



USE THESE QUESTIONS AND RESOURCES TO HELP YOU PROCESS THE MESSAGE DURING YOUR STUDY TIME OR WITH YOUR GROUP.

**Message Recap:** We all fall short sometimes. How we respond to temptations and frustrations can affect our well-being and relationships. What would happen if we brought our struggles into the light and invited others in?

### » Main Points

- Light = Consciousness, Good, Right, True, Confess
- Dark = Blindness, Barren, Empty, Fruitless, Conceal
- What is REALLY going on in your life?

### » Getting Started

- Talk about a time when you were afraid of the dark. Describe why that was such a scary experience for you.

### » Observation

- Read and reflect on [Galatians 5:17](#); [Colossians 3:1, 4](#); [John 8:12](#); [10:10](#); [Ephesians 5:8-14](#); [James 5:16](#)
- What are your initial reactions to these passages? What do you find challenging? Are you encouraged by any of these verses? Why?

#### reachout

- Who do you know that's living in darkness and maybe doesn't even realize it? Consider inviting them to Alpha this fall. For more information, go to [ehills.org/alpha](http://ehills.org/alpha).

#### growdeep

- What is your initial response when you face temptation? Is it more natural to bring sin into the light or hide it in the darkness?
- How are guilt and shame different? Are either of these from God?
- According to John 10:10, what does the enemy desire for your life? What does Jesus offer instead?

#### partner with families

- Think through your family's top priorities. What are they? Take time to consider if these are the priorities that really govern your family or if they are the ones you wish were your family's priorities. Are they the right priorities? Talk through them as a family. Write them down and post them in a place your family can see regularly.

### » Next Steps and Prayer

- Reread Ephesians 5:8-14. Have you ever considered that God might have a purpose for the thing that you're hiding in the darkness? Set aside time this week to consider this question.
- Close by asking God to help you recognize the places of shame you carry in the darkness. This week, say those things out loud and ask that Jesus will help you experience the freedom of his light.