

SESSION 1

BE A LIGHT

BACKGROUND

In this session, we are going to explore what it means when Jesus told the people that His followers were to be light at the Sermon on the Mount in Matthew 5 (New Testament). Jesus also told His followers they were the light of the world.

WATCH SESSION 1 VIDEO

1. It doesn't make sense to have what we have and to _____ it away.
2. We can so often _____ that Jesus has called us to be light.
3. Be a light that God uses to lead someone _____.

Answer guide: 1. Hide. 2. Forget. 3. Home.

DISCUSS

What was one thing that encouraged you from the video? Challenged you? Confused you?

In the video, Brady shared the story about the lighthouse and the lower lights. When has there been a time that you needed the lower lights, but they were not there? What are ways that you can be a lower light to someone else?

Brady shared how some of the purposes of light include illuminating things, piercing darkness, bringing comfort, and giving direction. How are these evident in your spiritual life currently? How is this study helping you to see the purpose of light in your life?

DIG DEEPER

- **Read Matthew 5:14** // *“You are the light of the world. A city set on a hill cannot be hidden.”*

According to Matthew 5:14, where did Jesus say we are to shine our light?

How do believers, when they act like light, help others find the way? Why is this important?

Are Christians’ lifestyles and the gospel message shining brighter or less bright than, say, 20 years ago? What evidence do you see of that?

- **Read Matthew 5:15-16** // *15 nor does anyone light a lamp and put it under a basket, but on the lampstand, and it gives light to all who are in the house. 16 Let your light shine before men in such a way that they may see your good works and glorify your Father who is in heaven.*

Jesus is the Light of the world (John 8:12; 9:5), so also his followers should reflect that light. Like lights from a city illuminating the dark countryside or a lamp inside a house providing light for all within it, Christians must let their good works shine before the rest of the world so that others may praise God.

What does it look like in your life to reflect the Light of Jesus? What does it mean that our lives are to be like moons reflecting Jesus? How can you let your light shine and not put it away?

There are times that your light can get dim from sin. How can this time together help you to shine bright for Jesus?

DO

Before we can reflect the light of Jesus, we have to recognize our need to move from darkness to light. When was the time that you placed your faith in Jesus as Savior and Lord of your life? (If you have never done that, this is an opportunity to express your desire to trust in Jesus to be your Savior (He died for your sins and rose again to conquer death) and Lord (surrender your mind, heart, and eternity to Him).

In what ways is your lifestyle communicating your role as a follower of Jesus?

Can others look at your actions and know you are a follower of Christ?

What is something you need to eliminate from your life so that others see more of Jesus in you?

Notes for Personal Reflection:
