



A Guide for Spiritual Formation

Series Theme: Life, Light, Love; A Series on 1 John
Text for the Week: John 1:5-:2-2
Message for the Week: If We Confess...

Week Two
Sunday, September 18

Opening:

What is one low (a bad thing) and one high (a good thing) that happened to you this past week? Write them down and take turns sharing them with the others in your group.

Where have you seen the work of the Holy Spirit in your life this past week?

Are you afraid of the dark? If so, why?

Preparation:

Spend 1-2 minutes in silence with God to center and prepare yourself for your time with God today.

Read:

Read / Have two people in your group read [1 John 1:5:2:2](#) out loud.

[Clicking this link will bring you to multiple translations.]

As you read and/or listen to the text being read, circle, take note of, highlight, or underline what words, phrases, or ideas grabbed your attention and heart in these verses?

Write them down below and/or share them with those who are with you.

Respond / Reflect:

Who is the most truthful person you know?

In what ways has the light of Jesus Christ affected your life?

What truths has the light of Christ revealed to you?

What is confession? How would you define it?

Do you believe that God can forgive ALL of the different things that you have done?

What is the most difficult thing that you have had to forgive?

Why is it so difficult to admit we are wrong?

“Try It!”

Here are a few verses about forgiveness: [1 John 1:9](#); [1 John 2:2](#); [2nd Chronicles 7:14](#); [Psalm 32:5](#); [Psalm 103:8-12](#); [Psalm 130:3-4](#); [Daniel 9:9](#); [Micah 7:18](#); [Matthew 6:14](#); [Luke 11:4](#); [Ephesians 1:7](#); [Colossians 1:13-14](#); [Hebrews 8:12](#)

Have everyone in your family/household or your discipleship group memorize one of them!

Prayer:

Spend time in prayer with/for the other people who are with you. Pray this prayer together:

Father, we, like everyone, are on a quest for hope, for meaning, for joy. Deep down we know something is missing; deep down we know we are a mess; deep down we know that even when we try to be good, we're not. Father, we need Jesus. We need the Light. We are so thankful for your grace and goodness. Thank you for sending the Light into our darkness; for sending Jesus to the cross to bear our sins, for your atoning sacrifice, for being our advocate. So we confess...

And, Father, we hold you to your promise to forgive us our sin and purify us from all unrighteousness. Thank you for allowing us to walk with you and the Light...

In Jesus name – our life, light, and love – we pray. Amen.

Missional/Spiritual Practice for the Month: Cultivating Loving Kindness

During the month of September, you are encouraged to cultivate loving-kindness, well-being, happiness, and peace toward ourselves and others. Speaking words of blessing out loud or inwardly does more than reflect our thoughts— they shape our feelings and behaviors. Each day receive and extend loving kindness. Take a few moments to quiet yourself. When you feel a sense of calm, begin by repeating the following blessing, giving the words time to resonate in your heart and mind: “May I be blessed with loving kindness. May I be blessed with health. May I be blessed with true happiness. May I be blessed with peace.”

When your heart feels full of loving compassion - move from yourself to those around you, family, friends, co-workers, those who have hurt you. Visualize each person as you pray this blessing on them: “May they be blessed with loving kindness. May they be blessed with health. May they be blessed with true happiness. May they be blessed with peace.”