



## Relationship with God - Session 1: Walk in the Light

**\*{Start with reviewing the previous Meetings Challenge or discuss prior to sharing this week's challenge.}**

**Overview:** (Leaders: Please read to your group before the Opening Prayer)

In these 8 sessions we will be exploring our personal relationships with God. Tonight our video begins where Mike Chamberland asks us if and how we are "Walking in the Light". As Mike talks about what it means to Walk in the Light, I invite you to consider those times in your life where you felt great peace and see if that connects in any way with what Mike has to share with us tonight. Let's start our session by beginning with a brief moment of silence. Take this time to shake off any and all distractions or difficulties of the day and remember that God is always with us.

### Opening Prayer:

Read: **John 12:35** and **1 John 1:5**

After the Reading Conclude with this prayer:

*Heavenly Father, help us to walk in the light so as to draw closer to You. May we be open, humble, and ready for the changes You need us to make to grow as Your disciples. May our steps be filled with intent as we journey forward and may we walk in the light better today than we did yesterday. Amen.*

### Reflection or Discussion Question:

1. What does 1 John 1:5 mean to you, "Now this is the message that we have heard from him and proclaim to you: God is light, and in him there is no darkness at all."?

**YouTube:** Walk in the Light with Mike Chamberland (7:13 Min) -

[https://youtu.be/a6hXmgecdOs?list=PL26Izh\\_ym\\_HPxDjwBV87ZR25eDFMzSde](https://youtu.be/a6hXmgecdOs?list=PL26Izh_ym_HPxDjwBV87ZR25eDFMzSde)

### Reflection or Discussion Questions:

2. Do you have any initial thoughts/feelings that struck you while watching the video?
3. What did you think about the quote shared in the video about competing and comparing things to yourself over and above others? (*Quote: If you want to be champion, compete. If you want to be a great champion, compete against great competitors. If you want to be the greatest champion, compete against yourself.*)
4. What is one thing you feel you have done this past year to walk in the light?
5. A great way to measure our growth in holiness and light is to consider if we exhibit more of the fruits of the Spirit today than yesterday or a week ago or a year ago. (Leader: Take a moment to read the fruits of the spirit found in Galatians 5:22-23 and discuss concrete things that can be done or sacrifices that can be made to increase in these fruits "In contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, self-control. Against such there is no law.")
6. What is something you would like to intentionally take on this next week/month/year to encourage your walk in the light?

### Session Challenge:

- Read Galatians 5:22-23 each day and ask, "How can I be more loving, joyful, peaceful, forbearing, kind, good, faithful today?"

**Closing Prayer:** (Leaders: We recommended offering time during the closing prayer for participants to offer personal intentions.)

*Heavenly Father, You have called us out of darkness. You have called us to walk in the light - to walk in Your light. Please enlighten our minds, enflame our hearts, and ignite our wills so that we may follow You more perfectly. Fill us with Your Holy Spirit and Your many fruits and gifts so we may be a blessing to all those we encounter each day. Amen.*