

Darkness to Light Ephesians 5

Getting Started:

- This week we will talk about the difference between living in darkness and living in the light of the Lord. For now, think back to when you were a kid. What is the biggest difference in you now compared to then?
- Now think about ten years from now. What is the biggest difference you would like to see in yourself between now and then?

Read Ephesians 5:8-20 twice:

- What does it mean to live as children of light (verse 8)?
- How do you make sense of verse 11-13? How can we have nothing to do with darkness and expose it to the light?
- The author compares being in darkness to being asleep. How do you see these two things as similar?
- The goal is to be filled with the Spirit. According to these verses, what indicates that we are not living by the Spirit and what indicates that we are?

Moving Forward:

- What is the problem with being drunk, high or addicted to anything? Is it possible to be drunk, high, or addicted and filled with the Spirit at the same time?
- What is most different about you from when you were living in darkness and living in the light?
- How did you go from darkness to light (or how are you going from darkness to light) and who went on that journey with you?
- What are simple things you could do this week to help lead others be filled with the Spirit?



COMMUNITY GROUP GUIDELINES

Confidentiality

Keeping things that are shared in the group confidential builds trust and shows value to the person. Confidentiality can prevent gossip that only values the story; Jesus always valued the person above their story or their sin.

Don't Rescue & Don't Fix

When someone is sharing something deeply personal and/or painful there can be a tendency to try and make them feel better about themselves or the situation. Often this will cause people to stop sharing and results in their not going as deep as they might have gone. Resist the temptation to rescue people. Try to hear what people are sharing without trying to fix them. If they want your advice, they will ask for it. You may want to take time later to ask if you can offer some advice.

No Crosstalk

Be considerate of others as they are sharing. Don't have side conversations. Trust is built in the moments when everyone feels like they are being listened to and heard by the entire group. Treat others in the group as you would want to be treated.

Use Humor Responsibly

Fun is an essential part of Small Groups; however, when meeting in the Biblical Storytelling time keep sarcastic comments, jokes and laughter to a minimum to allow for an atmosphere of authenticity and vulnerability.

Give Everyone a Chance to Share

Be sensitive to the amount of time you share. Encourage everyone to participate in group discussions.

Use "I" Statements

During small group, we want to hear your personal thoughts and perspectives. Using "I" statements to answer discussion questions allows you to speak for yourself rather than generalizing by using terms such as "them", "the church", "us" or "we".

Fight for Relationship

Relationships reaches a whole new level when conflict is resolved in a healthy manner. When conflict or sin issues arise between group members, commit to fight for the relationship and discuss the struggle with the person you are in conflict with or seek wise advice.