



Week Three

Opening Prayer

God, thank you for being with us. Help us to be open to what you have for us today. Amen.

Talk It Over

This week we heard from Dave Gibbons; our third guest speaker for this series. Throughout this series we have been joined by guest speakers who hope to teach an important Biblical truth. Dave spoke to us about God's invitation for us to be in God's light and to radiate his light.

- Tell us about someone you know who does a good job at shining bright? *Remember, this doesn't mean the person is always happy and smiling.*

Read Luke 11:33 (New Living Translation)

The Bible talks about the light of God being able to have the capacity to fill us, guide us, and illuminate a path. The light comes in the form of truth, wisdom, love, the Holy Spirit, Jesus, others, dreams, healthy desires, and so forth. In addition, as this verse highlights, God desires for his followers to shine brightly too. God wants us to let his light shine in us.

- Who in your life has served as a light this year for you? Tell us how this person has shined for you.
- Is there any area of life you need or want more of God's light to shine in? Tell us about that.

Read Luke 11:34-36 (New Living Translation)

Dave reminded us that we shine best and are at our best when we can see ourselves as we really are. Consequently, this is exactly what God's spirit empowers us to do. When we aren't open to seeing ourselves as we really are, we live in darkness. The idea here is that light illuminates and darkness denies, hides, causes confusion, cuts us off from connection, and misleads us.

- Think of people you know who are good at being self aware or of the times you are most self aware. What does self awareness look like and how would you say it work?
- Have you ever intentionally fought to stay in the darkness? What fueled that desire to hide in the darkness?

Living in the light takes courage and vulnerability, but by showing up we allow ourselves to be loved for who we really are and we allow others to see God working in our life in authentic ways. Plus, seeing ourselves as we really are empowers us to see ourselves as God does — broken yet loved; imperfect yet valuable; in need of transformation yet soaked grace.

- Tell us about a time you made the courageous choice to be vulnerable and you allowed someone to see the real you.
- Overall in life, do you feel fully known and loved? Or is this something you are lacking? Tell us where you are on on this topic of being deeply known and loved.

(Content continued on the next page.)

Read Psalm 139:23-24 (New Living Translation)

This prayer from David can feel like a scary prayer at first. However, as we keep reading — especially in light of what we know about God desire to lead us towards good — we see the prayer is one about becoming more healthy and inviting God's light in.

- Tell us about a time you saw something in yourself you hadn't seen before.

Read 2 Corinthians 10:3-6 (New Living Translation) and Proverbs 23:7

The Bible tells us that what we think about impact us in real ways. As healthy adults looking to shine God's light, we are invited to take our thoughts captive and to guide them towards God's truth. In other words, our thoughts are not always true, right, or good and our thoughts are not meant to simply dominate us. We can consciously and actively choose to guide, edit, correct, redirect, and examine our thoughts before the light of God.

- Tell us about a thought pattern you once had that you've been able to change. What good came from that change from you being able to redirect your thoughts?
- Are there any thought patterns going on in your life now that you think you may need to change? Tell us about what's going on and what you'd like your thoughts to look like?

Important Disclaimer: Sometimes it takes professional or outside support to take our thoughts captive. Admitting you need extra support to change your thinking is good thing. Email groups@[eastlakechurch.com](mailto:groups@eastlakechurch.com) for possible resources.

Closing Prayer

God, thank you for meeting us here. Help us to chose to live in the light and to shine our light. Empower us and guide us to radiate your light for our own sake and for the good of others. Amen.

How To Use this Discussion Guide

The guide is meant to serve you and your group as you intentionally create space to grow in friendship and faith. Use the guide as a tool to help your unique group connect in friendship and grow faith.

With that in mind, consider reviewing the guide before your group to see if some content or questions might resonate more or less with your group. Don't feel pressure to read all the content or to hit all the questions. The guide is not meant to be something you power through for the sake of completing. Pick the content from the guide you feel will help foster friendship and faith for your specific group.

Spend some time praying about your group, preparing your heart, and asking God for wisdom and guidance regarding your specific group.