewise, God brings growth and health.

Spiritual health brings wholeness and fulfillment.

i. Philippians 4:11 – why was Paul able to be content in every situation?

b. Now let's see what other verses describe God and/or Jesus as Light

- i. 2 Samuel 22:29 -
- ii. Psalm 27:1
- iii. Isaiah 2:5
- iv. John 1:4, 5
- v. John 3:19
- vi. John 8:12

Yes, God is light – He reveals things to us, we should use God as our measuring stick and allow God to energize us.

II. If God is light and we claim to be in fellowship with God, then we must also walk in light (v. 6, 7)

- a. If God does indeed energize us then why do so many of us not have the abundant life that Jesus referred to? (John 10:10)
 - i. We don't walk in the light! Simple – we are off wandering around in the darkness – can't see where we are going.
- b. If we claim to be in fellowship and aren't growing and being energized, then we are lying. We aren't walking in the light.
 - i. This does not teach that we do not have a relationship – the relationship is secure (once saved, always saved) but we are robbing ourselves and we are lying. It's time to face the truth.
- c. We must 'walk in the light' – how do we do that? Fellowship – what is fellowship, how do we have fellowship?
 - i. How do you develop a relationship with another human?
 - 1. We spend time with them – do we spend time with God?
 - a. Do you spend time in the word?
 - b. Do you spend time in prayer?
 - c. Do you spend time with other believers discussing and learning about Jesus?
 - 2. What happens in marriages when couples stop spending time together – they get too consumed with work, with raising kids, with friends and then what happens.
 - a. The same is true with our relationship with God – no time, no fellowship and no light!
 - b. James 4:1-5 – God wants our time!

III. We stay in the light by being real and honest and confessing our sins (v. 7, 9)

- a. John 15:4 – ‘remain in me...’ – just as a light bulb must be connected to the power source, we must stay in the light – stay plugged in, stay connected as we discussed earlier.
- b. Now John tells us practically how to do this – we know we must be in fellowship and spend time with God and other believers but how do we do this – it is similar to someone who knows how to lose weight or knows how to quit smoking or knows how to get an ‘A’ in a subject but they just keep failing – how? John says we can ‘stay’ with an attitude of honesty. The first step in any 12 step program – AA or any other - is “admitting that one cannot control one's addiction or compulsion”. Likewise, we must not try to convince ourselves, others or God that we are perfect – be real, be honest. Do this by confessing our sins –
 - i. Acknowledge your imperfections, your struggles – first and foremost before God. God, I know that I need to spend more time with you. I put television above you God – I know that is wrong. Now there is nothing wrong with ‘down’ time but keep things in perspective. Or “I put my exercise before you” – again, obviously there is nothing wrong with exercise but ...”
 - ii. What do you struggle with – confession needs to be constant. The more we live with something the more it becomes acceptable –
 1. We need to spend time each day recounting your struggles that day. Identify them – confess them and turn from them. It is difficult to repent without first of all identifying and recognizing it as wrong – doesn’t measure up to the God’s standard.
 2. Romans 12:1 – present yourselves as living sacrifices (we need to stop crawling off the altar).
- c. Friends, the first step to change is acknowledging that we need to change! The second step is refusing “to call a spade nothing else than a spade” (not a derogatory remark but an old greek saying) – meaning to speak plainly and without euphemisms. We need to be honest and real – straight forward. We need to stop making excuses and admit our sins.

Do you want to have an abundant life – walk in the light! Let God reveal things to us – how? Walk in the light! Measure our lives against God’s standards – walk in the light! Let God ‘grow’ and energize us – walk in the light!