

# Walking in the Light

Conclusion to the series, "Soul Care"

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**Sunday, September 29, 2019 • Pastor Billy Lile**

*"This is the message we have heard from him and proclaim to you, that God is light, and in him is no darkness at all. <sup>6</sup>If we say we have fellowship with him while we walk in darkness, we lie and do not practice the truth. <sup>7</sup>But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin. <sup>8</sup>If we say we have no sin, we deceive ourselves, and the truth is not in us. <sup>9</sup>If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." (1 John 1:5-9 ESV)*

**Living openly and honestly keeps us connected with GOD and OTHERS.**

**CONFESS, don't repress.**

• **Confess to GOD.**

*"If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." (1 John 1:9 ESV)*

*"There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death." (Romans 8:1-2 ESV)*

• **Confess to OTHERS.**

*"Therefore, confess your sins to one another and pray for one another, that you may be healed..." (James 5:16 ESV)*

**PROCESS, don't suppress.**

• **Process with GOD. (Psalm 139:1-24)**

1. Begin with a heart of worship and humility. (v. 1-18)
2. Be completely honest and transparent with God. (v. 19-22)
3. Invite the Lord to search our hearts and to speak to us. (v. 23-24)

• **Process with others who are SAFE.**

*"Whoever walks with the wise becomes wise, but the companion of fools will suffer harm." (Proverbs 13:20 ESV)*