



Once you were darkness, but now
you are light in the Lord.
— Ephesians 5:8a (CEB)

My identity has changed. I am no longer defined by

When I live in the light, my choices and habits begin to

Ephesians 5:8b

Grace makes my actions full of

Ephesians 5:9

Pleasing God is by _____ not just

Ephesians 5:10-11

God invites me to move beyond what feels comfortable and

Ephesians 5:12

Reflection Questions:

- † Where do I feel most asleep or numb in my life right now?
- † What small awakening is God inviting me toward?
- † How might I walk as a child of light this week?

Daily Prayer

God, help me see myself the way You see me, as a child of light. Soften the harsh expectations I have of myself. Awaken what has gone to sleep in me. Guide my choices so they reflect Your goodness. Help me live as light in the world. Amen.

Discipleship Guide: Journeying in Grace

Focus: Jesus is the source of all light, and through Christ, we are called to reflect and share that light. We are not the origin of light, but we are invited to let Christ's light shine through us so that others may see God's goodness and find their way toward life and truth.

Day 1: Jesus Is the Light of the World

Scripture: *John 8:12 (CEB)*

I am the light of the world. Whoever follows me won't walk in the darkness but will have the light of life.

Reflection:

Jesus makes an extraordinary claim: he is the light of the world. This light is not distant or abstract. It is personal and relational. When Jesus says whoever follows him won't walk in darkness, he is speaking about all the kinds of darkness we experience: confusion, fear, loneliness, shame, meaninglessness. Jesus promises that when we follow him, we have light for the journey. The light of life is life as it was meant to be lived, purposeful, true, and connected to God and to others. This is what Jesus offers.

Questions:

What darkness am I walking through right now? How does it feel to know that Jesus offers himself as light for my journey? What would it mean to follow Jesus more closely this week?

Prayer:

Jesus, you are the light of the world. I need your light. Help me follow you so that I am not stumbling in darkness. Show me the way forward. Give me the light of life. Amen.

Day 2: In Him Is Light

Scripture: *John 1:4-5 (CEB)*

Reflection:

John opens his Gospel with a profound truth: in Jesus, life and light are one and the same. Where there is Jesus, there is life. Where there is Jesus, there is light. They cannot be separated. The darkness John speaks of is real and active, trying to overcome the light. But notice what John says: the darkness doesn't extinguish the light. The light is not overpowered. Even when the world around us feels dark, filled with hatred, injustice, and despair, the light of Christ continues to shine. It endures. It persists. It cannot be extinguished. This is the truth of Christ's resurrection. No matter how dark things become, light has already won.

Questions:

Where do I see darkness in the world right now? How does it help

to know that the light cannot be extinguished? How might I participate in the light that is already shining?

Prayer:

God, in a world that often feels dark, help me remember that your light cannot be extinguished. Give me courage to trust in Christ's victory. Help me be a reflection of that undefeated light. Amen.

Day 3: We Are the Light

Scripture: Matthew 5:14-16 (CEB)

Reflection:

Jesus is not distant from our struggles. He knows temptation, After telling us that Jesus is the light, Matthew presents a stunning invitation: you are the light of the world. We are not the source of light. Jesus is. But we are called to reflect and share that light. We are like the moon, which has no light of its own but reflects the light of the sun. Jesus says light is not meant to be hidden. A lamp is not lit to be covered up; it is lit to give light to everyone in the house. Similarly, our lives (our goodness, our integrity, our kindness, our courage) are meant to be visible. The goal is not that people praise us, but that they glorify God. Our light points beyond ourselves to the Source of all light.

Questions:

What good deeds or qualities might God be inviting me to let shine more visibly? Where do I hide my light or minimize what God has placed in me? How might others encounter God's goodness through the light I reflect?

Prayer:

God, I receive the calling to be light in the world. Help me not hide what you have placed in me. Give me courage to let my goodness shine so others see you. Help my life point toward your love and truth. Amen.

Day 4: Walking in Light Together

Scripture: John 8:12 and 1 John 1:7

But if we walk in the light as God is in the light, we have fellowship with each other, and the blood of Jesus, God's Son, cleanses us from every sin. — 1 John 1:7 (CEB).

Reflection:

Walking in the light is not a solitary practice. When we walk in light, when we live honestly, openly, and in alignment with God's truth, something beautiful happens: we have fellowship with one another. We connect with other people at a deeper level. When we hide in darkness, we remain isolated. But when we step into the light, we find that others are there too. We are not alone. We discover that our struggles are shared, our burdens can be carried together, and

our joy is multiplied when celebrated with others. John also reminds us that walking in the light means we are continually cleansed from sin. We are not expected to be perfect. The light doesn't condemn us; it cleanses us. It invites us to be honest about who we are, and in that honesty, we are made whole .

Questions:

Where am I still hiding in darkness instead of walking in light? How might being more honest and open deepen my relationships with others? Who in my community is walking in the light, and how can I walk more closely with them?

Prayer:

God, help me walk in the light. Free me from shame and pretense. Give me courage to be honest about who I am. Help me connect more deeply with others who are also seeking your light. Thank you for the fellowship of walking together. Amen.

Day 5: Living as Light in Grace

Scripture: Ephesians 5:8-14

Reflection:

Paul reminds of us that in grace we have been changed. You were darkness. You are now light. This is not just a label or an identity to aspire to. It is who you are in Christ right now. Living as light means bearing fruit: goodness, righteousness, and truth. It means paying attention to what pleases God. It means refusing to participate in things that lead away from life. And crucially, it means awakening. Paul uses the language of sleep and death because this is what it feels like when we live apart from light. We are asleep to our true selves and our true calling. But Christ shines on us. This is both gentle and transformative. Grace doesn't demand perfection. It invites us to wake up, to rise, to step into the light that is already shining. This is how we journey in grace: step by step, day by day, allowing the light of Christ to awaken and transform us.

Questions:

How has my understanding of being light shifted this week? What does it mean for me to live as a child of light in my daily life? What am I being called to wake up to?

Prayer:

God, thank you for making me light in the world. Help me live as your child, bearing the fruit of goodness, righteousness, and truth. Wake me from what is asleep in me. Let Christ's light shine through me so that others see your love. Help me walk in grace, step by step. Amen.